

UNIVERSITY OF ILLINOIS  
DEPARTMENT OF PHYSICAL EDUCATION  
FOR MEN

**Physical Education Requirements  
for University Men**

**A NATION AT WAR**

The war has focused attention on the importance of good health and motor fitness for every American citizen. Modern warfare demands sturdy, rugged individuals, capable of exerting enormous physical effort over a long period of time. A high degree of balance, flexibility, agility, strength, power and endurance is needed to supplement courage to meet and defeat the enemy. The standards of health and motor fitness acceptable when the Nation was at peace are not adequate now that the Nation is at war.

The University of Illinois, cognizant of the fact that most of its men students will soon be called to military service, has stepped-up its physical education requirement in line with these new needs. It is interested in helping every student raise his level of physical fitness so as to prepare all for quick and efficient service when called. The new regulations for required physical education are centered in classifying and guiding students in physical education according to their needs with foremost consideration being given to physical fitness and skills essential to military effectiveness. This folder is designed to acquaint students with this new plan.

**ARE YOU PHYSICALLY FIT?**

Vigorous activities in the following areas are recommended for conditioning for modern warfare: aquatics, athletic games, combatives, gymnastics, individual athletics, outdoor sports, etc. Good condition now means that you will be in the best possible physical and mental condition when you enter the service. A high degree of physical fitness is especially necessary in candidates for commission. In addition, a good physique, a high level of circulatory-respiratory condition and swimming ability are essential for physical efficiency.

**WHAT IS MOTOR FITNESS?**

*Motor Fitness* is a phase of physical fitness. It is "motor ability" or the "ability to perform human activities." It includes (1) endurance, (2) power, (3) strength, (4) agility, (5) flexibility, and (6) balance. It refers to and emphasizes the *fundamental* or *gross* big body movements dominated by muscular energy, kinesthetic sense, and suppleness of the major tissues and joints.

*Motor Fitness* means the capacity for efficient performance in the basic requirements of running, jumping, dodging, throwing, falling, climbing, swimming, lifting weights, carrying loads, and enduring under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many.