

Federal Security Agency  
U. S. OFFICE OF EDUCATION  
Washington

Physical Fitness for Colleges

Table of Contents

Foreword

Part I

The Role of the College in the Development of  
Physical Fitness

- Chapter I. The role of the college in the development of physical fitness.  
Urgent need for emphasis on physical fitness  
The nature of fitness  
Fitness through physical activities  
    The program for men  
    The program for women  
Suggested standards, policies, and procedures  
Health in a physical fitness program  
General recommendations

Part II

Physical Activities for Men

Chapter II. Objectives.

Conditioning college men for the armed forces

Teaching men a variety of activities which they can use to  
maintain high level of condition when in armed forces

Teaching variety of activities useful in speeding up tech-  
nical instruction in armed forces

Chapter III. Organization and administration.

Chapter IV. Program of activities.

Introduction

Aquatics

Athletic sports

Military track and field

Recreational team and individual sports

Group games, relays, and combats

Gymnastics

Open country sports

Chapter V. Tests and standards.