

Some are predominantly useful in developing general body control and power; others develop organic endurance, persistent and aggressive attitudes, and team work; others are more useful as media through which sociability and relaxation in leisure time are cultivated.

The following sports, such as tumbling, pyramid building, circus stunts, apparatus exercises, etc., are useful in developing general body control and power.

Defensive and combative types of sports such as football, basketball, boxing, wrestling, etc., are used for developing organic endurance, persistent and aggressive attitudes and team work.

Aquatics such as swimming, diving, life saving, water polo, boating and canoeing, the environmental and specialized types of conditioning sports are used for master of the water.

The recreative types such as tennis, golf, dancing, archery, bait and fly casting, bowling, badminton, horsemanship, squash, camping, pingpong, quits, etc., have their place in their fields.

Calisthenics cannot be used to develop all types of physical fitness. Our view of physical fitness must be broader. Calisthenics may provide something of a general quality to physical fitness, but routine