

The Activity Program

It is recommended:

- a. That the content of our undergraduate service programs in physical education contain an abundance of opportunity for men to achieve a sound physical condition through vigorous active sports and games. The objectives of strength and endurance should be held clearly in view and individual programs should be arranged to attain these goals wherever compatible with the age and physical condition of the student.
- b. That, while no specific and compulsory program of calisthenics or "conditioning" exercises seems desirable for all college students, men in immediate proximity to military service be given, on a voluntary basis, an opportunity to participate in such activities as walking, running, and combat sports, as will better prepare them for the current and singular requirements of military life.
- c. That, wherever feasible, college departments open their doors to and organize instructional and recreative groups for non-college men of selective service age living in the college community. Special opportunities should be given to post-school inductees prior to their service.
- d. That in all colleges and universities located near military camps or large concentrations of defense workers a program of recreation be made available to assist the men to occupy their leisure. Facilities should be available and supervision extended to such groups in cooperation with the appropriate military industrial or recreational authorities.
- e. That physical education periods be so organized so as to allow the maximum for vigorous participation. It should be recognized that for the normal college student one hour of vigorous activity per day would be the minimum amount of time necessary to produce the desired results.
- f. That college faculties and other employees be urged to avail themselves of the physical education facilities with periods or classes established for them and