

19. Hamstring stretcher: (a) Starting position—feet astride, knees straight; (b) bend forward, touch with hands; (c) upward stretch.

20. Swan: (a) Starting position—prone position, arms sideways; (b) arch; (c) down.

In presenting the above activities the purpose and intent of each should be explained.

For additional conditioning activities the reader is referred to the book, Calisthenics, by S. C. Staley (A. S. Barnes and Co.).

C. Related War Activities.—In addition to the above-named games, sports and exercises, there are certain physical activities which are more closely related to the military life of the men. Since in war maneuvers many of the activities engaged in by the men in service involve crawling, leaping, vaulting, climbing, falling, lifting, throwing, striking, and swimming, the efficiency with which college students learn to do these activities should help tremendously when later they enter military training.

The endurance, aggressiveness, agility and skill displayed by students in each phase of the "related war activities" may serve not only as a motivator but also as an indicator of their feeling for an "all out effort." with these aims in view the following "related war activities" are recommended.

1. Fence vault: (a) Flank vault standing; (b) flank vault running; (c) front vault standing; (d) front vault running.

2. Climbing: (a) Rope climb; (b) pole climb; (c) horizontal travel; (d) tree climbing; (e) wall scaling.

3. Rope vaulting: (a) For distance; (b) over obstacle.

4. Pole vaulting: (a) Distance; (b) distance and over obstacle.

5. Balance and agility: (a) Walk fence railing; (b) walk logs; (c) walk beams.

6. Running on all fours: (a) Level ground; (b) up hill; (c) down hill.

7. Falling to the ground: (a) Prone; (b) supine; (c) falling and rolling.

8. Running up steps: (a) Steps to gymnasium; (b) steps of stadium; (c) steps of ladder.

9. Obstacle races: (a) Involving many or all of the above listed activities.

D. Games, Recreational Skills.—Another area in which physical activities may make a contribution to the strength, condition, and general preparation for military service of the college man is that of games and recreational skills.

"How the soldier, sailor, or marine conducts himself during his free periods—late afternoons, evening, and week ends—is a vital factor of general morale. . . . What he does depends upon his social and intellectual interests. These are developed by the individual college.¹

¹Woellner, Robert C., "Pre-Induction Training Needs on the College Level for Enlisted Men in the Armed Forces." Bulletin No. 23, Higher Education and National Defense, American Council on Education.