

CONTENT SCHEDULE
Physical Fitness Program
CAA-WTS School, University of Kansas
Lawrence, Kansas
September 3, 1943

Activities

- 1-Swimming
- 2-Gym and Tumbling
- 3-Basketball
- 4-Touch Football
- 5-Soccer
- 6-Wrestling
- 7-Military Track

Regulations

- A-The morning class will meet from 1030 to 1200 for cadets having ground school in the morning. The afternoon class will meet from 1630 to 1900 (except during the time swimming is scheduled, when it will be 1700 to 1930) for cadets who have ground school in the afternoon.
- B-Classes will meet daily, except on Saturday, when the above mentioned periods will be used for military drill.
- C-Cadets may have 10 minutes at the start, and at the end, of each period for dressing and showers.
- D-The first ten minutes of each period will be used for calisthenics or mass exercise. The next thirty minutes will be used for instruction in the fundamental drills of each sport. The last thirty minutes will be used for squadron competition, set up as follows:
 - a-Each of the three barracks will have one platoon in the morning class, and the other in the afternoon class. The platoons in the morning division will be the "Helldivers, Wildcats, and Mustangs". Those in the afternoon class will be the "Buffalos, Skyrockets, and Kingfishers".
 - b-Weekly and monthly records of the competition will be kept and championships determined on the basis of percentage wins.
- E-Intermediate program
 - a-In addition to the above the intermediate group will meet for an hour's physical fitness instruction each day. Platoon 1 will meet from 0730 to 0830, and Platoon 2 will meet from 1330 to 1430.
- F-Evening recreational competition in softball, basketball, etc., will be held when the scheduling of ground school subclasses permits.