

FACTS • METHODS • TESTS • EXERCISES

Needed by Directors, Leaders, and Individuals in Fitness Work

180 Pages . . . Including 31 pages of pictures and drawings

Workbook Problems:

- I. How Fit Are We?
Physical Preparedness needed now.
- II. Are You Physically Fit?
Do You Meet the Standards?
- III. Classification in Motor Fitness.
What is Your Rating?
- IV. How Can Physical Fitness Be Developed?
- V. What Kind of Physique Have You?
Can It Be Improved?
- VI. What Kind of Organic Condition Have You? Can It Be Improved?
- VII. What Does An Inventory of Your Motor Fitness Show?
- VIII. Rating in Physical Fitness.
- IX. Improvement in Physical Fitness.

Physical Fitness Workbook

written by an outstanding national authority

Professor Thomas Kirk Cureton

FEATURES

Statistics on Fitness
Standards for Physical Fitness
Classification in Motor Fitness
Methods for Developing Fitness
Outline: Basic Physical Fitness Course

Organization for Physical Fitness
Self-Rating Scales
Motor Fitness Inventory
17 Groups of Activities
Source Materials

Single copy . . \$1.75 postage paid . . Two or more copies \$1.50 each

ORDER TODAY FROM

Stipes Publishing Company

17 TAYLOR STREET

CHAMPAIGN, ILLINOIS