

1. Pioneering, long hard work in construction, agriculture, hunting, chasing, woodcutting, and sawing, lumbering, hiking, canoeing, camping, etc.

2. Competitive Games and Activities - baseball, football, basketball, track and field, etc.

3. Body Mechanics and Conditioning Activities - <sup>by commands</sup> Kansas Toughener - <sup>Ranger tactics Victory Corps physical</sup> to stress the fundamental qualities of stamina.

4. Health Supervision - medical examinations, elimination of remedial defects, vaccine treatments, etc. (DeGroot, page 12)