

Part III

Physical Activities for Women

Chapter VI. The impact of the war on the fitness of women for service.

Chapter VII. Essentials of Fitness.

Endurance	Relaxation
Strength	Body control
Flexibility	Morale

Chapter VIII. Activities through which the essentials may be developed.

Introduction

Suggested activities to develop endurance

" " " " strength

" " " " flexibility

" devices to promote the ability to relax

" activities to develop body control

" activities to develop morale

Chapter IX. Suggestions for the conduct of the program.

General Recommendations

The basic course in physical fitness

The supplementary program

Precautions against injuries

Leadership training for community service

Class hours and size

Adjustments in facilities and equipment

Chapter X. Evaluation.

How can physical fitness be measured?

Tests of physical fitness elements

The physical fitness score

War citizenship record

Part IV

Health

Chapter XI. Health Service.

Purposes of the health service

Policies of health service

Facilities

Personnel

Relationships with departments and other agencies

Health service program

Guidance in health problems

Financial support of the program

Chapter XII. Healthful college living