

March 9, 1942.

Chancellor Deane W. Malott,
University of Kansas.

Dear Chancellor Malott:

I am sending you copies of further replies that we have received to our inquiry on the physical education program.

Sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

March 9, 1942.

Professor A. L. Masley,
Department of Physical Education,
University of Wisconsin,
Madison, Wisconsin.

Dear Professor Masley:

Your very prompt response to our inquiry regarding any changes in your program due to the present war emergency is very greatly appreciated.

The suggestions contained in your letter are most constructive, and I am sure they will prove to be very valuable to us.

Thank you for your kind cooperation.

Very sincerely yours,

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

FCA:AH

THE UNIVERSITY OF WISCONSIN
DIVISION OF PHYSICAL EDUCATION—MEN
GYMNASIUM
MADISON

March 3, 1942

Mr. Forrest C. Allen
Director of Physical Education and Recreation
University of Kansas
Lawrence, Kansas

My dear Mr. Allen:

Mr. Lowman has asked me to reply to your letter of February 23, since I have been working with a committee on the reorganization of our physical education setup for next year.

The committee appointed by President Dykstra to correlate military science and physical education will propose to the general faculty at the April meeting a four-year requirement for all undergraduate male students.

At present we have no compulsory requirement for physical education for men, as the state legislature passed a compulsory R.O.T.C. bill requiring all freshmen and sophomores to take R.O.T.C. Under this program the Physical Education Department handles only such students as are rejected from R.O.T.C.

As an emergency service the department is offering three courses for one academic credit each this semester. First Aid, Life Saving, and Physical Fitness. We have enrolled about 150 students in First Aid, 25 in Life Saving, and 25 in Physical Fitness.

We have also offered optional courses in physical fitness, etc., but the response has been very poor. It is fairly evident that to do a job in physical education or physical fitness it can accomplish its purpose only if compulsory.

Under the plan for a four-year requirement, we plan to coordinate all phases of our program: intercollegiate athletics, intercollegiate sports classes, intramurals, and service program. We expect to get some assistance from our junior and senior professional course students; all sports coaches will handle sports classes in their respective sports.

All students will be given a physical fitness, as well as motor ability and sports knowledge test. This test will qualify the students for assignment to the physical activity program. The program for freshmen, except for those electing freshman sports, will probably be a fitness program.

I would be glad if you would hold the above information confidential for the time being until such time as our faculty approves the setup.

Very truly yours,
A. L. Masley
A. L. Masley
Professor of Physical Education

March 9, 1942.

Professor Leonard A. Larson,
Director, Division of Health and Physical Education,
Springfield College,
Springfield, Massachusetts.

Dear Professor Larson:

Your very prompt response to our inquiry regarding any changes in your program due to the present war emergency is very greatly appreciated.

The suggestions contained in your letter are most constructive, and I am sure they will prove to be very valuable to us.

Thank you for your kind cooperation.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

SPRINGFIELD COLLEGE

CORPORATE NAME
INTERNATIONAL YOUNG MEN'S CHRISTIAN ASSOCIATION COLLEGE

SPRINGFIELD, MASS.

DIVISION OF HEALTH
AND PHYSICAL EDUCATION

March 3, 1942

Dr. Forrest E. Allen
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:

Your letter to Mr. Affleck concerning revisions in our program of health, physical education and recreation has been referred to me for reply. Mr. Affleck has retired from active duty but we have drafted him to do some teaching in our department so that he is still connected with the College. Mr. Affleck reached retirement age two years ago.

We have worked in a committee in our department for two years on a revision of our physical education skills and methods and materials program. Last year we worked on the policies regulating this program concerning time, content, etc., and this was put into effect at the opening of the fall term. This year we have been outlining the content of the various activity courses in the form of a syllabus which is ready to go to the printers within a few weeks. We felt that this work has been about 75% increased in time on the professional program of physical education activities. This is on the professional program. We have increased the time for the skills work as well as the methods and materials related to the teaching of these activities. We are requiring knowledge of the activities as being just as important as the perfection of personal skills. We have put this program into operation this year and are very pleased with the results. As soon as we have available the syllabus I shall be pleased to send you a copy.

For the non-professional physical education program we have required a minimum of three hours per week in skills and methods and materials. Knowledge of the activity is also required in the service program. This program, as you of course know, deals only with a small part of the college enrollment. The service program at Springfield is not as big a problem as at the University of Kansas. Our program, however, is required for four years.

Our professional requirement for the freshman year is two hours per day, which represents an increase of double that of last year. The average for the other three years is about eight hours per week. We have found through the experiences of the

Dr. Forrest E. Allen

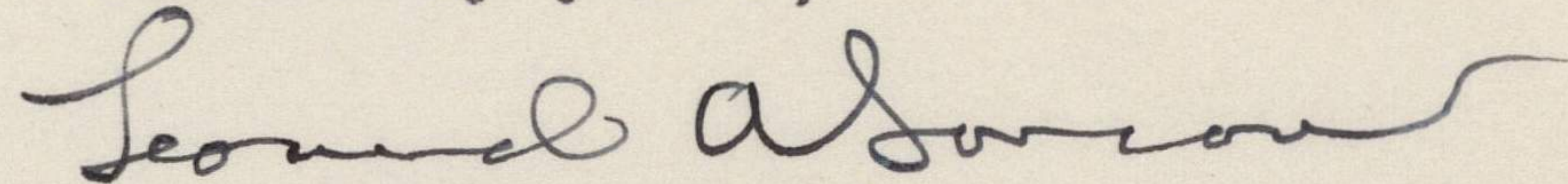
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March 3, 1942

last two years that this is essential in order to cover adequately the professional materials in physical education and recreation.

I shall be pleased to be more specific on any point if you so desire.

Sincerely yours,

A handwritten signature in cursive script that reads "Leonard A. Larson". The signature is written in dark ink and is positioned below the typed name.

LAL/em

LEONARD A. LARSON, Director
Div. of Health and Physical Education

March 5, 1942.

Dr. E. D. Mitchell,
Department of Physical Education,
University of Michigan,
Ann Arbor, Michigan.

Dear Dr. Mitchell:

Your very prompt response to our inquiry regarding any changes in your program due to the present war emergency is very greatly appreciated.

The suggestions contained in your letter are most constructive, and I am sure they will prove to be very valuable to us.

Thank you for your kind cooperation.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

UNIVERSITY OF MICHIGAN
ANN ARBOR
SCHOOL OF EDUCATION

March 2, 1942

Dr. Forrest C. Allen
Department of Physical Education
University of Kansas
Lawrence

Dear Dr. Allen:

In your letter of February 23 you asked what changes have been made in our program to meet the needs of the present emergency. At present we have a committee working on a plan that will be submitted to the University War Board for its consideration. It is likely that a new course in physical preparedness will be introduced and that all students of draft age will be required to take this work. This will be in addition to the work now required for freshmen. If this course is instituted we hope to secure credit for it.

In addition to the regular courses in physical exercise, some courses of a voluntary nature have been adapted for meeting the program of individual physical fitness and civilian morale. We have special classes for potential draftees designed for those who are underweight, overweight, or otherwise physically inadequate. The work consists of rope climbing, vaulting, high jumping, running, boxing, wrestling, and playing handball and basketball. Printed instruction cards and prescribed exercise programs are given to the enrollees.

In our required program of physical education special emphasis is being placed on calisthenics, tumbling, boxing, wrestling, gymnastics, handball, and basketball. Weight lifting and track and field are also included. This makes a combination of developmental and recreational work.

In our Intramural Sports Building, which is separate from the Gymnasium, we are offering a program of conditioning activities, including boxing, wrestling, gymnastics, weight lifting, swimming, and lifesaving, in addition to the regular activities program. A special class in setting-up exercises for men expecting to be called into military service is also offered. Swimming has been made available to all members of the Army and Navy R.O.T.C. units. An assistant has been assigned to offer conditioning exercises to those individuals desiring them.

2 - Dr. F. C. Allen

March 2, 1942

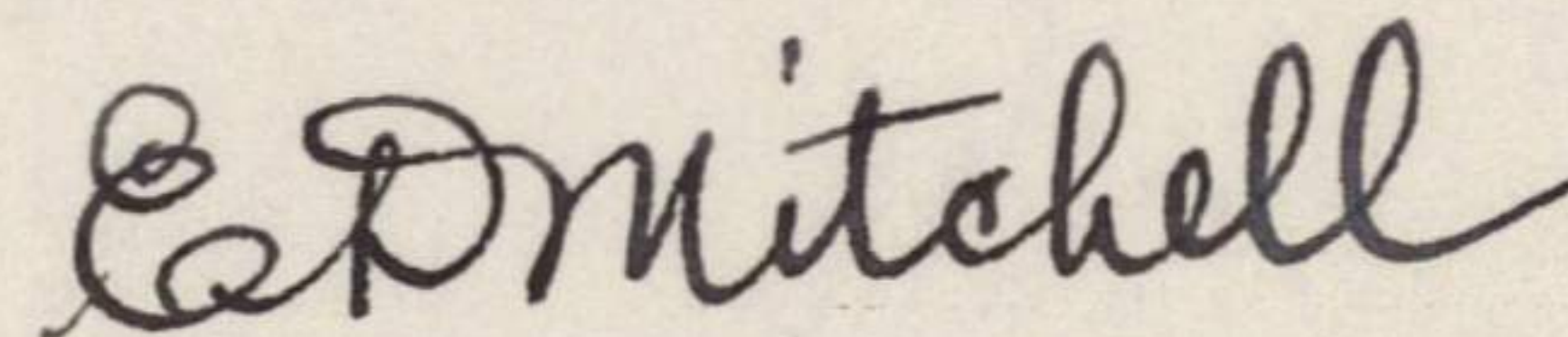
Announcements concerning these activities have been placed on the various bulletin boards. But so far the response to the voluntary programs is not as satisfactory as it should be. I think that we must insist on a required program if the men are to take our program seriously.

A teacher training program in recreational leadership is being planned, and there is being offered a course in Co-recreational Leadership Training, open to both men and women. The purpose of this is to train students in leading groups in games for social recreation, quiet games for black-out or air-raid shelter periods, dancing, storytelling, and community singing.

The women, in addition to cooperating in the above course, are offering courses in body conditioning.

I hope this information will be helpful to you.

Sincerely,



E. D. Mitchell, Chairman
Dept. of Physical Education

EDM/js

March 5, 1942.

Mr. E. G. Schroeder,
Director of Physical Education and Athletics,
State University of Iowa,
Iowa City, Iowa.

Dear Mr. Schroeder:

Your very prompt response to our inquiry regarding any changes in your program due to the present war emergency is very greatly appreciated.

The suggestions contained in your letter are most constructive, and I am sure the proposed revision of your program will prove valuable to us in our study.

Thank you very much for your kind cooperation.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

THE STATE UNIVERSITY OF IOWA
IOWA CITY

OFFICE OF THE DIRECTOR
DIVISION OF PHYSICAL EDUCATION

DEPARTMENT OF ATHLETICS

February 26, 1942

Mr. Forrest C. Allen
Director of Physical Education
University of Kansas
Lawrence, Kansas

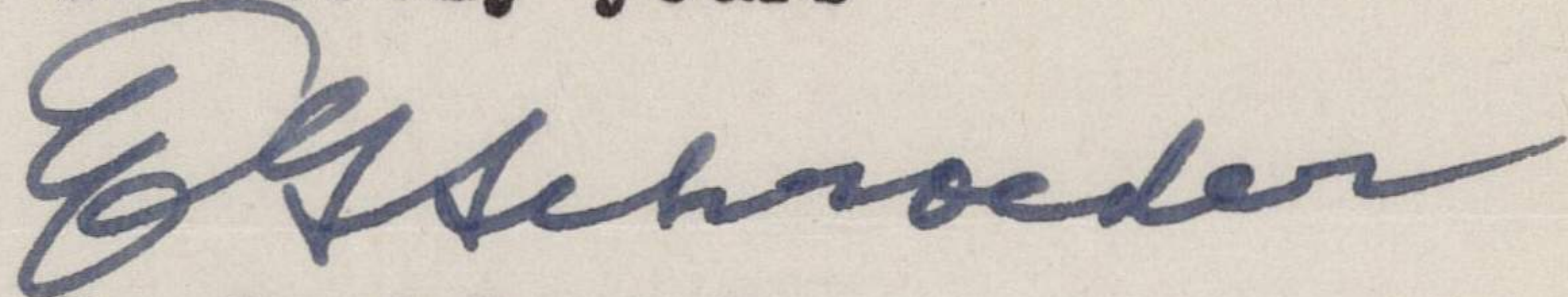
Dear Mr. Allen:

The assignment by the Government of the Naval Aviation Unit has forced us to make certain changes in our plans for a more intensive program in physical education. We have always had required or compulsory physical education, as well as special classes for those who had a desire to become physically fit and who wished to do this work on an elective basis.

I am quite sure that if this Naval Unit had not been assigned to our University, the enclosed program would have been accepted by the faculty for our own students. Now I am not sure just what will take place here and must wait until this Naval Unit becomes established.

If there is any other information that I can give you, kindly drop me a line.

Sincerely yours



E. G. Schroeder
Director of
Physical Education and Athletics

EGS:ML

March 5, 1942.

Dr. R. G. Clapp,
Department of Physical Education for Men,
The University of Nebraska,
Lincoln, Nebraska.

Dear Dr. Clapp:

Your very prompt response to our inquiry regarding any changes in your program due to the present war emergency is very greatly appreciated.

The suggestions contained in your letter are most constructive, and I am sure they will prove to be very valuable to us. We, too, have a copy of the material which Nelson Metcalf has presented to the students of the University of Chicago, which seems to be indicative of the trend.

Thank you very much for your kind cooperation.

Very sincerely yours, e

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

THE UNIVERSITY OF NEBRASKA
DEPARTMENT OF PHYSICAL EDUCATION
AND ATHLETICS
LINCOLN

DIVISION OF
PHYSICAL EDUCATION
FOR MEN

February 27, 1942

Dr. Forrest C. Allen
Department of Physical Education
University of Kansas
Lawrence, Kansas

My dear Dr. Allen:

In reply to your inquiry of the 23rd, will say that we have not as yet—and probably will not—greatly modify our physical education program because of the war.

My philosophy of physical education needs has always been that high physical efficiency is very important in peacetime as well as in war and therefore we have not modified our program to conform with the modern trends to the same extent that a great many other institutions have and, consequently, our program without modification conforms pretty well to the war emergency demand. To make clear just what I mean, I take the liberty to quote from some material which Nelson Metcalf of the University of Chicago is putting before the students of that institution. He writes:

"For twenty years school and college physical education has been geared for peace. Emphasis has been centered largely upon social outcomes, recreational values, and the developing of interest and skill in leisure time play activities useful throughout life. In time of war physical education, like all education, must change its direction. It must be geared for war."

I think Metcalf's statement does indicate pretty well the modern trend in many of our colleges and universities, but I believe, in contrast to the aims he mentions, our program is pretty well geared for war. We are modifying our program to some extent and we are particularly putting on a pretty vigorous campaign to try to encourage a much larger percent of our students to avail themselves of the opportunities we offer to develop physical fitness, etc. Specifically, some of the minor changes we are making in our courses include the stressing of very vigorous calisthenic work and gymnastic apparatus work to try to develop increased muscular strength and agility. In our wrestling,

THE UNIVERSITY OF NEBRASKA
DEPARTMENT OF PHYSICAL EDUCATION
AND ATHLETICS
LINCOLN

DIVISION OF
PHYSICAL EDUCATION
FOR MEN

F.C.A., 2/27/42, 2

we plan shortly to include some Judo (Jiu-jit-su) and also quite a considerable amount of the work on bone-breaking holds and other forms of wrestling that are barred in competition, but which may be of value in war. We are also planning to include in our swimming classes instruction in swimming particularly in full clothing and even getting military equipment from the Military Department to teach swimming in full military uniform with pack, gun, etc. We are urging the students to participate particularly in those activities that will most quickly and easily develop physical strength, endurance, agility, etc., and among those we are trying to push are the general physical education work, handball, wrestling, ~~and~~ boxing, and swimming, and football to some extent. We are also trying to encourage general use of the trampoline, which gives a surprisingly good workout and which we have found is the most popular piece of apparatus in our gymnasium.

In answer to your inquiry concerning compulsory physical education, will say that I doubt very much if the University of Nebraska will go to this inasmuch as our present ~~chancellor~~ chancellor is quite opposed to compulsory physical education, but he does seem to be in sympathy with the pushing of our program and the encouragement of the optional work to the greatest possible degree. He would not oppose compulsory physical training for the duration, I know, if the request for the same came from the students, but I am positive he would oppose it otherwise. As you are doubtless aware, we have never had compulsory (required) physical education for men with the exception of the one year required of freshmen in the Agricultural College, which, by the way, was put in at the request of the Agricultural College students. It is true further, however, that all men excused from Military Science because of physical disability are required to substitute an equal number of credit hours (four) in lieu of the military drill. We have always had what I have felt was quite a satisfactory voluntary registration in our practical work, but, of course, this has been helped somewhat by the fact that we grant regular academic credit for this work on the same basis as any other laboratory work in the University. This academic credit program has been in force here for over forty years and I think has been a great help.

I think you have one of our catalogs which shows the rather wide variety of optional practical courses we offer

THE UNIVERSITY OF NEBRASKA
DEPARTMENT OF PHYSICAL EDUCATION
AND ATHLETICS
LINCOLN

DIVISION OF
PHYSICAL EDUCATION
FOR MEN

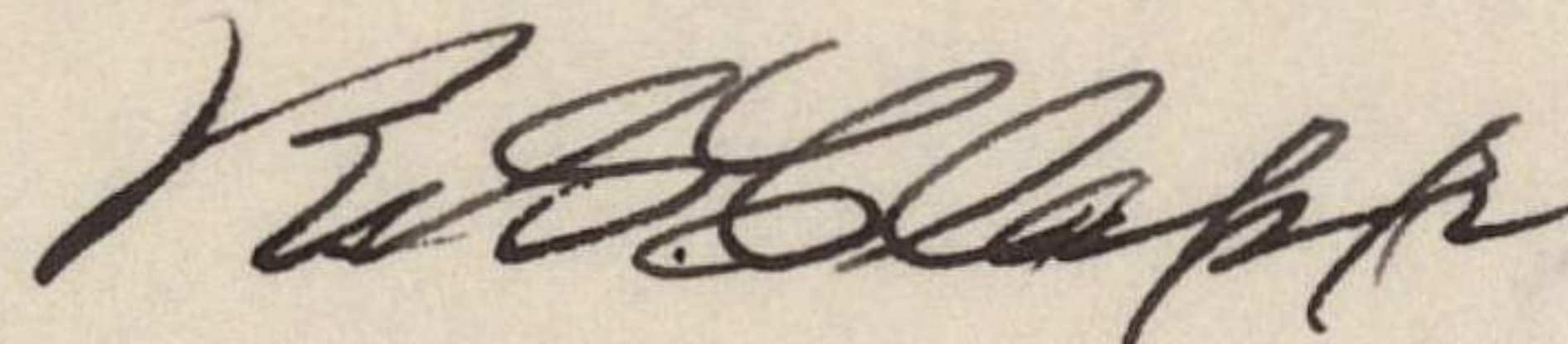
F.C.A., 2/27/42, 3

to our students. Of course, this is a time when we can stress, too, our four-year major program inasmuch as we already have a shortage in well-trained physical directors and athletic coaches and there is--and of course will continue to be--a demand for such training in the Army and Navy.

I would suggest that you might get copies of the material which Metcalf has put out at Chicago as these may offer you quite a good many suggestions as to what they are doing there on this emergency program.

If there is other information you wish, do not hesitate to call upon me. With kindest regards, I am

Very sincerely yours,



R. G. Clapp, M. D.
Professor and Chairman
Physical Education for Men

RG/TC

March 5, 1942.

Professor G. T. Stafford,
Department of Physical Education,
University of Illinois,
Urbana, Illinois.

Dear Dr. Stafford:

Your very prompt response to our inquiry regarding any changes in your program due to the present war emergency is very greatly appreciated.

The suggestions contained in your letter are most constructive and I am sure they will prove to be very valuable to us. Thank you for your kind cooperation.

Thank you, also, for your invitation to inspect your new handball courts. If the opportunity presents itself you may be sure that I will be happy to accept.

With best wishes, I am

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

UNIVERSITY OF ILLINOIS
SCHOOL OF PHYSICAL EDUCATION
URBANA

February 27, 1942

Director Forrest C. Allen
Department of Physical Education
University of Kansas
Lawrence, Kansas

Dear Phog:

I have your letter of February 23 addressed to Dr. Staley. He is, at present, doing some work with the government and will be tied up for a month or more.

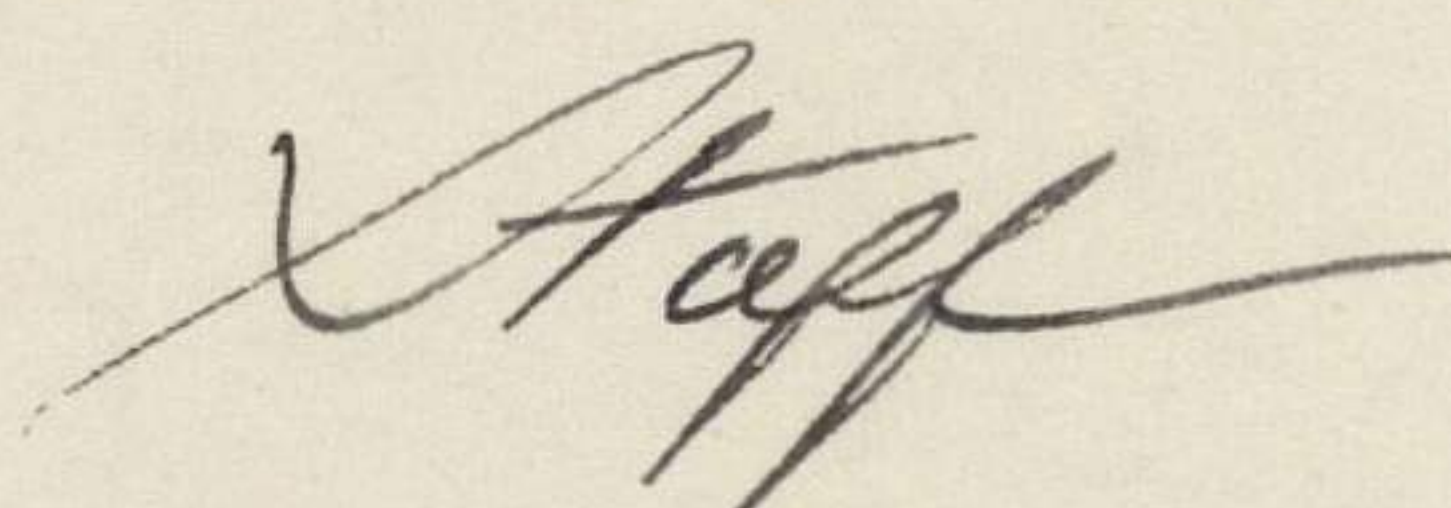
I am sending you two sheets giving you a broad picture of what we are attempting in our physical fitness or Keep Fit Clinic. This clinic is for those students who rate low in the Larson test. In addition to their regular physical education classes, they attend the Keep Fit Clinic once per week. Our results from last semester have been very good, showing an average improvement of 30 percent.

Physical education has been compulsory for freshmen and sophomores, and we will continue this policy. We are asking for one extra period per week for all students who are in the lower 30 percent of the physical fitness group.

Beyond this we have stepped up the vigor of our program, giving students who are taking tennis, for example, a vigorous conditioning drill as a supplement to the tennis activity. We are also urging those who are not high in physical fitness to take the more vigorous courses and are reserving the less vigorous courses, such as, golf, badminton, etc. for those who already have a high degree of physical fitness.

The best way to get a real picture of our program is to pay us a visit. If I am not mistaken, you haven't called on us for some time. We now have some four-wall handball courts in which, I am sure, you could perform much more effectively than you did when we had you on the single-wall courts--remember?

Cordially yours,



G. T. Stafford
Professor of Physical Education

S:J

PHYSICAL PREPAREDNESS---THE PRESENT NEED

Need for Physical Fitness

All recent statistics show that nearly 50% of the available young men of the U.S. are unfit for military, naval, and air service. The present interest and emphasis is in PHYSICAL PREPAREDNESS--for defence in army, naval, or marine service---or in civilian service which will tax the physical capacity and sustaining power of men in many lines of effort. Colleges and Universities are offering courses in PHYSICAL FITNESS. High schools and Y.M.C.A.'s are organizing special training to prepare the male youths for the work ahead. How fit are we? How can we determine the state of Physical Fitness? Do we possess physical capacity, courage, stamina, and ability to handle our bodies with efficiency in emergency situations?

What Do We Mean by "Physical Fitness"?

By Physical Fitness we mean the capacity for efficient performance in the basic requirements of running, jumping, dodging, falling, climbing, swimming, lifting weights, carrying loads, and enduring under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many. One should be able to change his position quickly to avoid capture, fire, flood, bombs, gas, shells, or gun-fire. Obstacles must be overcome, sometimes in a hurry. Speed and endurance in the fundamental locomotion efforts are first essentials. When soldier recruits cannot, as an average, run speedily or steadily for a long time; cannot swim if they are trapped at a river, or pushed into a lake, or fall through the ice; if they cannot jump over obstacles in their path, vault fences or barricades and climb out of holes; if they cannot dodge snipers, missiles, or would be captors; if they cannot bear burdens to form barricades or show force and power in transporting their belongings and food; if they cannot show stamina in long hikes carrying loads-----then how can any army or body of civilians, made up of such men, survive? How fit are we in doing these things? Would an Olympic Decathlon athlete be fit? Would a winner of the Sigma Delta Psi key be fit? Would a football player be fit? Would a person who scored high on the Chinning-Jumping-Dipping test be fit?

How to Get Physically Prepared

Young men, relatively unfit, have a hard time in military camps--if they pass the physical examinations to get in. Military experience is more interesting, more satisfying, and relatively more safe for those who are fit. One way to get fit--the hard way--is to go into a military camp and do the best possible. A better way is to BEGIN NOW to learn all possible about Physical Fitness and to cultivate that state with all the energy available. How will we proceed? The Physical Fitness Clinic has been organized this year to help show you how. Regular attendance and earnest effort will account for considerable improvement. Taking tests of physical fitness will motivate you and show you where you are in Physical Fitness. Self-tests, partner-tests, group tests,--all will be used to set tasks for you to exert your strength, suppleness of body, skill, speed and endurance. Endurance is developed only through sustained effort--hard enough--long enough--so that you feel it. Each task must tax you. Every time you "go the limit" on some physical test, you make it easier the next time, particularly if you repeat the effort. It is a good idea to keep your own records and watch your improvement. The group calisthenics will help, if you do them day by day, but endurance events in running, swimming, weight lifting, wrestling, boxing--begun moderately but gradually increased in dosage--will bring marvellous results. Want to try? The Physical Fitness Clinic is a special offering to help you get fit--and stay fit--by cultivating the habit--knowing how--building interest in the idea.

DAILY PLAN FOR KEEP FIT CLINIC

University of Illinois

EXPLANATION: The KEEP FIT CLINIC, usually known as the KEEP FIT CLUB, will meet in the Men's Old Gymnasium daily from 4:00 to 6:00 P.M.. The opening date is October 20th and the closing date will be announced at another time.

Any student or member of the faculty is eligible to join the CLINIC upon the agreement to be present for the work one two-hour period per week. Others will be classed as visitors. Prospective members may report any day to Dr. T. K. Cureton, Mr. Goldie, and Mr. Kuhn, 300 Men's Old Gymnasium (KEEP FIT CLUB OFFICE), main floor of the gymnasium.

DAILY SCHEDULE:

4:00--4:10-----Attendance Check.

4:10--4:20-----Group Explanation or Demonstration
of Condition Tests.

4:20--5:00-----Individual Advisement and Informal Condition-
ing Work as Agreed Upon with Club Directors.

Self-Testing and Self-Record Posting.

5:00--5:10-----Physical Fitness Talk on Selected Topic
(Different Each Week. Interpretation of
New Books and Materials on Fitness).

5:10--5:30-----Group Conditioning Exercises.

5:30--5:40-----Endurance Prescription---10 Minutes or More
on Some Selected Type of Exercise Suitable
to Endurance Activity. This Might be
Endurance Running, Muscular Work on Weights,
Swimming, Pulley Weight Work, Medicine Ball
Throwing, Rhythmic Trunk Exercising with
Partner, Exercise on the Rowing Machines, etc.

5:40-----Dismissal-----Showers, Towel Rub-Down, Deep
Breathing for 20 Minutes.

February 23, 1942.

Dr. G. B. Affleck,
Director of Physical Education,
Springfield College,
Springfield, Mass.

Dear Dr. Affleck:

I am wondering if you will be kind enough to send me some information on your physical education program in connection with national defense.

Are you revising your program in any respect? Are you making physical education compulsory? Do you have a physical fitness program in effect now, or do you plan to inaugurate it later? These are some of the things we are particularly interested in.

We shall be very grateful for any information on your program in this emergency.

Very sincerely yours,

FCA:AH

Director of Physical Education and Recreation,
Varsity Basketball and Baseball Coach.

COLLEGE PHYSICAL EDUCATION ASSOCIATION

*Physical Education Bldg,
Ohio State*

Dear Sir:

In response to many requests from colleges and universities concerning specific steps which may be taken by physical educationists to make a more direct contribution to the preparation of college men for military service, a committee of the College Physical Education Association has prepared a statement for consideration by this group.

The Executive Council approved the resolution and authorized its distribution to all colleges and universities in the United States. Such approval carries the support of the entire membership of the Association.

Two copies are being sent to you: one is for your office and one is for the Director or Chairman of your Department of Physical Education.

It is recognized by the Executive Council that each institution will have to meet suggested standards according to its own capacities to do so. It is urged, however, that every effort be made to put into practice as fully as possible the suggestions made in the enclosed resolution.

Very sincerely yours

Glenn W. Howard

The Colloge Physical Education Association meeting in its Forty-Fifth annual convention in Detroit, Michigan, December 30 and 31, 1941, in recognition of the vital importance of physical fitness in the present crisis, urges the colloges and universities to plan their programs of physical education in accordance with the following recommendations:

1. That the physical education program be placed on a five days a week basis for four years for all men. (Three times weekly is an absolute minimum.)

2. That the programs of intramural activities, intercollegiate athletics and physical education be broadened and intensified.

3. That a complete service of medical examination be extended to all male students; that the follow-up work including the correction of remediable defects be made a part of the program.

4. That timely and vital courses, such as first aid, and life saving, personal hygiene, including military and social hygiene, be given.

Furthermore, this Association endorses wholeheartedly the physical fitness program of the Office of Civilian Defense and offers the services of the membership.

PRINCETON UNIVERSITY
Princeton New Jersey

Department of Health and Physical Education

Mr. F. C. Allen
Dept. Physical Education,
University of Kansas
Lawrence, Kansas.

Dear Mr. Allen:

I am enclosing a typed copy of our Physical Fitness program.
I trust this may be of some help to you.

Sincerely,

W. H. York, M.D.
Chairman

Department of Health & Physical Education
Princeton University, Princeton, N.J.

PHYSICAL FITNESS

During the present emergency it is necessary that all the available man-power of the nation be in finest possible physical condition for any eventuality. In a war of the present type individuals will be called upon to endure numerous hardships. No one can reasonably expect to escape nervous and physical strain from new tensions and additional work. It would be wise to foresee these conditions and by means of an intensive self-training discipline keep oneself healthy and physically fit.

The Department of Health and Physical Education is prepared to offer each undergraduate the opportunity to protect and develop his health resources; to assist him in the formation of good health habits; to help him remedy all correctible physical defects; and to increase his knowledge of maintaining his health and that of others in war and disaster.

With this situation in mind the university administration has considered it advisable for all students on the accelerated course plan to participate in a program of organized physical education. The Department of Health and Physical Education will conduct these classes at 2:00 P.M. and 3:00 P.M. daily Monday through Friday. Sophomores, Juniors and Seniors on the regular four year plan are welcome and are urged to participate in this program of physical activity.

All accelerated sophomore and junior students will be required to register at the physical education office before January 23rd, during the hours 10:00-12:00 A.M. and 2:00-4:00 P.M. Class work will begin January 26th.

The following class of students will be recognized as exceptions:

1. Members of intercollegiate squads. Such students will be required to register, but will be excused from attendance during the active sport season in question. At the conclusion of a given

sport season these students will report to the physical education class in which they are registered without further notification.

2. Students participating in the intramural program will be permitted to substitute two intramural contests for one required class period.

This program is designed to cover a wide range of activities in order that the student may elect the type in which he is primarily interested. The program has been divided into four areas of concentration, and each area will emphasize conditioning exercises. Each student will participate in two areas of activity during the term. The areas of concentration are:

1. Swimming - Fundamentals of the crawl stroke - practice and theory.
Training and competitive practice
Fundamentals of diving - practice and theory
Important features of Life Saving, including artificial respiration.
Water games.
2. Cobative Sports - Fundamentals of boxing, wrestling, judo and sabreing. This work should develop confidence in one's own ability to defend himself in physical combat.
3. Calisthenics and Gymnastics - Advanced free and wall bar training, rope climbing, obstacle surmounting, running and marching, tumbling, horse vaulting, heaving and balancing exercises. Also simple games such as medicine ball relay, obstacle races, etc.
4. Group Sports - Organized practice in fundamentals of basketball, hockey, touch football, speedball, soccer. Also organized play in the above games.

1/10/42