

The work of these classes will be based, in so far as possible, upon activities used in military training and will include: calisthenics, tumbling and apparatus stunts, self-testing activities, self-defense, wrestling, running, jumping, vaulting, climbing, pushing, pulling, lifting, hiking, swimming and water safety, basketball, volleyball and other games.

For those who are already in good condition or who cannot attend the conditioning classes the following activities are recommended.

1. For circulatory endurance: long running, walking, <sup>Swimming</sup> and skating; running games; any activity which requires prolonged effort. For rapid improvement in endurance it is important that one continue the exercise to the point of breathlessness.
2. For power (strength plus speed) and agility: sprint running and swimming; jumping, climbing, pushing, pulling, lifting; apparatus work; some athletic games. For rapid increase in strength it is important to overload the muscles being developed.
3. For flexibility (especially needed by the older men); special exercises prescribed for specific conditions.

The addition of the testing program and the conditioning classes will put a considerable load on the physical education facilities and staff. The department will welcome volunteers from the faculty and student body to help administer and score the tests and to serve as squad leaders in the classes. Volunteers are requested to leave their names and available hours at the Athletic Office.

Non-students enrolled for basic training under the Institute of Military Studies may register for the conditioning classes. They may not take the tests or attend the classes until they have medical approval for heavy exercise. The only charge to non-students for the conditioning classes is the towel service fee of \$1.00 per quarter. Register and pay the fee at the Office in Bartlett Gymnasium.