

Admission. This course is open only to students who have failed to pass the motor fitness screen test or to those who have been given a low rating in physique, organic condition, or the activities of the Physical Fitness Clinic.

Costume. Blue cotton drill shorts, white wool socks, and canvas rubber shoes will be required in the gymnasium. Outdoor work will require more protection, preferably sweat clothes.

Textbook. Cureton, T. K., Jr., Physical Fitness Workbook. Champaign, Illinois: Stipes Publishing Co., 1942.

Each student will use the workbook throughout the course. The measurements made and ratings achieved each week on items of physique, organic efficiency, and motor efficiency are systematically posted in this workbook as an essential part of the course. After inspection and grading at the end of the course, it becomes the property of the student as a permanent record of the work. The results may be used as a basis of comparison in further development at the University, or even in later years after graduation.

Objectives. The principal conduct objectives of this course are: 1. Engaging in hard conditioning exercises to build physical fitness; 2. Practicing test-exercises and self-measurement in order to compare oneself with standards of physical fitness; 3. Recording and following the improvement on a variety of "All-Out" exercises; 4. Compiling a set of personal records as a guide to further needs in physical fitness; 5. Developing an appreciation of the nature of physical fitness; 6. Developing an appreciation for the literature of physical fitness.

The principal control objectives focus on three aspects of educational emphasis:

A. EFFICIENCY IN PERFORMING CONDITIONING EXERCISES:

- Rhythmic Flexibility Exercises.
- Heavy Developmental Calisthenics.
- Posture Developmental Exercises.
- Medicine Ball Exercises.
- Weight Lifting Exercises.
- Indoor Gymnastic Steeplechase.
- Competitive Relays.
- Tumbling Stunts.
- Group Games.
- Guerrilla Exercises.
- Rough and Tumble and Hand to Hand Combative Exercises.
- War-Time Steeplechase Running.
- Obstacle Course Running.
- Indoor Endurance Pentathlon.
- Warfare Aquatic Exercises.

B. SELF-COMPARISON WITH STANDARDS OF PHYSICAL FITNESS:

1. PHYSIQUE: (Well-built body, not frail, soft, or fat)
 - Weight within normal limits of skeletal build ($\pm 10\%$).
 - Not over 20 mm. ($\frac{3}{4}$ inch) of double skin and fat fold anywhere on body, i.e., abdomen, waist, buttocks, cheeks.
 - Chest expansion of at least 3 inches.
 - Vital Capacity equal to average for body type.
 - Expanded chest girth equal to six inches greater than normal abdominal girth.