

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