

PHYSICAL CONDITIONING PROGRAM

Room 101 Robinson Gymnasium (three weeks)

1. Running

- a. Wind sprints
- b. Reverse direction
- c. Sprints may be used at the end of the class
- d. Stops-starts
- e. Run with knees high

2. Conditioning exercises

- a. Exercises suggested by the Physical Fitness Institute
- b. Other calisthenic exercises.

These exercises should be given at a brisk tempo over a period of 8-10 minutes, preferably at the beginning of the class, or at the end of the running period.

3. Tumbling

- a. All tumbling will be of an elementary nature. The following items are suggested.

- 1. Forward roll
- 2. Shoulder roll
- 3. Backward roll
- 4. Dive roll
- 5. Cartwheel
- 6. Head Spring
- 7. Hand Spring
- 8. Dive
- 9. Round Off
- 10. Simple two man combinations.

- b. Use all elements of safety in teaching tumbling events. An injury to a man removes much of his enthusiasm for tumbling activities.
- c. In teaching tumbling stress the importance of proper rhythm, timing, and coordination.
- d. Change the activity often.
- e. Tumbling should develop the ability to control the body in flight. To fall without being hurt. It should also develop a sense of "whereaboutness".
- f. Divide the class into squads to increase participation.

4. Apparatus

- a. Apparatus activities offer the performer an opportunity for individual accomplishment through self-testing activities.
- b. This is big muscle activity.
- c. The exercise should represent the best efforts of the individual.
- d. Extreme care should be used to prevent accidents.

1. Rope climbing

- hand over hand
- without feet, with feet
- (descend hand under hand)

2. Parallel bars

Activities from manual of the Physical Fitness Program or from some book containing parallel bar activities.

3. Horizontal bar

- 1. Chin (any grip)
- 2. Hang. Raise knees
- 3. Hang. Raise legs
- 4. Hang. Swing feet forward and upward over the bar to a support.

4. Low bar

- 1. Side vault
- 2. Front vault
- 3. Bar vault for height

5. Horse and buck

- 1. Front vault right, left
- 2. Straddle vault
- 3. Squat vault
- 4. Double one half leg circle right, left
- 5. Vault for height