4. Will various requirements or standards have to be met in any of the following activities?

a. Physical Fitness ( )
b. Swimming ( )
c. Life Saving ( )
d. Water Safety ( )
e. Orthopedic ( )
f. Participation in varsity athletics ( )
g. Participation in intramural activities ( )
h. Participation in recreational activities ( )

5. Check the types of tests that will be given (Give standards where possible.)

a. General Motor Fitness:

Chins	( )	Squat Jump	( )
Dips (Parallel bars)	( )	Straddle Angle Chin	( )
Push ups	( )	One Mile Run	( )
Rope Climb	( )	880 yard Run	( )
Sit ups	( )	440 yard Run	( )
Fence Vault	( )	100 yard Dash	( )
Vertical Jump (Sargent Jump)	( )	60 yard Dash	( )
Standing Broad Jump	( )	Harvard Step Test (Brouha)	( )
Squat Thrusts (Burpee)	( )	Schneider Test	( )
_____	( )	_____	( )
_____	( )	_____	( )
_____	( )	_____	( )

b. Strength Tests (Dynamometer Measurements)

Grip (Manuometer - Hand Dynamometer) ( )
Leg Lift - (Dynamometer) ( )
Back Lift - (Dynamometer) ( )
Pectoral Strength - (Dynamometer) ( )
Shoulder Retractor Strength - (Dynamometer) ( )
Lung Capacity - (Wet Spirometer) ( )

C. Aquatic Tests.

Swimming tests ( )
Life Saving tests ( )
Water Safety tests ( )

d. Skills Tests

Skill tests in different sports. ( )

6. Is there a swimming pool inyour institution? YES ( ) NO ( )

a. If so:
1. How many are there?- (number) ( )
2. What are the dimensions?
width - ( ) ft.
length- ( ) ft.