

Basic Physical Fitness--2

Hard and well developed muscles under voluntary contraction, particularly the abdominal wall, upper back, arms and shoulders.

Good posture.

Normal and healthy body type.

Functionally efficient feet.

2. ORGANIC EFFICIENCY: (Good functional adjustment to exercise)

Good neuromuscular control in balance and steadiness tests.

Score in the functionally fit range (12-18) on the Schneider Cardiovascular Test.

Score 2.5 for the 20 step/min. pulse ratio test.

Hold the breath 69 sec. after three preliminary breaths, long and deep.

Blow at least 110 mm. Hg. on the expiratory force manometer.

Score 52 sec. on Flack's 40 mm. Hg. breath holding test.

Run in place 60 sec. , then hold the breath 30 sec.

Run in place 60 sec. then hold the breath as long as possible against 40 mm. Hg. resistance.

3. MOTOR FITNESS: (Efficient use of the body in fundamental conditioning exercises)

Passing the Illinois Motor Fitness Screen Test.

Achieving at least an average percentile rating in each of the following tests of motor efficiency:

Chinning-Dipping-Vertical Jump Test.

Running Drop-Off Endurance (1000 yd. time/100 yd. time).

Two Mile Run.

Obstacle Run.

Steeplechase Run.

440 yd. Swim.

Swimming Drop-Off Endurance.

Motor Fitness Inventory.

C. KNOWLEDGE AND ATTITUDES LEADING TO INTELLIGENT PARTICIPATION IN PHYSICAL FITNESS ACTIVITIES:

Insight into the principles of Physical Fitness.

Disposition to participate in the more valuable physical fitness activities.

Knowledge of the source materials of physical fitness.

Knowledge of what to do in a variety of situations.

Examination and Grading Plan

Theoretical examination on the principles and more practical source materials of physical fitness.	20 pts.
Completing all "Personal Summaries" at the end of each problem in the <u>Physical Fitness Workbook</u>	20 pts.
Profile ratings up to average on seventeen physical fitness indices, plotted on the <u>Individual Profile</u> (2 points per item).	34 pts.
"All-Out" Exercises, taken and recorded in the workbook ($\frac{1}{2}$ point each).	26 pts.
Sportsmanship.	5 pts.
Healthmanship.	5 pts.
	110 pts.

Proficiency Examination. There is no proficiency examination in this course. Moreover, students enrolled in this course are not permitted to take proficiency examinations.

Intersectional Competitions. There are no Intersectional Competitions in this course.