

4. Suggested Program.

Suggested that the first four weeks be devoted to general conditioning, testing, and orientation with a sampling of all basic activities.

For remainder of first term, . . . trainees should be assigned to activities in which their deficiencies are greatest . . .

After first four weeks activities be grouped into four basic areas as follows:

1. Aquatics
2. Combatives
3. Gymnastics and obstacle courses
4. Team sports

Daily program should begin with a period of calisthenics or other conditioning exercises for a period of approximately 15 minutes followed, whenever practicable, by a short run.

During second and each succeeding term all trainees except those who may require further special work in general conditioning should be assigned to two of the four basic areas for training. . . .

It is expected that each trainee will receive training in all four areas of activity before his course is concluded.

. . . Intramural contests in competitive team sports be strongly encouraged. It is anticipated that as early in the course as competitive groups can be organized, much of the Saturday afternoon free time could be devoted to such contests.