

Reprinted from

BUREAU OF NAVAL PERSONNEL
TRAINING
BULLETIN

GETTING THEM

FIT TO FIGHT



PHYSICAL TRAINING MAKES FIT FIGHTERS

THE COVER shows Seabees at Camp Peary climbing a wooden wall by means of scaling ropes. This is one detail of the Navy's comprehensive physical training program. The complete program is outlined in this illustrated article, with information included on the function of each exercise and sport the Navy is using.



Navy men, fully clad and with rifles, swarm down cargo net in drill that prepares for landing operations.

GETTING THEM FIT TO FIGHT

THAT'S the job of the Physical Fitness Section of the Training Division, BuPers, with its Specialists (A) and physical training officers. There is just one objective of all naval training—to prepare men physically and technically for service in the fleet. The man who is in top physical condition fights better—and longer—than the one who isn't. "It takes the physically fit to stand the gaff in the Navy," said Admiral Chester W. Nimitz, USN, CinCPac, in speaking to Chief Specialists (A) at Pearl Harbor assigned to the fleet and the Fourteenth Naval District. The physical training programs at recruit training stations, service, midshipmen, and officer indoctrination schools, and V-12 Units are built around the fact that it takes "iron men for iron ships."

The training program, by preparing men physically, develops also a spirit of confidence and a will to fight. For example, a man who enters the Navy with no experience in body contact sports (boxing, wrestling, football, etc.) may get a completely new mental experience from his first boxing lesson. After more training in contact sports a man gets poise, confidence, skill, and the desire for combat—even though he had never had a grade-school fist fight before his Navy days.

At each recruit training station a physical training officer is attached to the staff of the recruit training officer. His job is to administer the physical training program, both in recruit and service school training, which now has a minimum time requirement of at least five hours per week. On the staff of the Director of Training in each of the Naval

Districts a physical training officer supervises the program at activities in the district. Specialists (A), all of whom have had training at the Physical Instructors' School, conduct the physical training activities.

The physical fitness program is divided into physical training and physical maintenance. The former aims to develop men to a high state of physical fitness, the latter to keep them there after that level is attained. Physical training includes all exercises, games, and sports required during the training day as a part of the regular program. Those games, sports, and activities participated in by naval personnel during their leisure time are considered recreation and are conducted under that program. Obviously, there is a close relationship between the two.

On the following page are statements by the Secretary of the Navy, the Chief of Naval Personnel, and the Director of Training, concerning physical fitness. A 19-page word-and-picture story on the physical fitness program follows to show in complete detail how this important job is being done.

The plans and purposes of the Navy's famous obstacle courses are described, pages 3-5; the advantages of calisthenics, pages 6-7; the lessons taught by boxing, page 8; the methods of teaching hand-to-hand fighting, pages 9-11; the swimming program, pages 12-15, with the strokes favored by the Navy pictured on page 13; the place of football in the Navy, page 16; the standard tests the Navy has for a man's physical fitness, page 18; and the place of gymnastics, page 19.

FROM THE SECRETARY OF THE NAVY

(Excerpts from a speech delivered by Secretary Knox to the Touchdown Club, Washington, D. C., 11 January 1944.)

"We in the Navy definitely believe in the type of physical exercise and sports which involves bodily contact with your opponent.

"One of the lessons we have learned in this war ought to be that the building up of the physical side of young Americans is one of our most important and crucial tasks in the days after the war is over.

"In the organization of which General Vandegrift is the Chief, only one man in five could pass the examination required to get into that organization. That ought to give us some sober thought, because, I think we all agree—I am sure the Navy and Marine Corps will agree—that the Marine Corps has the finest esprit de corps of any fighting organization in the world. And you can't have that kind of esprit de corps unless you have a physical base for it because, believe me, there is a direct relationship between physical condition and physical courage.

"The price of freedom is the ability to defend it. We are living through hours and months and years now of an

era when that truth is being forced home on us as never before.

"But, remember men, that just ships isn't the answer. We have the ships now. Through a very miracle of production, we have built in the last two years the greatest fleet that ever swept the sea under one flag. But ships alone don't make the Navy. We've got to have men, and to get an adequate force of men to man those ships is a pressing obligation upon every American citizen.

"One thing I hope we've learned is that only those people will survive free who maintain themselves in a position where they can defend that freedom if it's challenged. That's the price of survival. That's the lesson that has been bitterly burned into our minds and souls in the last quarter of a century. That doesn't mean we want to embark on any era of imperialism.

"Let's help, all of us, to build up that spirit in our country which will insure that if the time of testing ever comes again it will find us ready. Ready spiritually, ready materially, and above all, ready physically, to play our part in saving the world against such a danger as that which now threatens it."

FROM THE CHIEF OF NAVAL PERSONNEL

(Excerpt from Foreword in Physical Fitness Manual for the U. S. Navy.)

"A primary responsibility of the Bureau of Naval Personnel is the education and training of officers and enlisted personnel of the Navy. An important aspect of

this responsibility is the physical fitness of every person in the naval service. This responsibility is discharged through the administration of the Physical Fitness Program which is designed to develop and maintain a superior physical condition among all naval personnel."

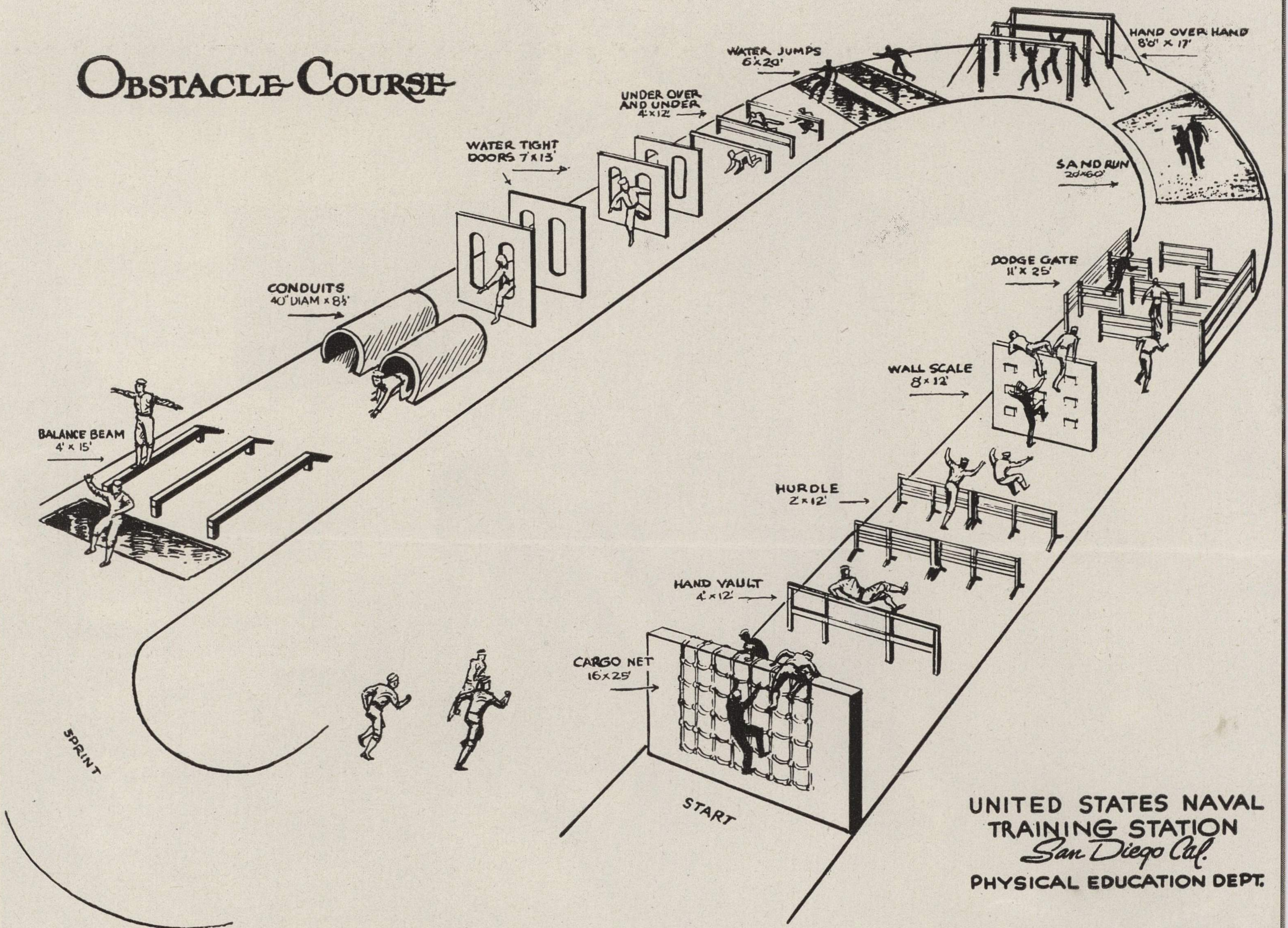
FROM THE DIRECTOR OF TRAINING

(Excerpt from BuPers ltr. 30 December 1944 to commanding officers of training commands.)

"The ultimate objective of all our training is our effectiveness and success in battle. All Command Echelons at Sea and in the Field fully appreciate the importance of physical fitness in inducing boldness, enterprise, and intelligence in combat, as well as insuring a greater capacity

to resist shock. All Training Commands must recognize the importance of physical readiness for action in like manner and insure that appropriate measures are integrated in training programs, particularly in connection with new personnel and in association with indoctrinal training designed to develop firm discipline, enterprise, and spirit of combat."

OBSTACLE COURSE



UNITED STATES NAVAL
TRAINING STATION
San Diego Cal.
PHYSICAL EDUCATION DEPT.

LENGTH OF COURSE APPROX. 400 YDS
THIS DRAWING NOT TO SCALE

The nation over, Navy men are running, falling, jumping, hurdling, crawling, climbing, balancing, vaulting and squeezing on obstacle courses like this. Courses are built so as to minimize accidents. Men study a course before running it.

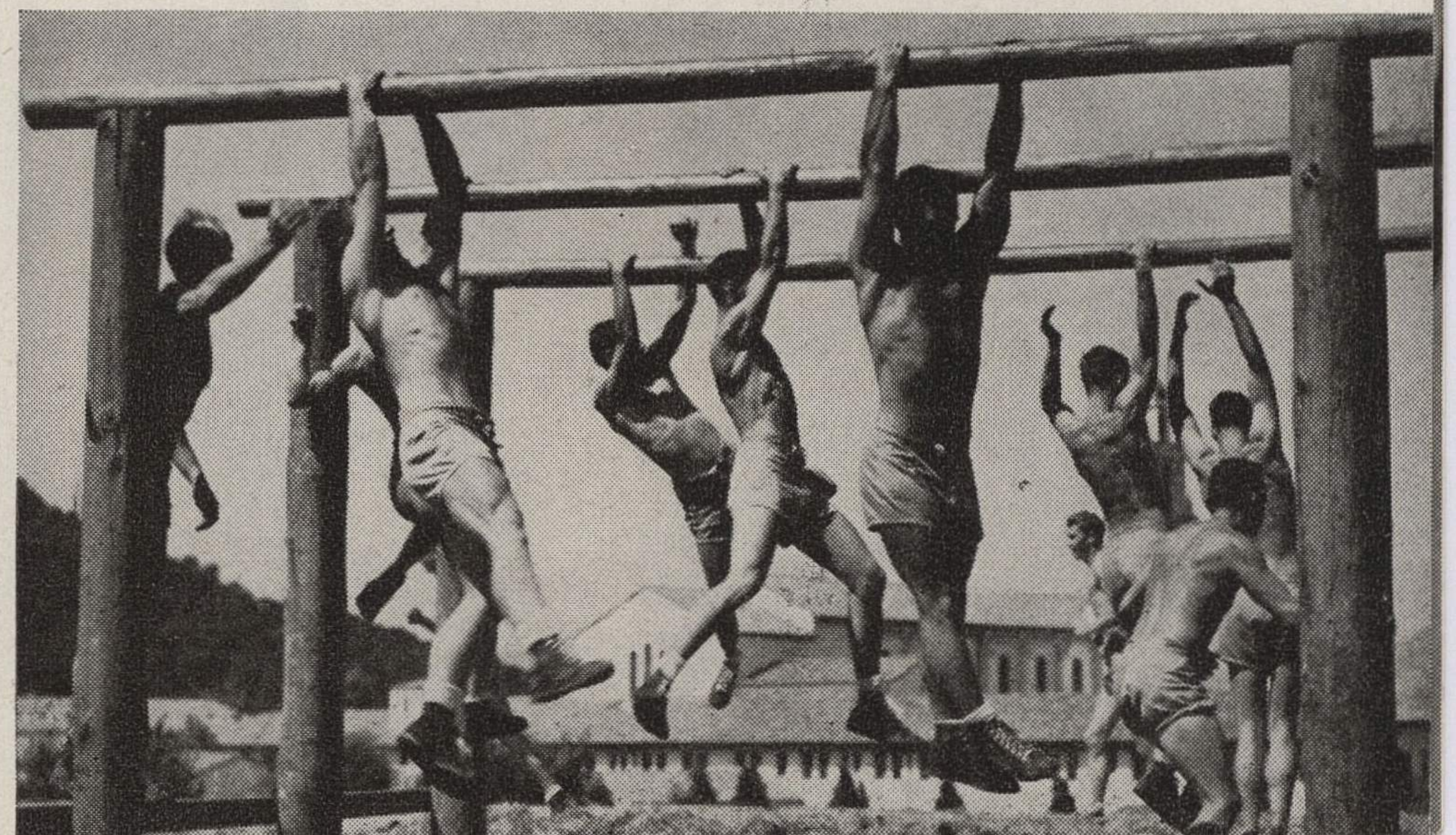
OBSTACLE COURSES ARE TOUGHENERS

Running is one of the best leg and wind conditioners. In obstacle-course running men must progress over, under, around, and through obstacles placed in their way. Usually obstacle courses are designed to include activities requiring use of arms as well as legs. Natural obstacles should be used wherever possible, but many satisfactory courses are constructed on running tracks, level areas, or even indoors. It is desirable to keep all physical training activities out-of-doors as much as possible and obstacle courses lend themselves to various phases of the program.

In general, provision is made for the following types of physical maneuvers in the Navy's obstacle courses: (1) Running, including endurance running, sprint running, crouch running, running with heavy weights, zigzag running, running over loose terrain, and running interspersed with occasional jumping, hand vaulting, and ducking under improvised booms; (2) falling, including falling with complete pack, falling to the side, falling and rolling, and falling while at full speed; (3) jumping, across ditches, from various levels or heights, and across stationary objects; (4) hurdling, over obstacles of various heights and widths; (5) crawling, around objects, through tunnels, and under low barriers; (6) climbing, up and down wood or rope ladders, up and down suspended lines, up and down cargo nets, over high

barriers, and up and down sharp inclines, either natural or constructed; (7) balancing, walking on balance beams, narrow inclines, or narrow or confined space; (8) vaulting, over various objects such as rails and capstans (improvised), low barriers, or other similar barricades; and (9) squeezing through small openings.

Hand-over-hand, which helps arm and shoulder strength, is universally used on obstacle courses. Close-ups of other obstacles in general use are shown on the next two pages.

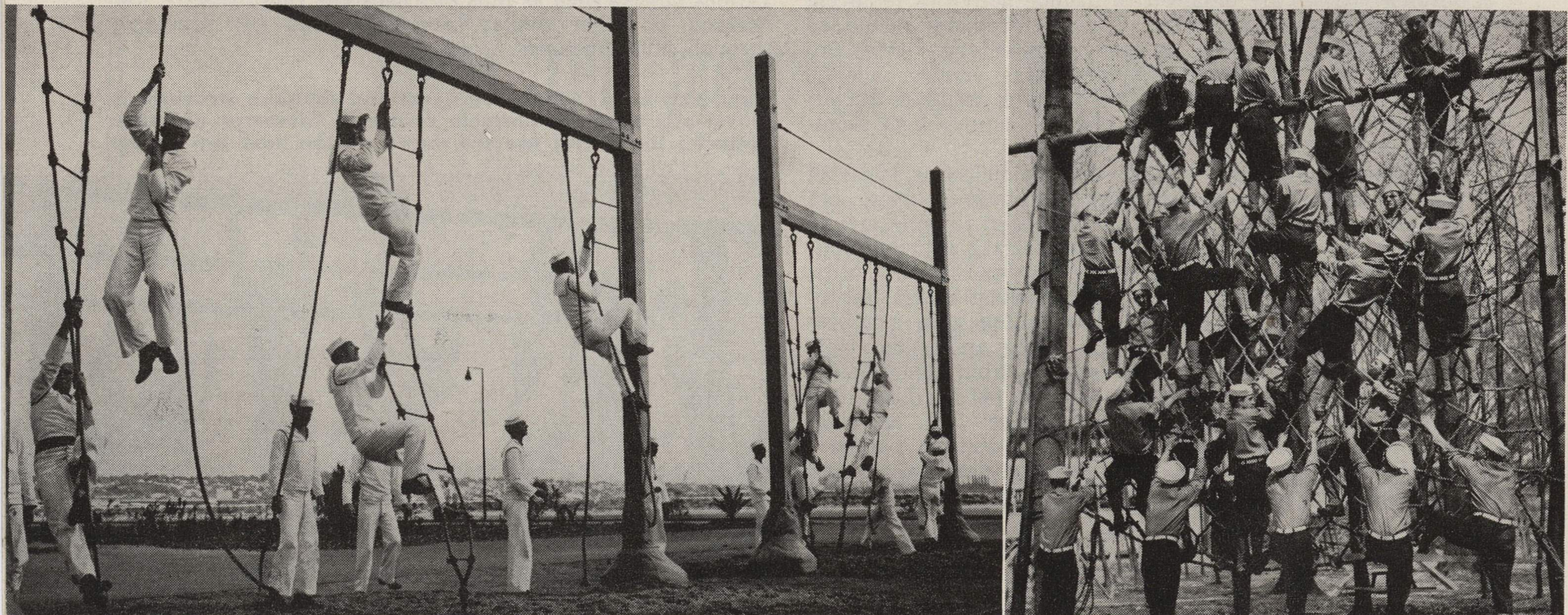


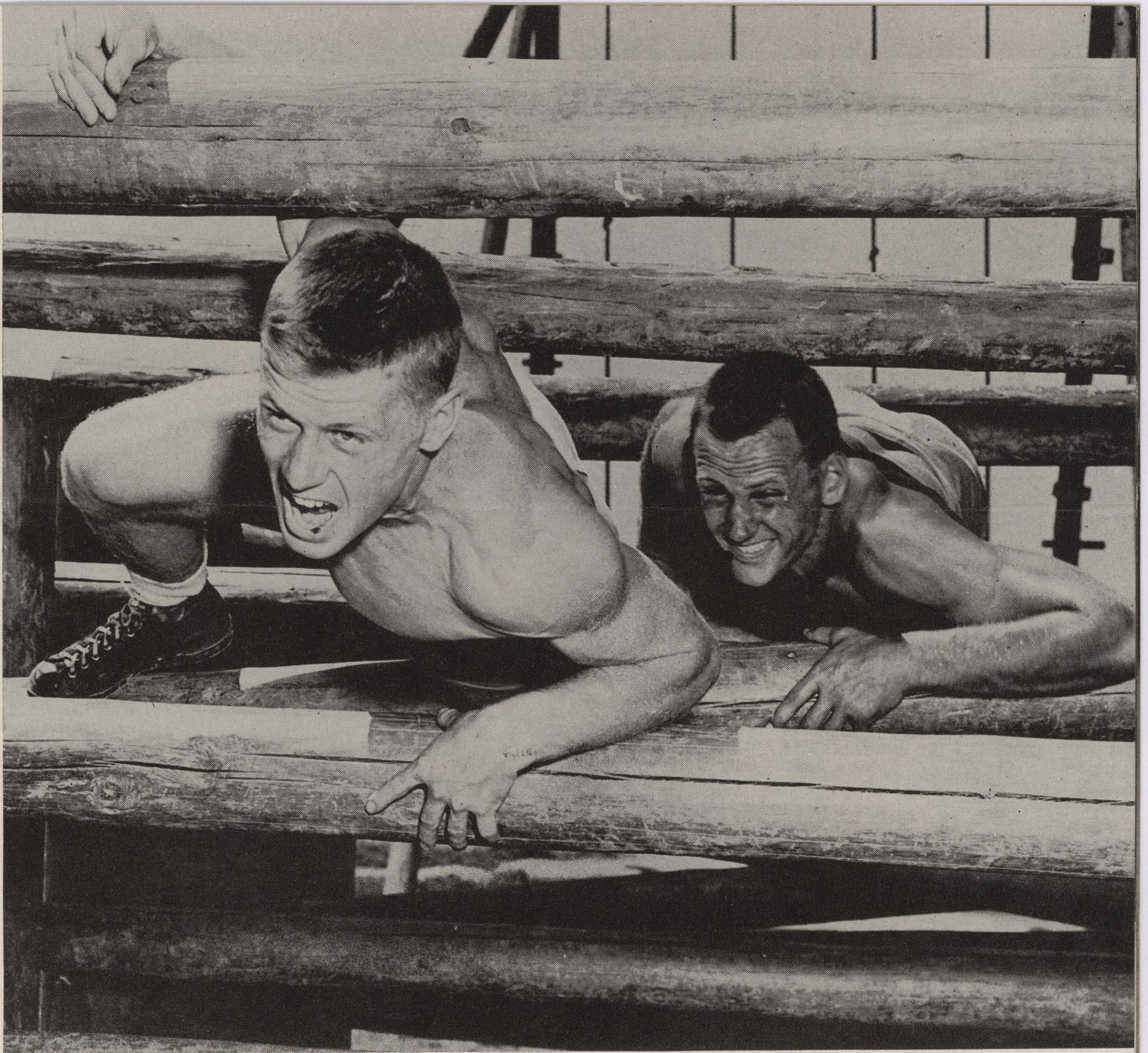


Balance beam develops sure footing. A misstep and a man gets cold bath during (not after) workout. This is a preflight picture showing a universal activity of the physical fitness program.

Left: Men go up ladders and down lines.

Right: Climbing and descending crowded cargo nets.





Crawling and squeezing through small openings uses many a muscle that usually rests.

Sides of straddle run resemble heaving decks.

Lame 10 years as boy, this man, after training, set records.





CALISTHENICS: FOR PRIMARY CONDITIONING

The Navy has large numbers of men to condition in a comparatively short time. Often, space is limited. Calisthenics have proved to be one of the best mass methods for accomplishing this end. Practically all great athletes and athletic coaches include calisthenic exercises and drills as part of their training routines. Calisthenics are used for warm-up and limbering-up purposes before many sports. In many instances calisthenic exercises also serve as a "tapering-off" period at the conclusion of a practice or drill session. In the Navy that also is the role of calisthenics. They are a part of, not the entire physical fitness program, as is evidenced by the broad scope of activities shown elsewhere in this article.

Many times men find themselves alone. Calisthenics are a means by which they can obtain exercise under such circumstances.

At Salerno, Italy, men of a U. S. cruiser get daily workout aboard ship. Calisthenics take up little room.

Drill with rifles is one form of calisthenics. Four other forms (there are dozens) are shown on the opposite page.

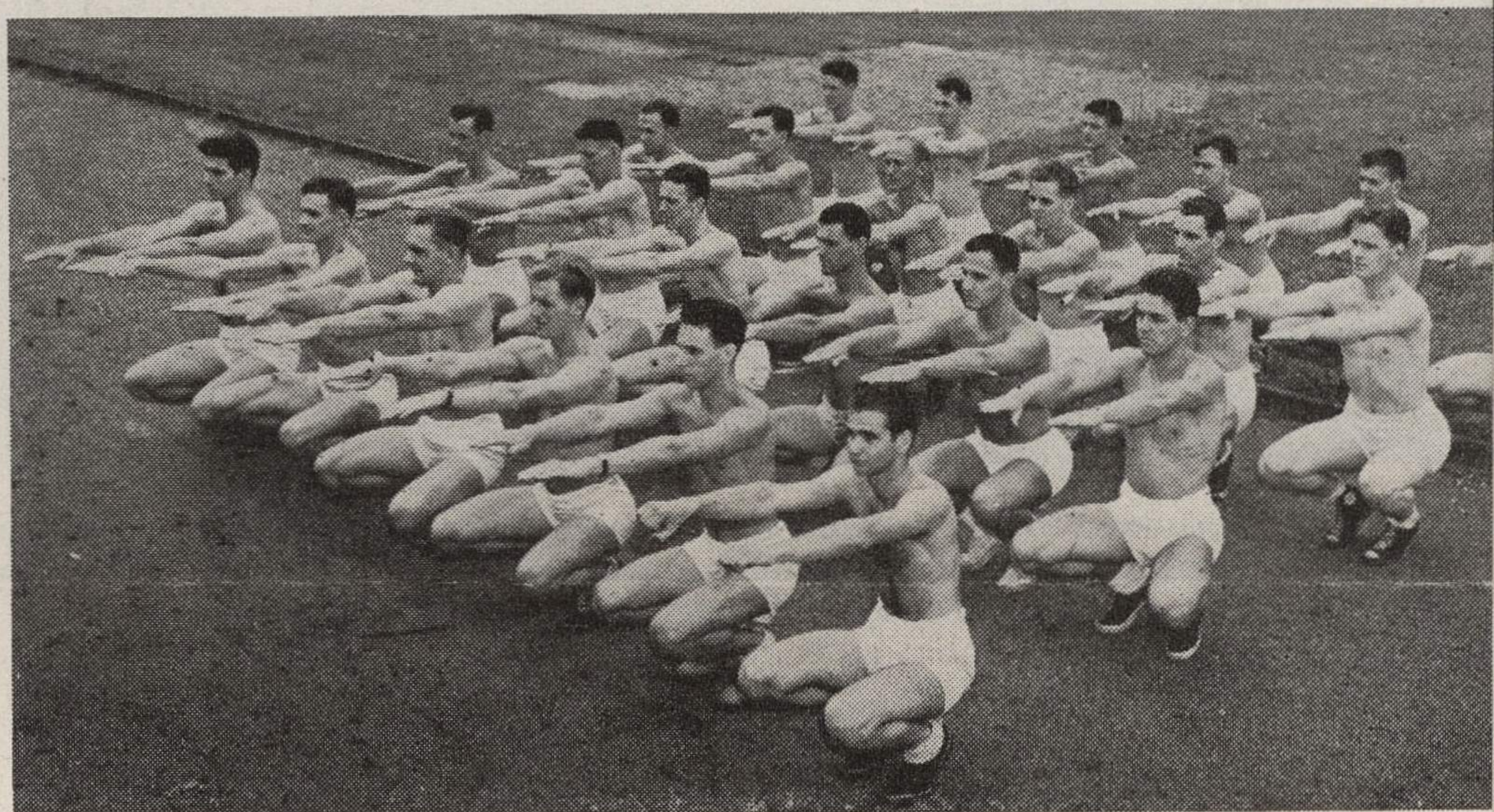




Body bend is used in mass calisthenic drills. Calisthenics may be done in quarters as well as in the open and oftentimes aboard ship. They should be done in good form and executed with vigor.

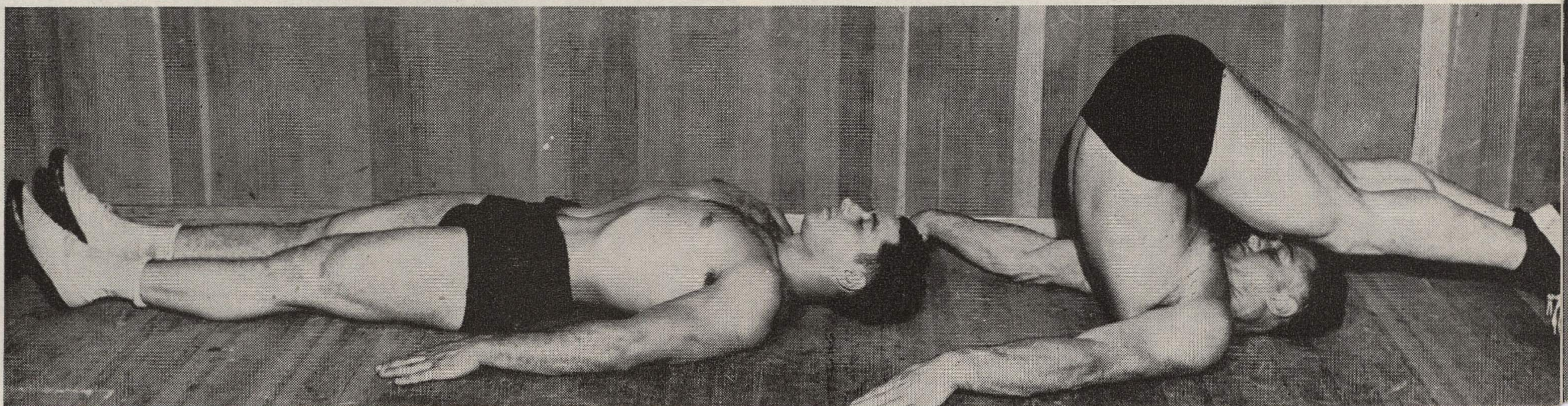


Running in place provides lots of activity.
Location: Bainbridge.



Deep knee bends develop balance and leg muscles.

Roll-back is for stomach and muscle development. This photograph is from a West Coast NTS.





Standard boxing contest between Navy men is three 2-minute rounds. Navy men enjoy watching contests. Boxing is a sport as old as the art of war itself and provides, in its elements of individual combat, a close parallel to the battle conditions that are faced today. The feint, the dodge, the counter-thrust, and the sudden devastating finishing blow, are as much a part of modern combat as they are of boxing.

BOXING: FOR PHYSICAL FITNESS

Boxing develops fleetness of foot, weight control, coordination, and the ability to resist successfully an attacking opponent. Properly taught and practiced, boxing develops self-control, cool, decisive thinking in emergencies, self-confidence, and courage. In addition, it is an excellent exercise for the development of strength, endurance, and agility.

Instruction to beginners in the science of boxing should not start with actual boxing, as the participant is likely to learn more bad boxing habits than good ones. Rather, a good instruction will begin with boxing movements in the form of shadow boxing so that the fundamental offensive and defensive movements may be thoroughly learned. After that, the men should be paired for practice in certain defensive techniques until they have mastered the basic movements in combination. Only after this instruction has been completed should the men be permitted to box competitively.

Proper stance, shifts, use of hands and feet are taught en masse.





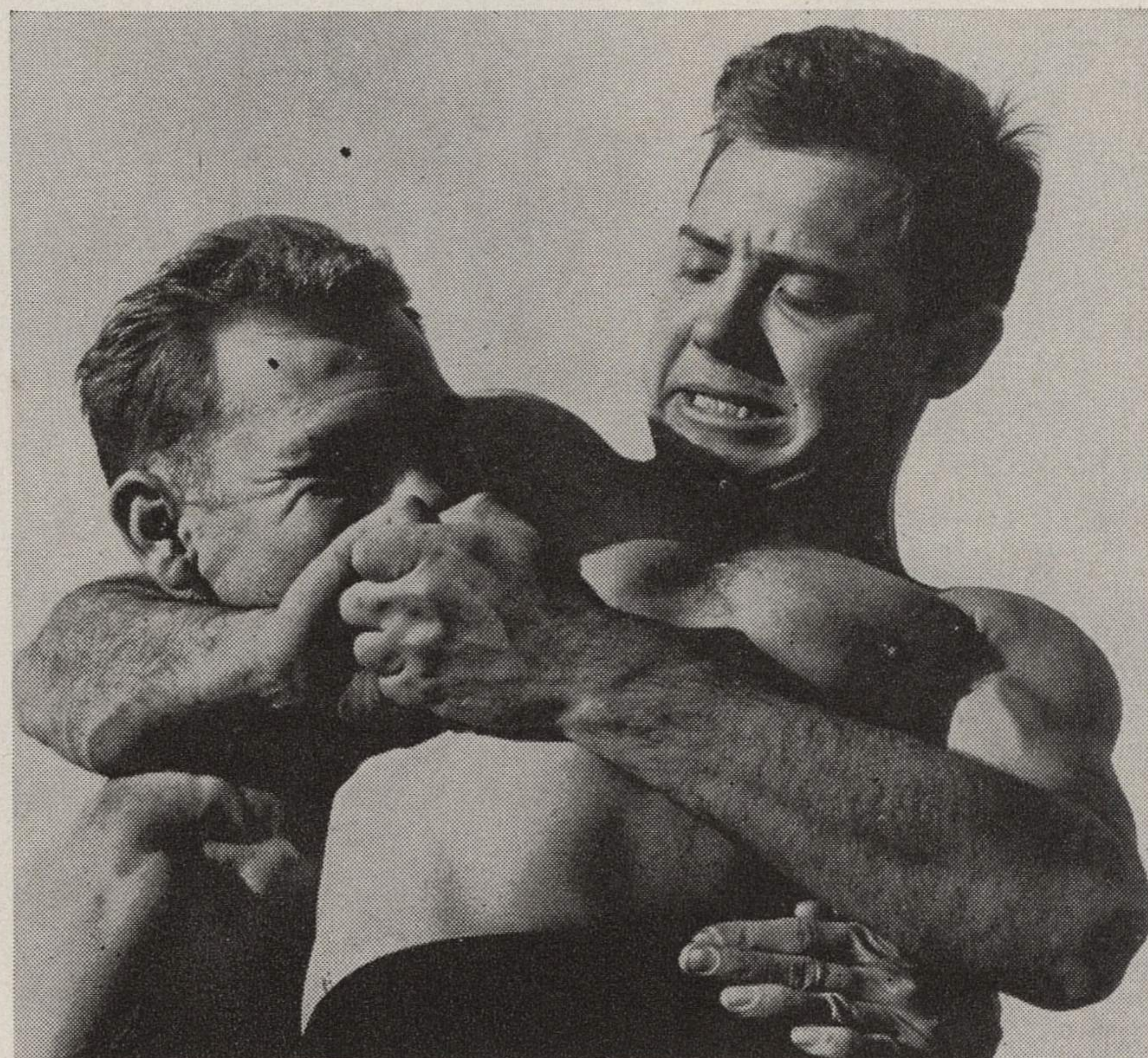
Professor makes a point to interested class. Note sweat and dirt on backs in foreground.

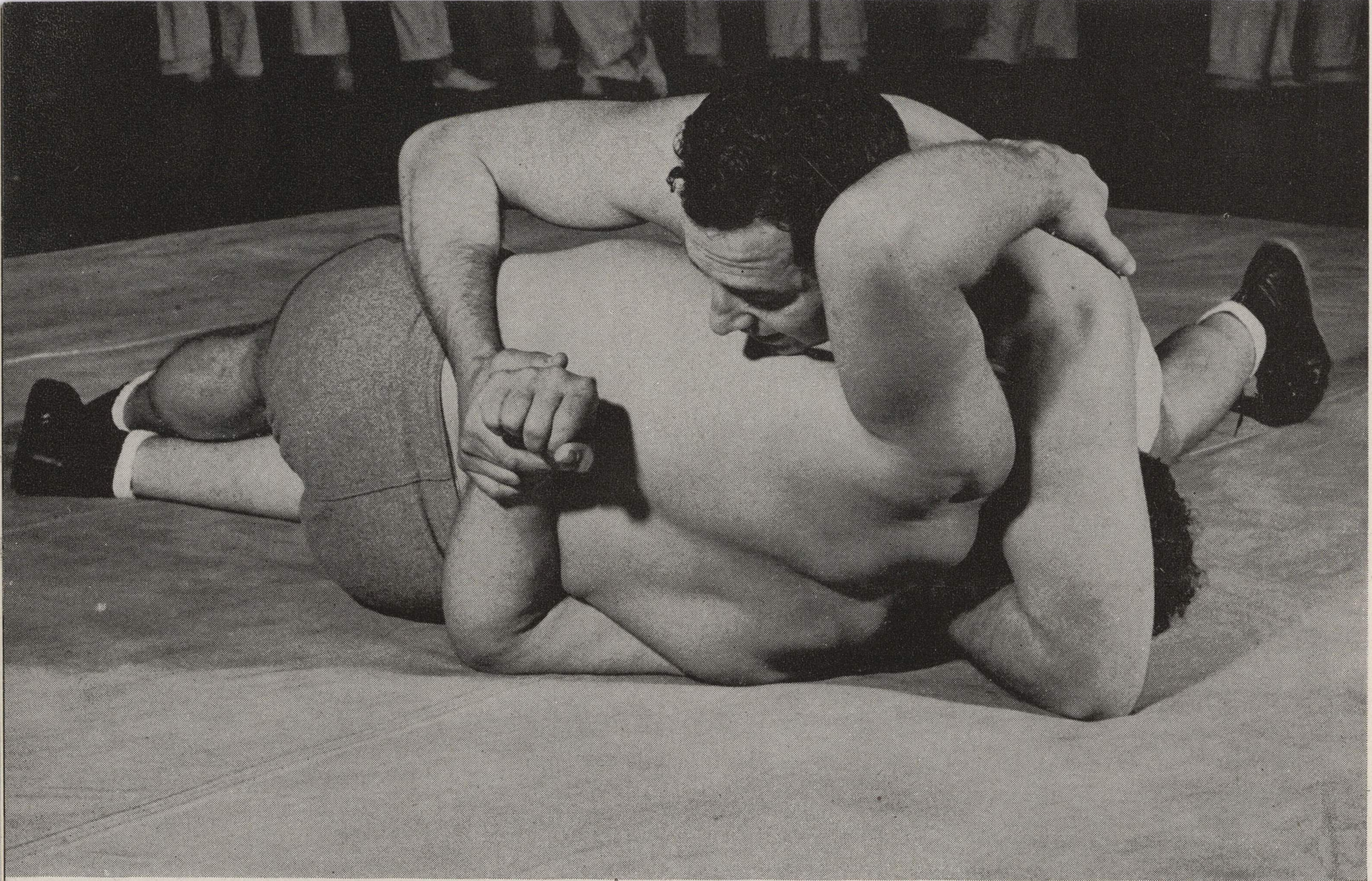
WRESTLING AND RELATED COMBATIVES TEACH HAND-TO-HAND FIGHTING

Wrestling is a much used activity in the Navy physical fitness program because it serves as an excellent means of conditioning men and at the same time offers valuable skills for use in personal combat. It is a different type of body contact sport than most other sports. The maneuvers require that a man must overcome his opponent largely by strength and skill in which there is the closest type of body contact, yet quite distinct from boxing, football or other athletics. There should be no confusion between legitimate wrestling, conducted in accordance with accepted rules, and the "grunt and groan" variety sometimes seen in commercialized matches.

The sport of wrestling and other combatives illustrated here have these purposes: (1) The development of resourcefulness in personal combat; (2) the development of proper footwork and weight control; and (3) to learn to time the best moments for the attack in overcoming an opponent. Wrestling is a complicated sport when one gets into its advanced stages. The Navy program, however, includes the elementary phases of the sport for the reasons indicated above, as well as to give men a chance to improve their physical condition.

Head lock is vigorous, recommended wrestling hold. More wrestling holds are shown on next page.

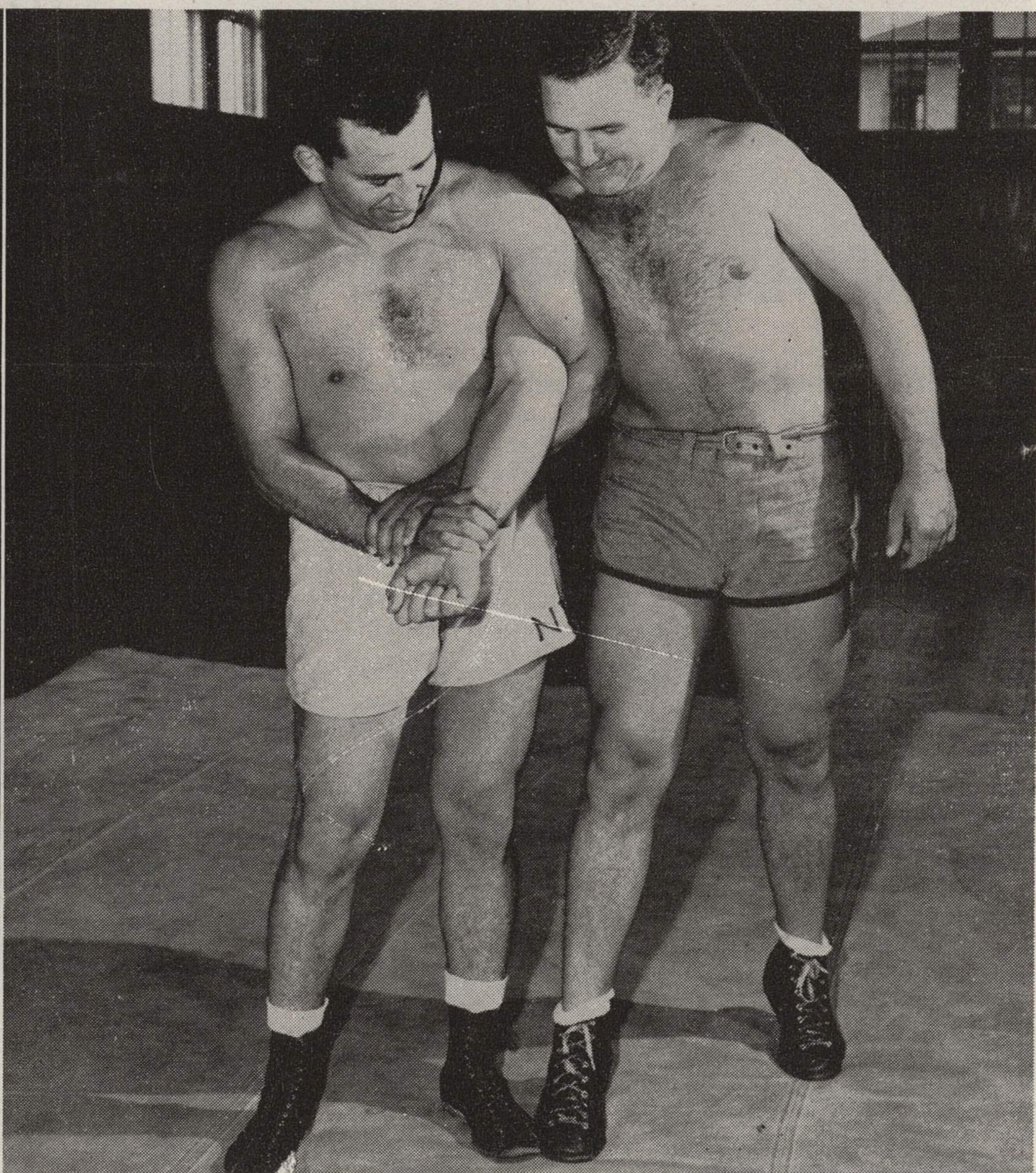
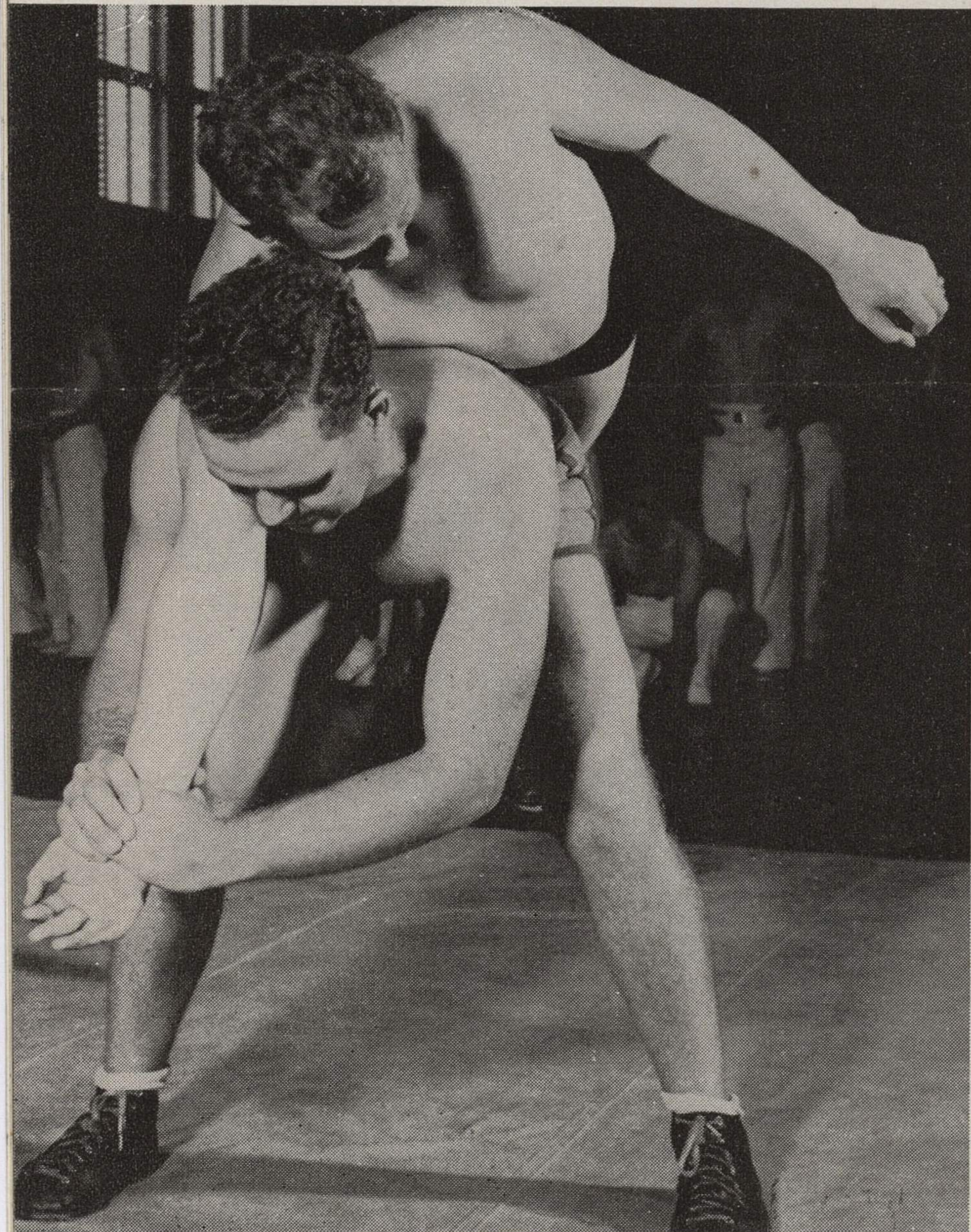


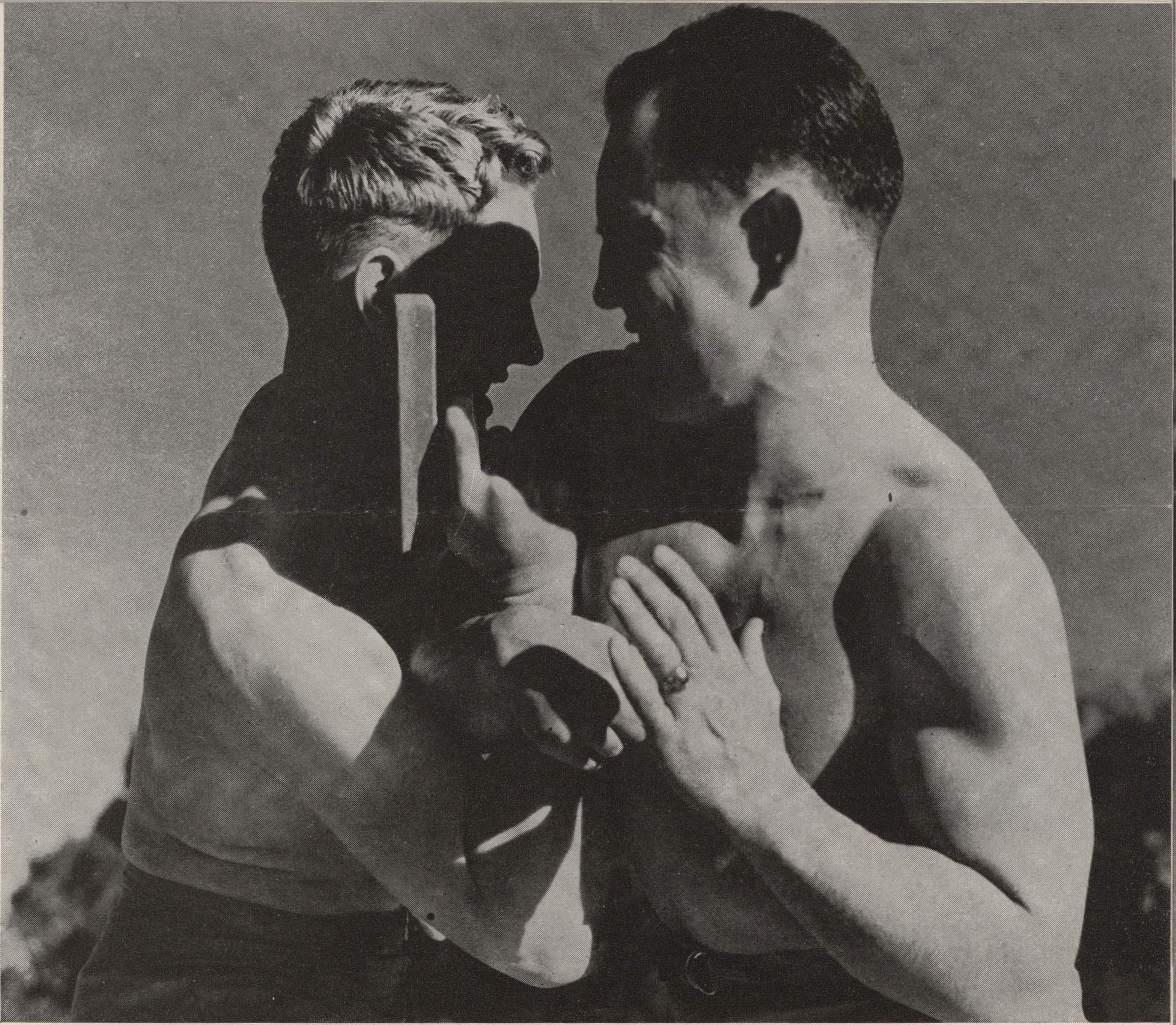


Hammer lock with a half nelson has lots of power. It is demonstrated to many naval trainees.

Flying mare is quick way to get an opponent down.

To let an opponent gain an arm lock is fatal.

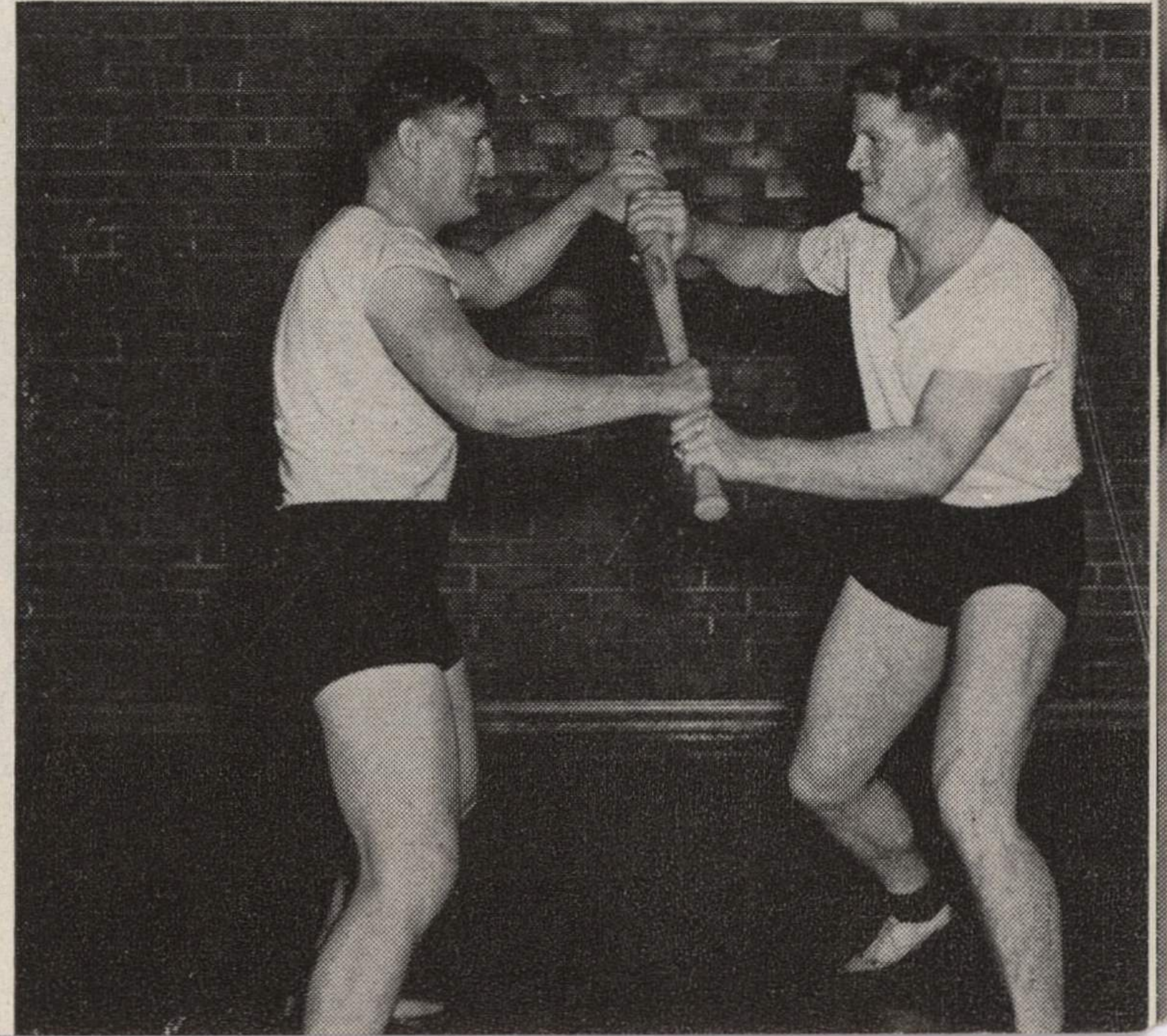


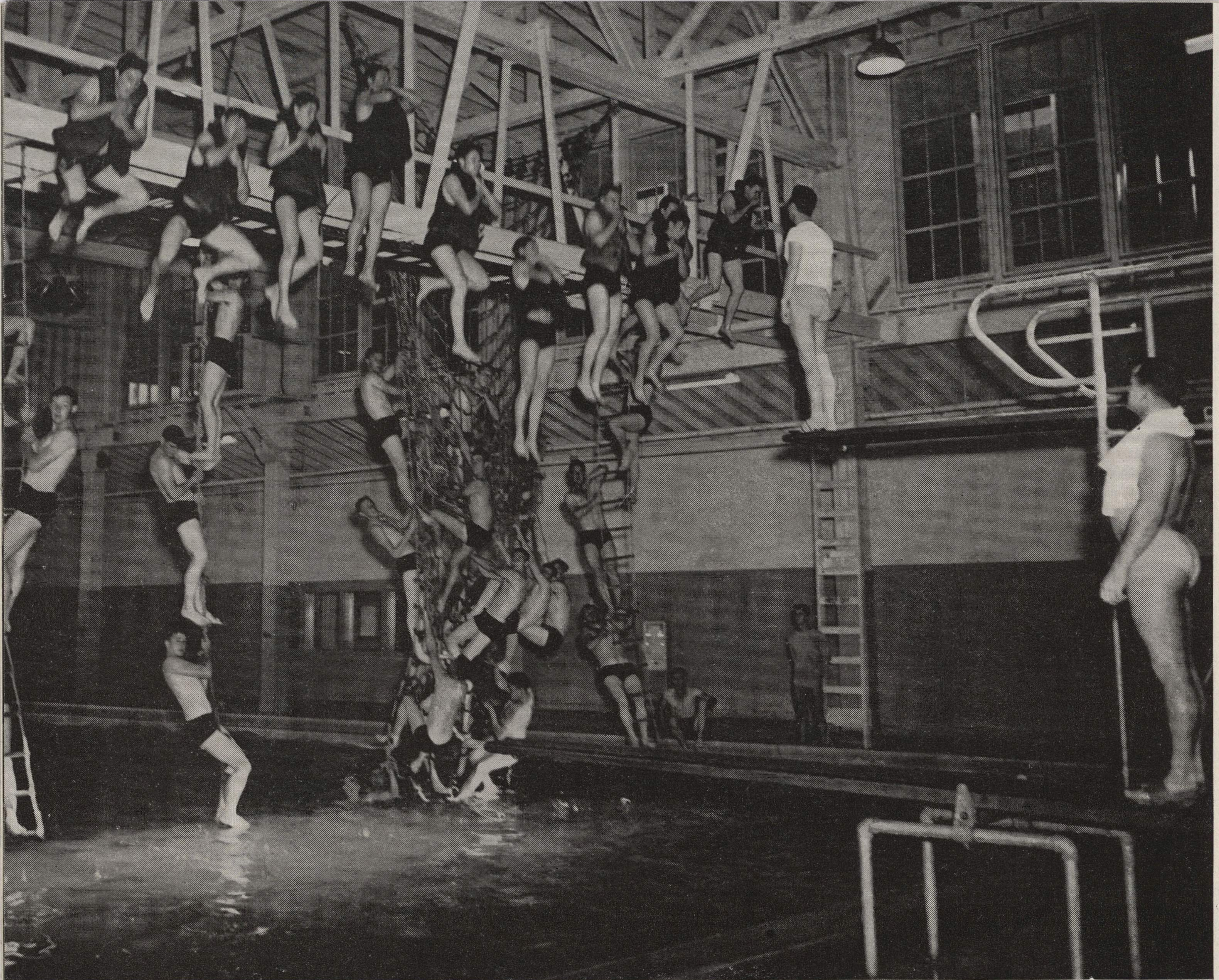


On this page are shown variations of wrestling known as combatives. Sometimes Navy men battle for possession of a dummy weapon, as here. Hand-to-hand and unarmed combat includes certain special methods of defending one's self at close quarters, with and without weapons, and of disarming and disabling the enemy. It is considered as a special science needing expert instruction, and many manuals on it and related subjects have been prepared. Instruction is given those men of the Navy who are most likely to have occasion to use close-quarter fighting tactics.

Arm wrestling is a rough and tumble business.

In stick wrestling any means may be used to get possession of bat.





Even jumping is done en masse in the Navy. This photograph shows abandon ship drill at an armed guard center.

SWIMMING IS A SPORT THAT MAY SAVE A MAN'S LIFE

"It is impossible to be too good a swimmer," hence in the Navy physical fitness program swimming is given paramount consideration. To be able to swim may be to be able to live, and the Navy is continually giving increased attention to this important phase of the bluejacket's training. Aside from being a possible means of saving one's life, swimming is an excellent body-building activity. It develops endurance and coordination, and at the same time gives relaxation and is recreational activity.

There are four general areas in swimming as related to use in the Navy. These are (a) fundamental swimming skills; (b) functional swimming drills; (c) abandoning ship drills; and (d) rescue drills. Form and speed swimming are not emphasized because of their relative unimportance and time limitations in training. In the Navy it is more important that a man have a feeling of being at home in the water, and be familiar with several means of keeping afloat, rather than that he be able to execute strokes in perfect form.

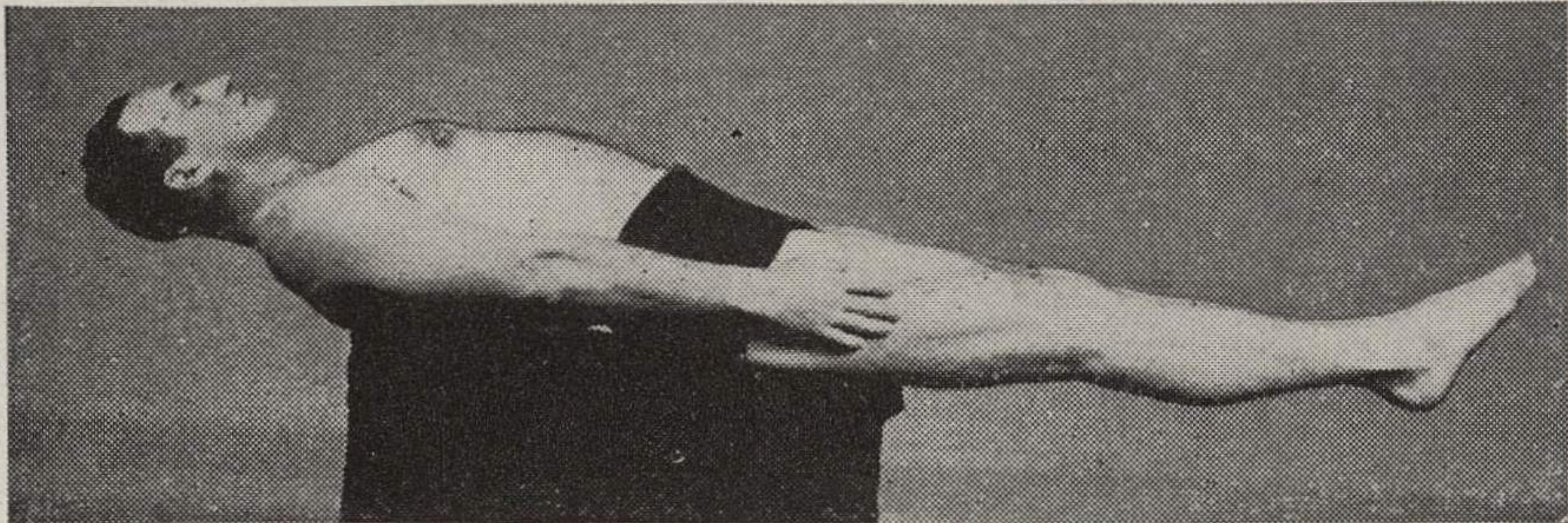
Navy Standard Swimming Tests have been developed in order to classify men as to their swimming abilities during

their training period. These tests also serve as a guide in formulating swimming programs at training stations and other naval activities. If a man is able to "enter the water, feet first, from a minimum height of five feet, and swim 50 yards," he is classified as a swimmer-third class. This is the basic Navy swimming test and the means used for determining whether a man is a swimmer or non-swimmer. Approximately 28 percent of the recruits at Naval Training Stations are unable to qualify as swimmers-third class when they begin their training. When they leave, this number is reduced to less than six percent. Those just barely able to pass this test are also indicated as "swimmers who need help." To be a swimmer-second class a man must be able to "take care of himself" in the water. The successful completion of this test necessitates his sustaining himself for a longer period in the water (10 minutes) and use of varied strokes. A swimmer-first class is one able "to help others." He must be an expert swimmer and to pass successfully this test must demonstrate his aquatic ability by rescue drills, underwater swimming, removal of clothing in the water, and limited distance swimming.

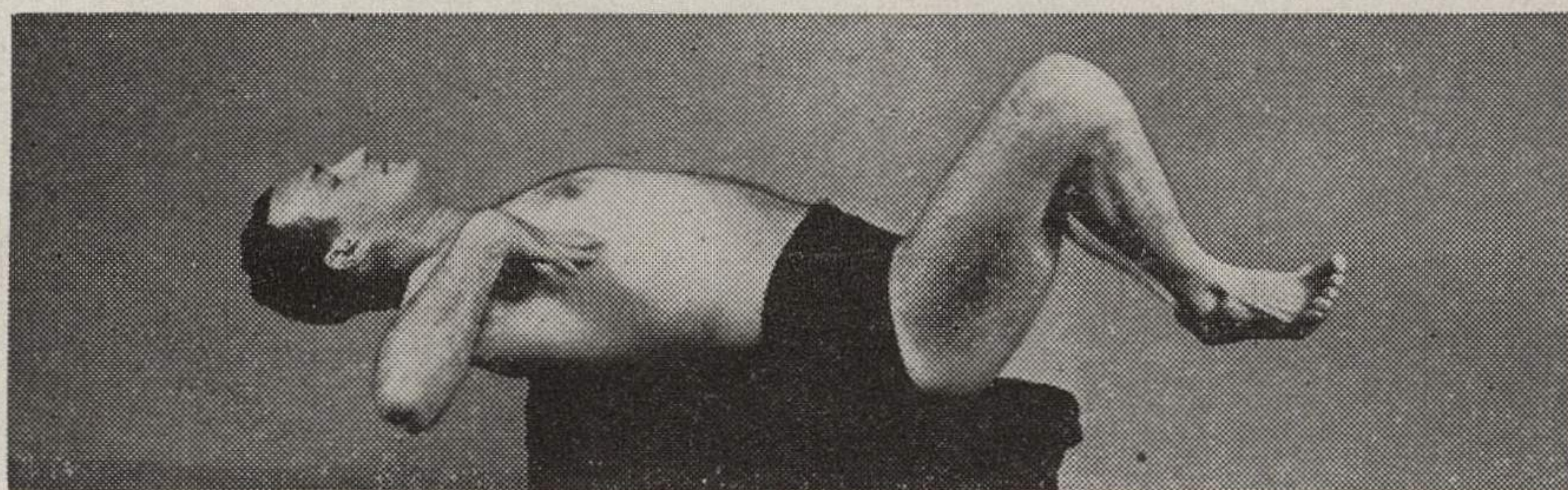
THESE ARE THE STROKES THE NAVY EMPHASIZES

Strokes which are emphasized in the Navy swimming program are the sidestroke, the elementary backstroke, and the breast stroke. If a man has to abandon ship in the middle of the Atlantic or Pacific Oceans, he doesn't need to

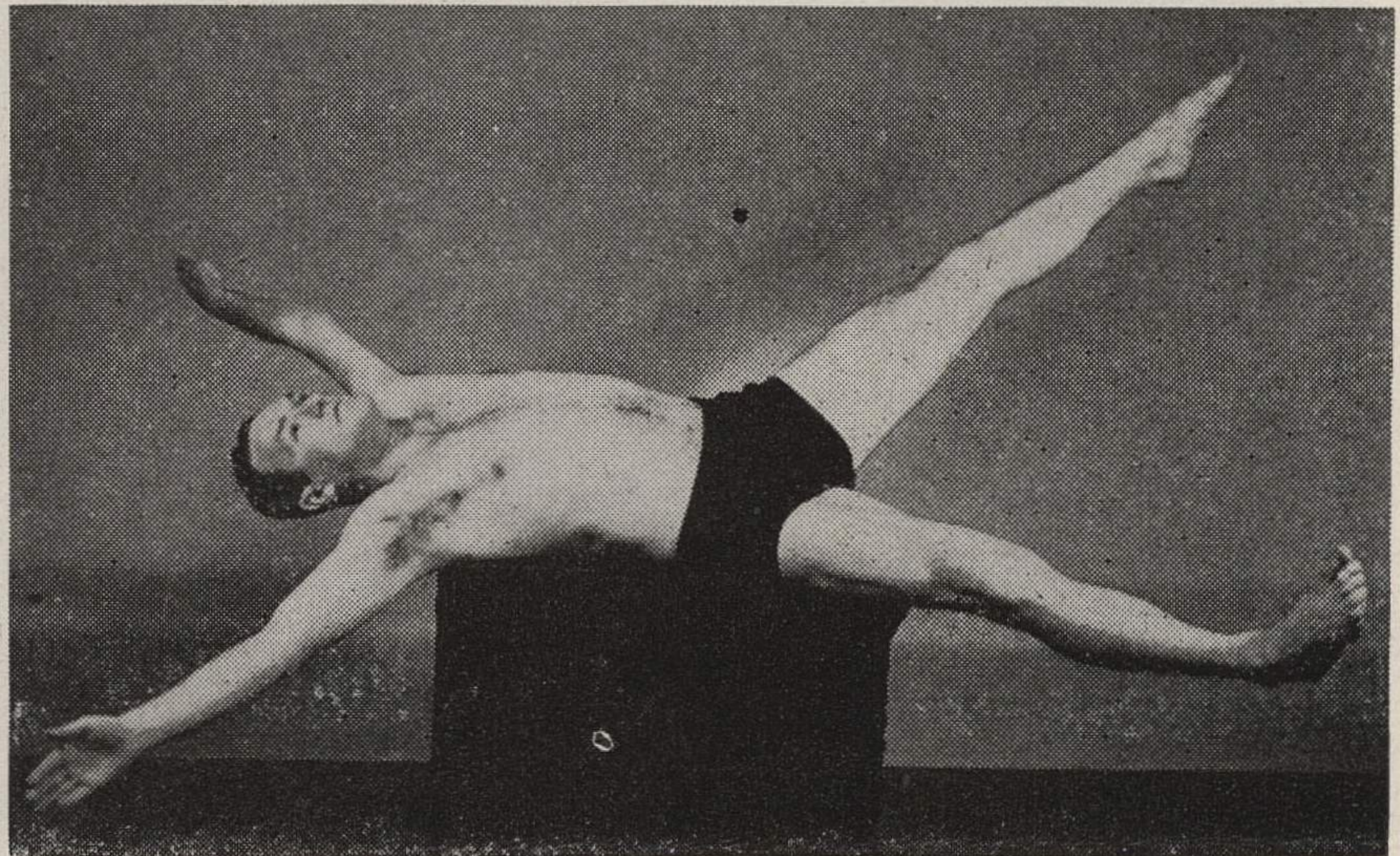
be an expert in speed strokes because, obviously, he isn't going anywhere. His big job is to get away from the ship and keep afloat until rescued. The much-heralded crawl stroke is usually too tiring because of the over-arm recovery.



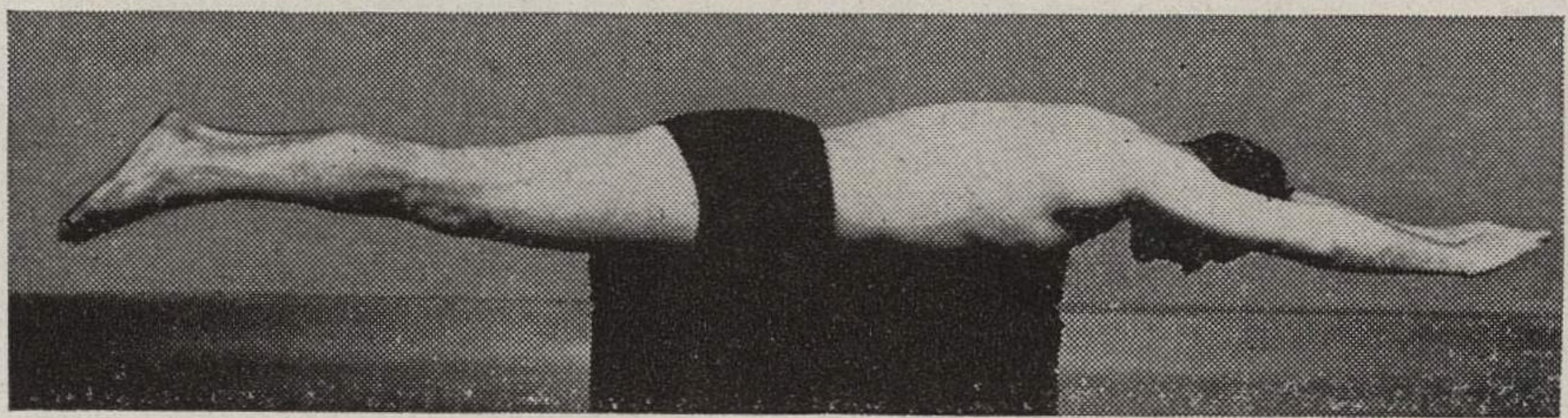
1. The back stroke starts with the legs extended, toes pointed, and arms extended with hands along thighs.



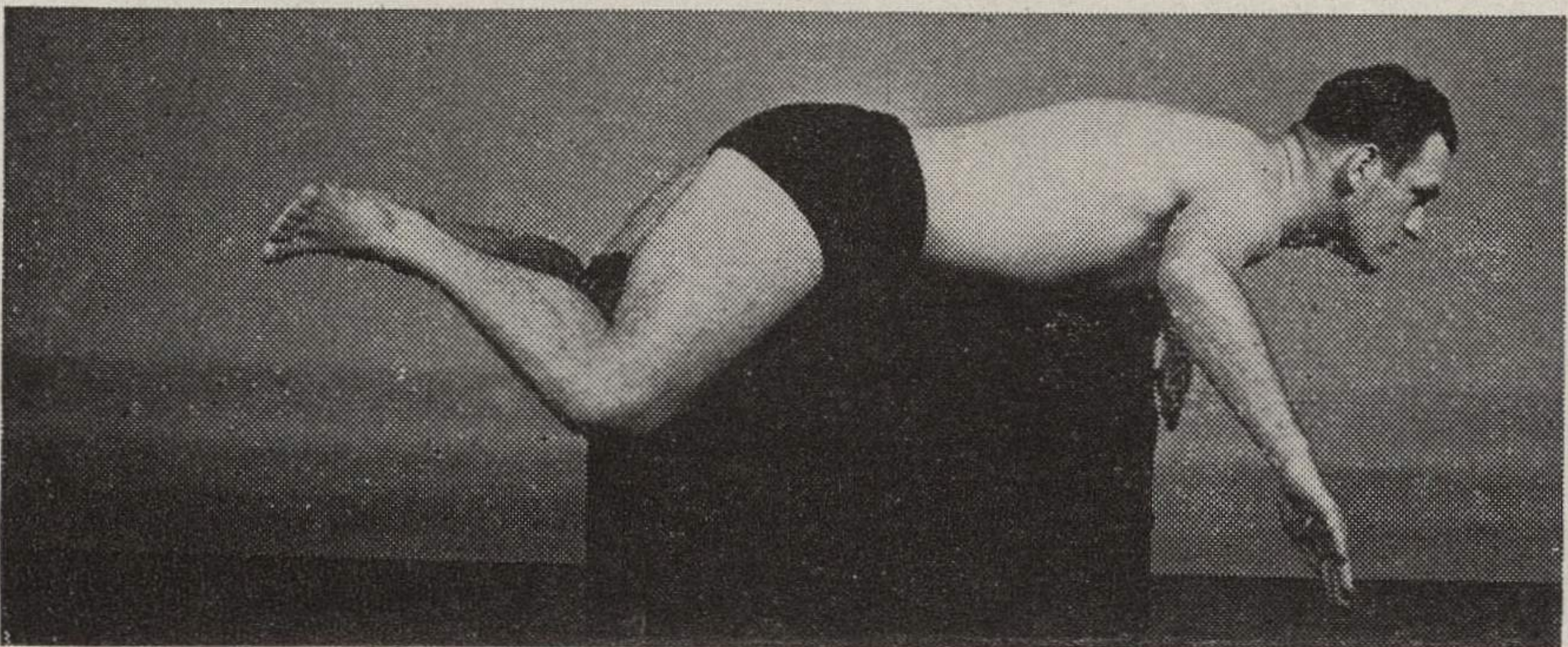
2. The legs have been drawn up and the arms drawn up to the shoulders.



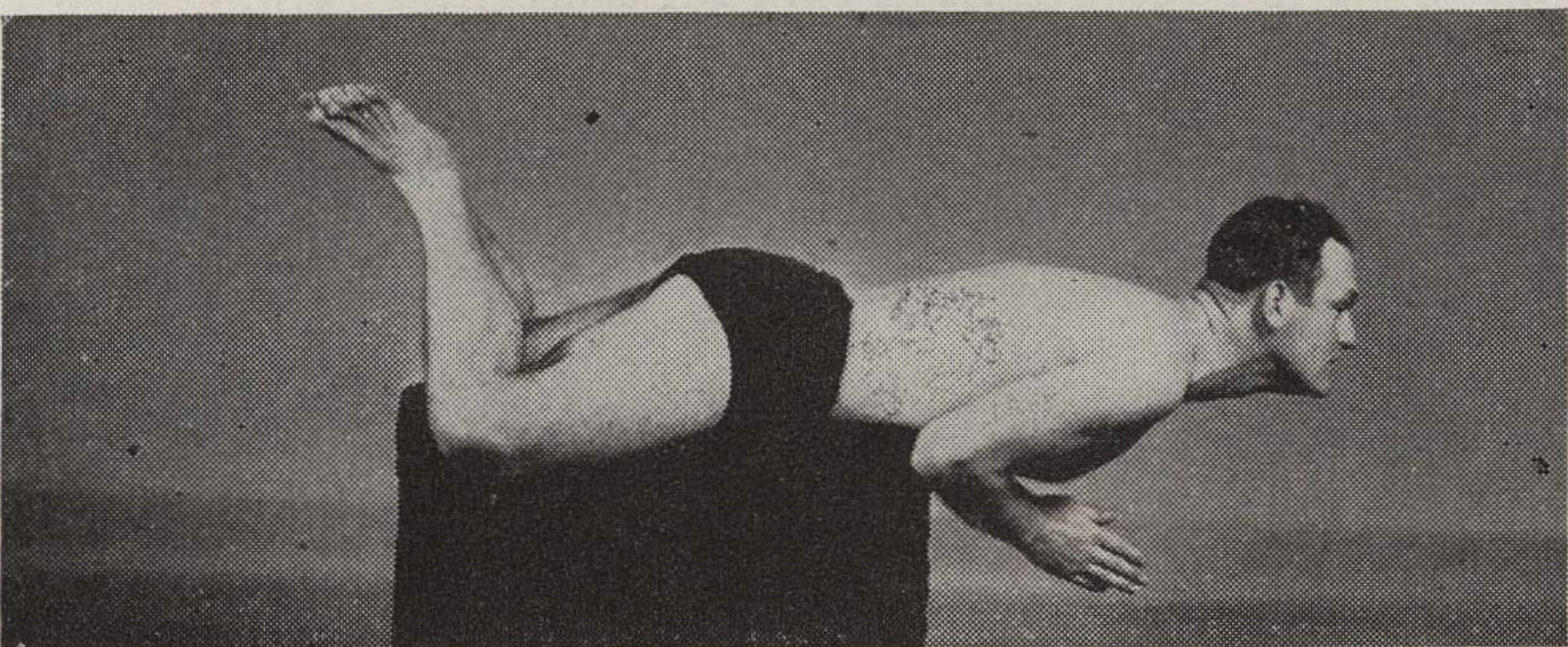
3. The legs have been extended and spread apart, with the arms extended outward from the shoulders. (Subject has been tilted slightly for better view.) Arms sweep down to sides and legs close together to complete stroke.



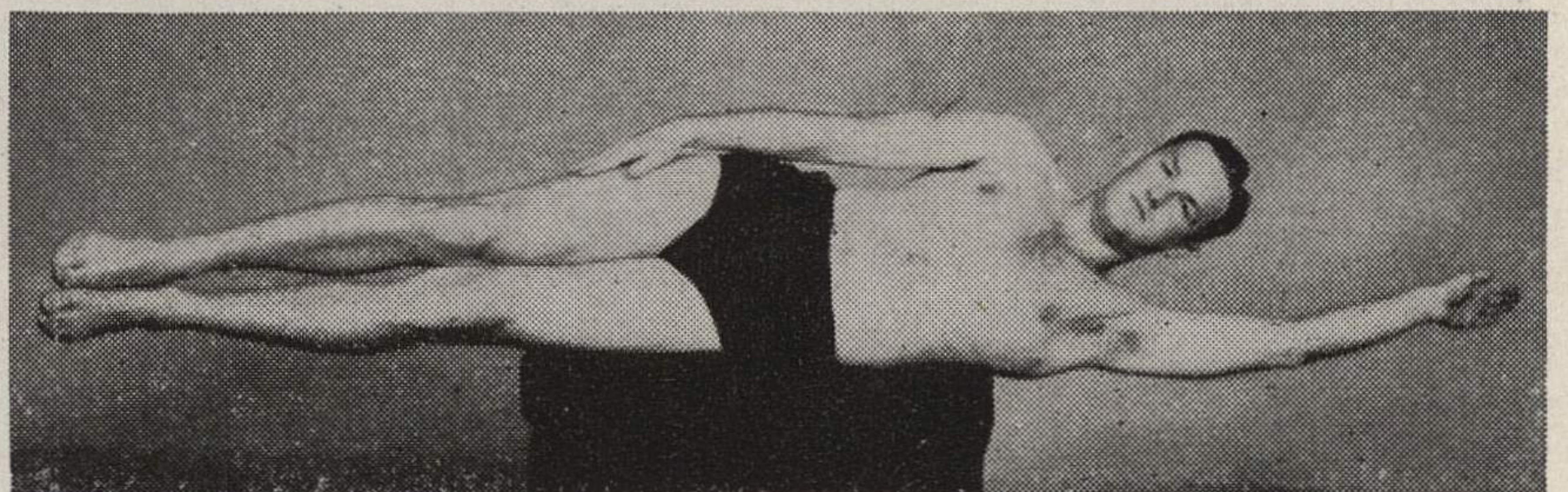
1. The breast stroke starts with the arms extended beyond the head, legs together and extended, head dropped down between upper arms, while exhalation takes place.



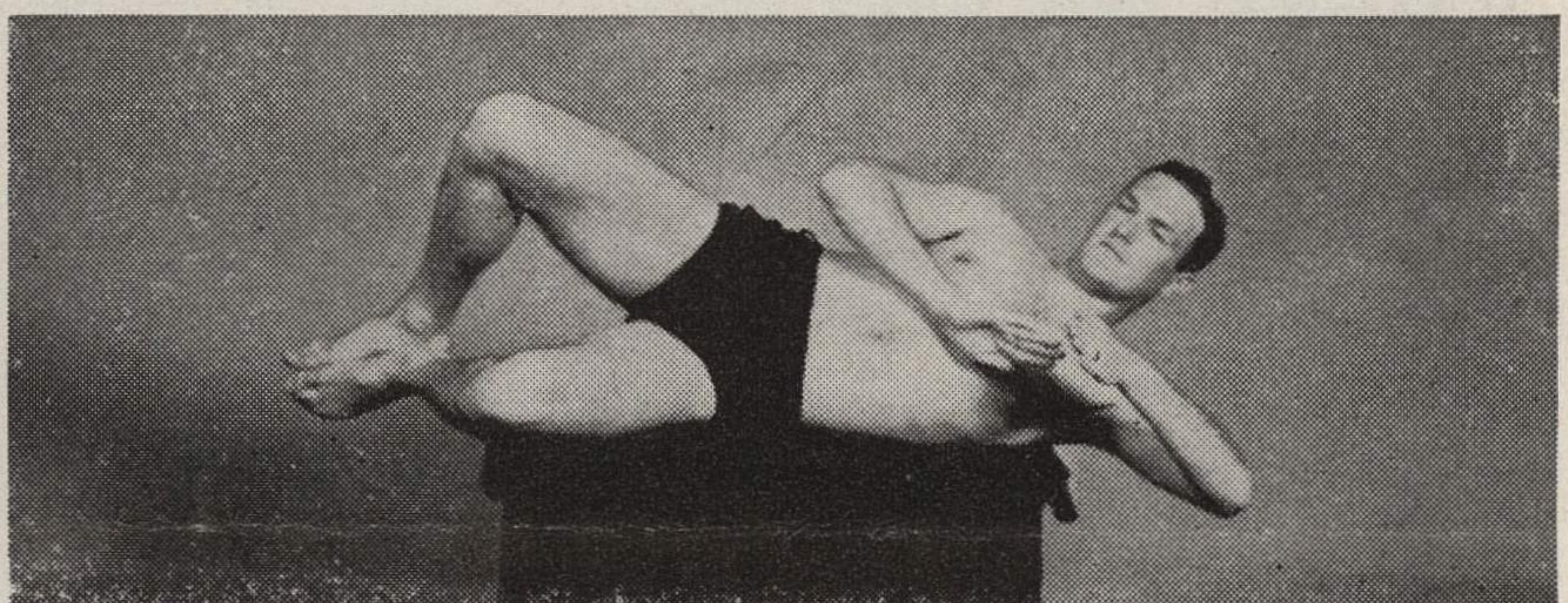
2. The arms have completed pull from extended position beyond head to shoulders and are beginning to start their recovery under the body; legs have been straight during the arm pull and are just beginning to draw up toward the waist.



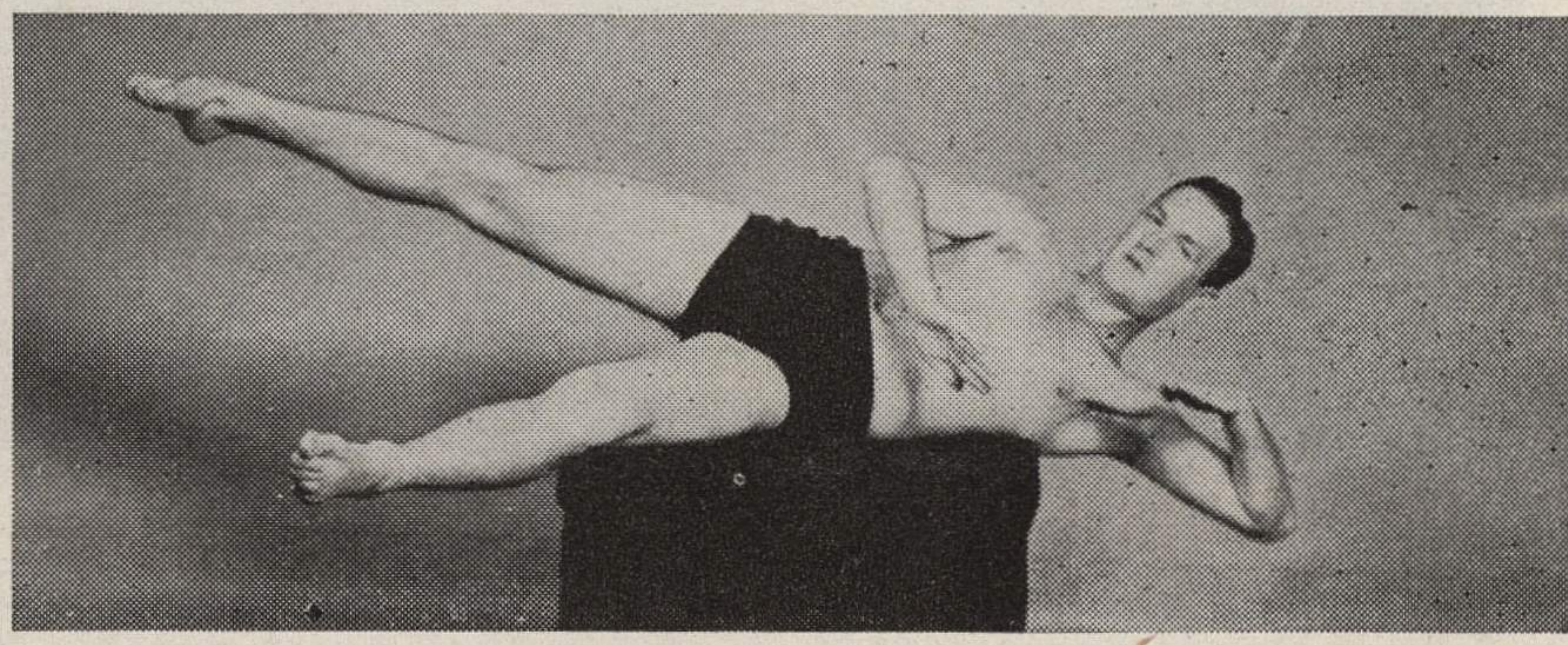
3. The arms and hands have recovered to the chest while the legs have completed their drawing movement and are now ready to spread apart and "squeeze" the water. Last step is glide in position No. 1.



1. The side stroke starts with one arm extended beyond head. The top or "trailing arm" is extended with hands on thigh, legs extended and together.



2. The legs have been drawn up to start an inverted scissors; under arm has pulled to chest and top arm recovered to the chest.



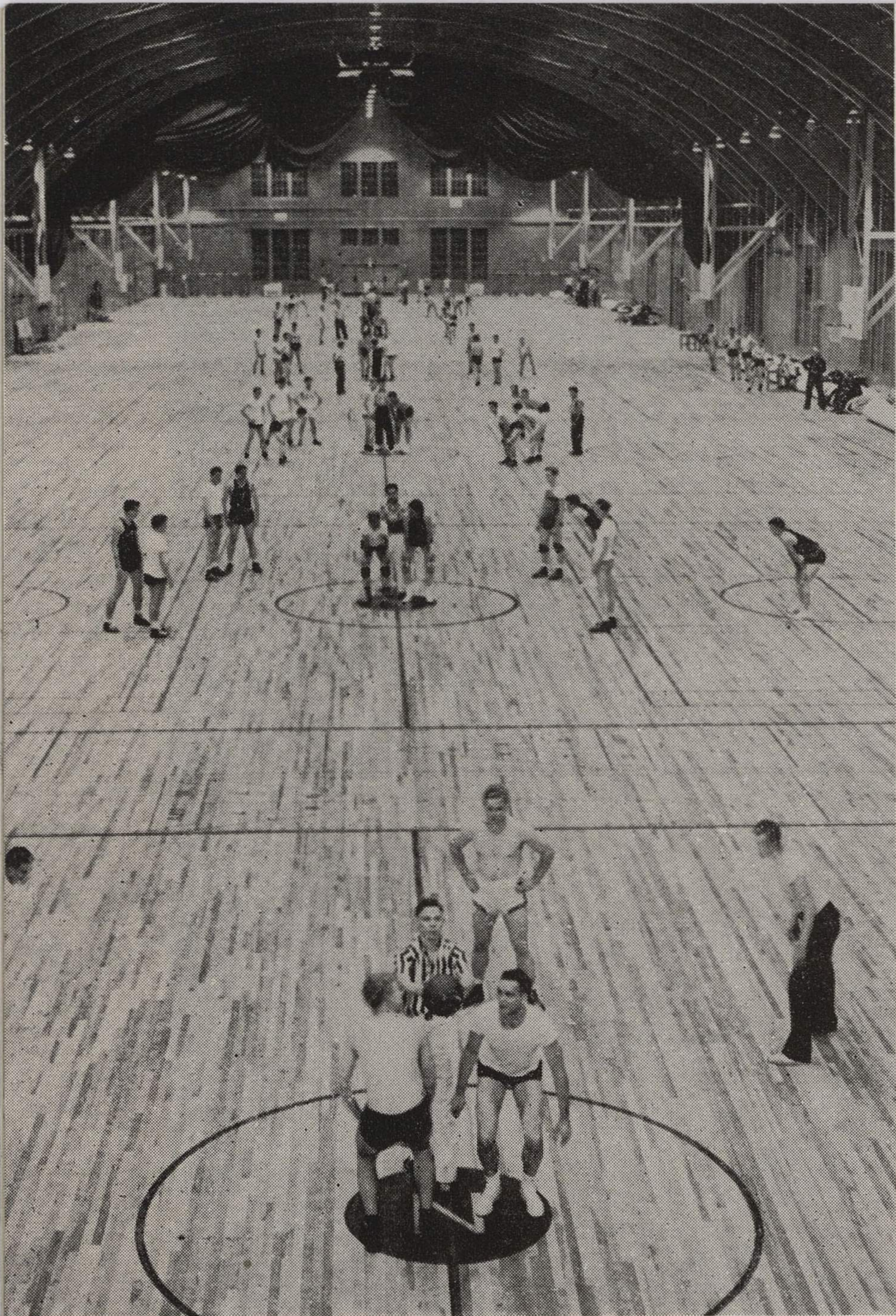
3. The legs have been separated and extended with the bottom leg forward and the top leg backward. The top arm has started to push water and the under arm begins to recover. Next comes glide, as in position No. 1.



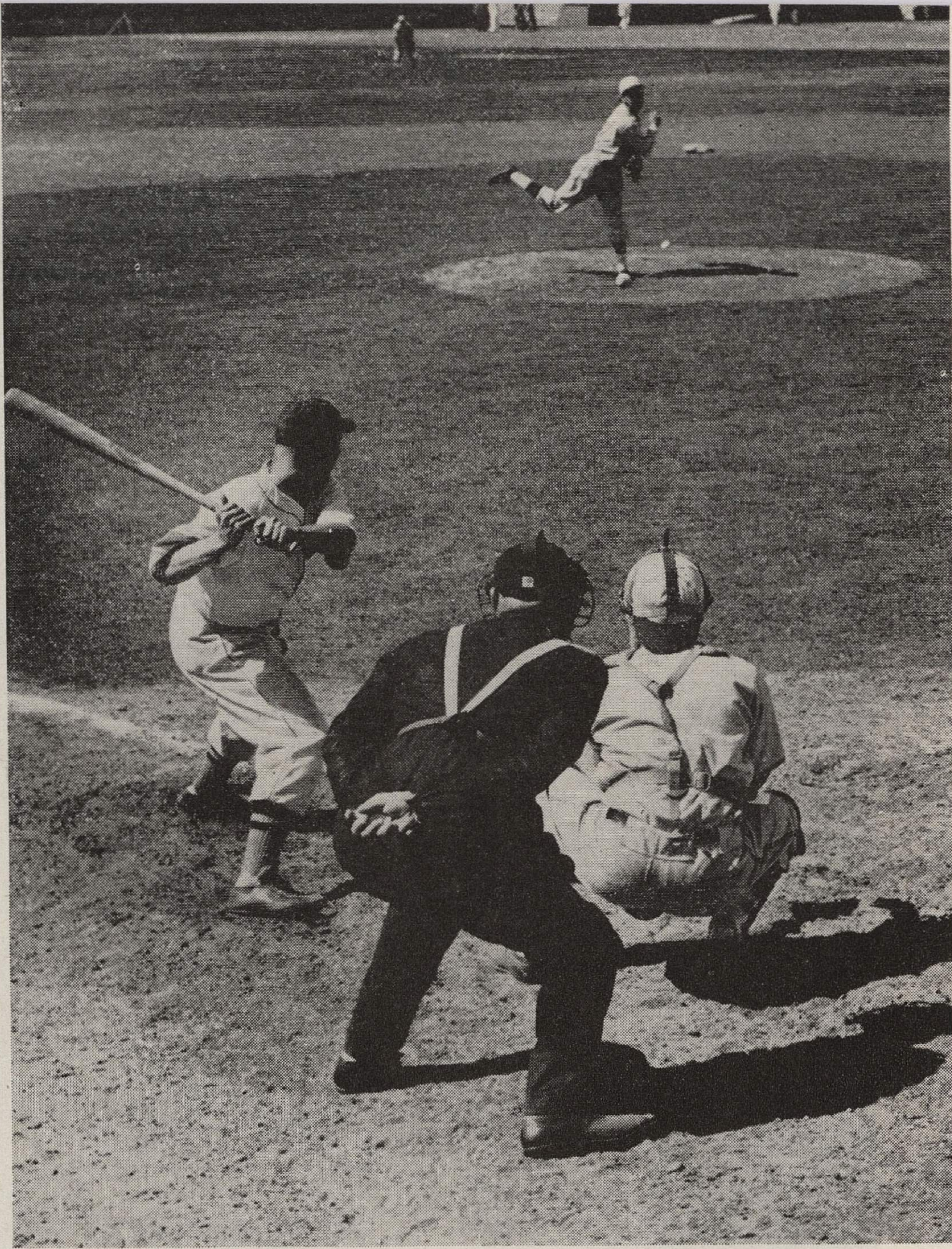
Mock ship's sides and cargo nets are used for abandon-ship and landing-operation drill at recruit training stations. Some other photographs of this drill appear on these pages. Proper methods of climbing up and down cargo nets are taught (a) with and without clothing; (b) wearing clothing and life jacket or life belt; (c) fully clad with rifle and pack. Feet foremost jumps from ship's side mock-ups are taught (a) with and without clothing; (b) wearing various types of life jackets and life belts (photograph on page 12); (c) holding helmets; and (d) holding life jackets.



How to improvise temporary buoys from clothing is on physical training curriculum. Shirts may be inflated but trousers (as in photograph) of duck or khaki make better buoys than shirts. After single knot is tied in each leg and lower two or three buttons of fly are secured, trousers are flipped through air to trap air pockets in each leg. Mattress covers, sea bags, laundry bags, pillow cases, and sugar or flour sacks may also be inflated by capping openings on surface. Navy swimmers also learn how to fight seaweed and cramps, how to board a raft, and how to undress in deep water.



Basketball is played 10 games at a time. This photograph is indoors, but Navy has built many outdoor courts over U. S.



Baseball is great for speed, quick action, agility. Also popular is softball, which takes less space, equipment and skill.

FOOTBALL, BASKETBALL, BASEBALL TEACH TEAMWORK TO NAVY MEN

"Keep 'em playing—to get 'em tough—to help 'em win." This is the basis for vigorous competitive athletic sports used in the Navy physical fitness program. There is emphasis on

Football is outstanding body-contact game of Navy program.



those sports and games which lend themselves to mass participation and they are given a most prominent place in the program. It is obvious, however, that some excellent competitive sports cannot be used extensively because of limitations in space, time, and equipment. In planning the program, one of the first considerations is that of keeping everybody busy. A game in which one or two dozen men are taking part is of value to them, but if the rest of the members of the platoon or company are sitting on the sidelines, the greatest value to the greatest number is not realized.

Teamwork is a valuable outcome of participation in competitive athletic sports. Men learn what it means for each to do his part. Where the games are vigorous and of the body-contact type there is a decided physical conditioning value which makes the use of competitive sports essential.

Athletics are an American tradition and heritage. They are body-building; they provide for group action and unity; and they give the chance for spirited competition with the daring, resourcefulness, and courage that are needed to win. That's why competitive sports which are vigorous and of the body-contact type are given so much prominence in naval training. Experience has shown that there is a definite carryover from participation in athletic sports to necessary naval teamwork. Men learn how to work together and, if necessary, to subjugate themselves for the good of the group. That's the way wars are won.



On this page, two group games: Pushball is played by teams of 10 to 50 on football field. Object—to push, roll, pass, or carry 6-foot ball over goal line. At start of game both teams rush for ball in midfield.

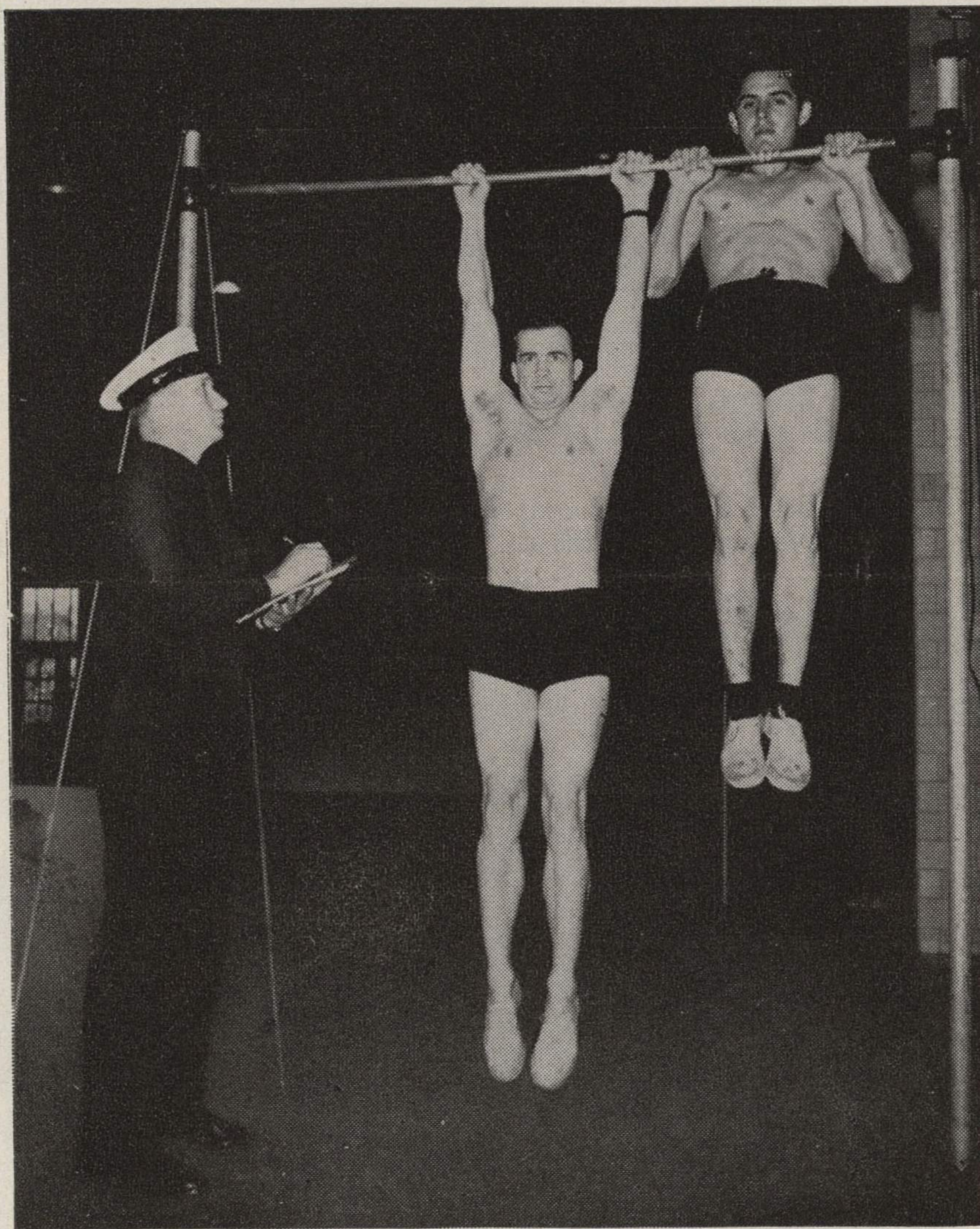
In tug-of-war, rope 150 feet long and 1½ inches thick is standard. Object is to pull center of rope and/or opponents over a line five yards from where opponents started. There are 18 other group games described in Navy's Physical Fitness Manual.



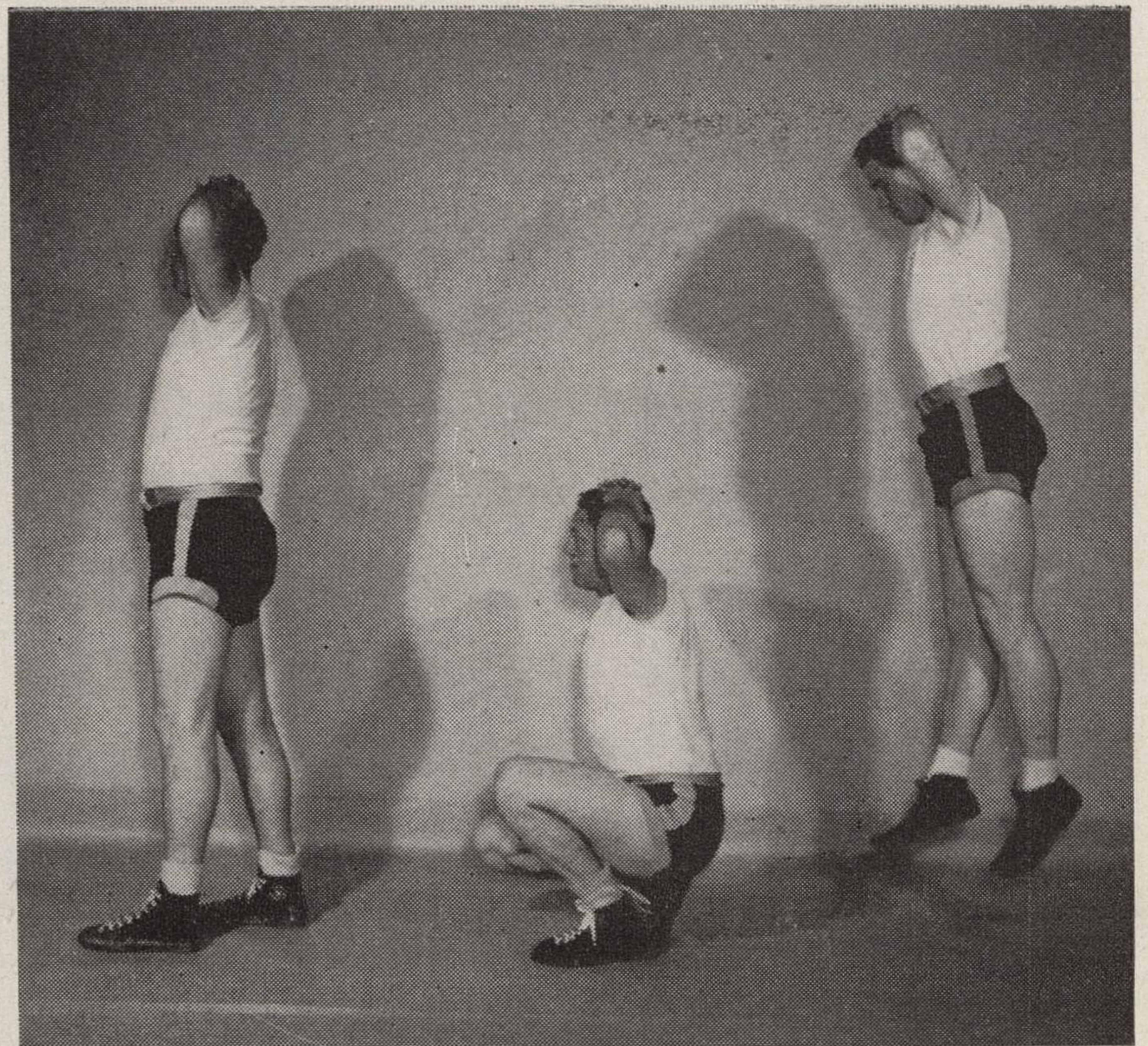
STANDARD PHYSICAL FITNESS TEST MEASURES A MAN'S PROGRESS

The Navy Standard Physical Fitness Test consists of five events designed to test strength, endurance, stamina, and some degree of agility. More specifically, this fivefold test is given for the following purposes: (a) To determine the physical fitness of the men when they arrive for training; (b) to provide information that will help in adapting the physical fitness program to the men's needs; (c) to motivate the men toward a higher level of physical fitness; (d) to measure the progress of the men after being in service a specific length of time; (e) to provide a means of measuring the physical fitness of Navy personnel in one activity in comparison with the personnel of other activities; and (f) to determine whether or not the physical fitness program is accomplishing its desired results.

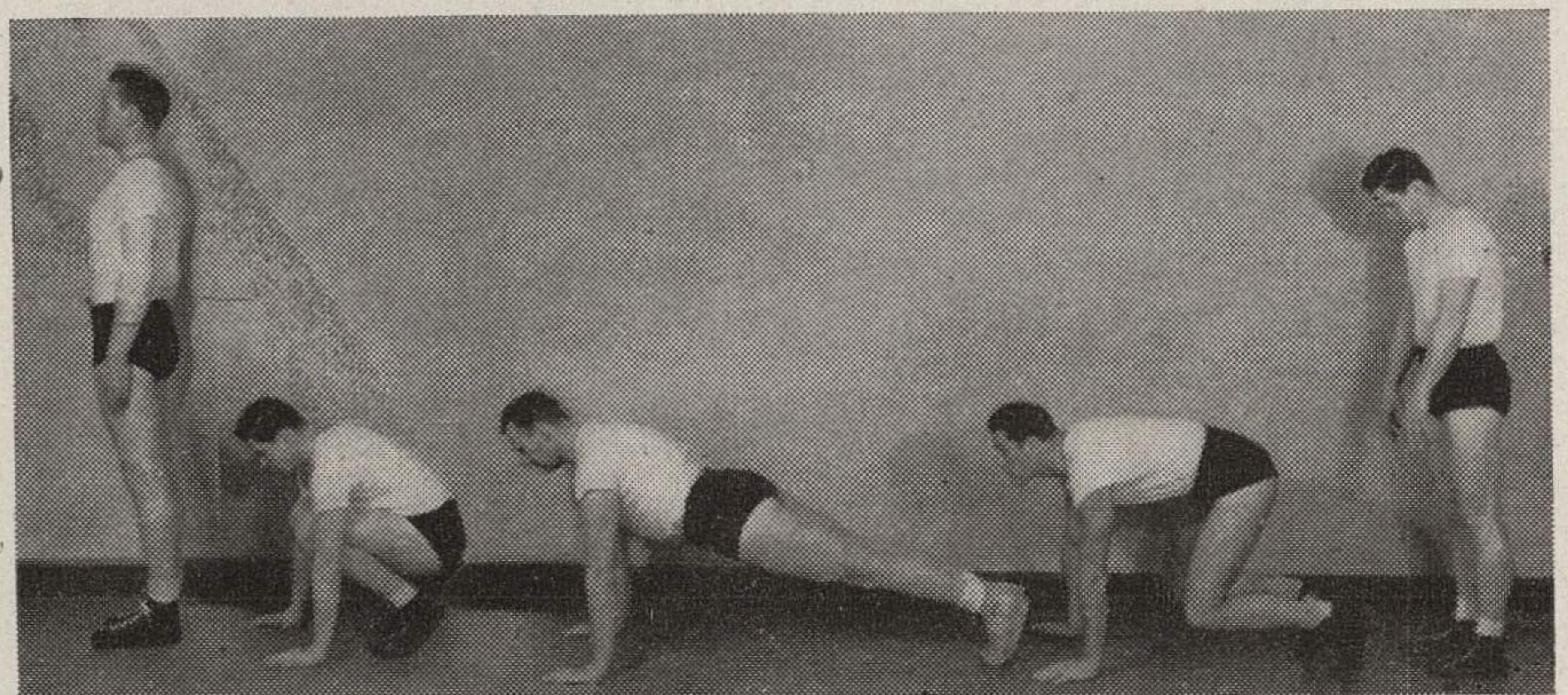
Recently there has been a compilation of the average physical fitness test scores of men when they begin their training and also when it is concluded. These have been tabulated in three classifications: (1) Recruit Training Stations; (2) Service Schools; and (3) V-12 Units. At Recruit Training Stations the test results from 162,500 men show a first test average score of 37 and an average score of 46 when the second test was given. This was an increase of 24 percent. In Service Schools 242,000 men tested had an average score of 43 on the first test and 49 on the second, for an increase of 14 percent. In V-12 Units 65,000 men had 45 for a first test average and 59 for the average second test score. The increase here was 31 percent. (For a score of 100, a man must do 48 squat-thrusts a minute; 205 sit-ups altogether; 89 push-ups; 127 squat-jumps, and 37 pull-ups.)



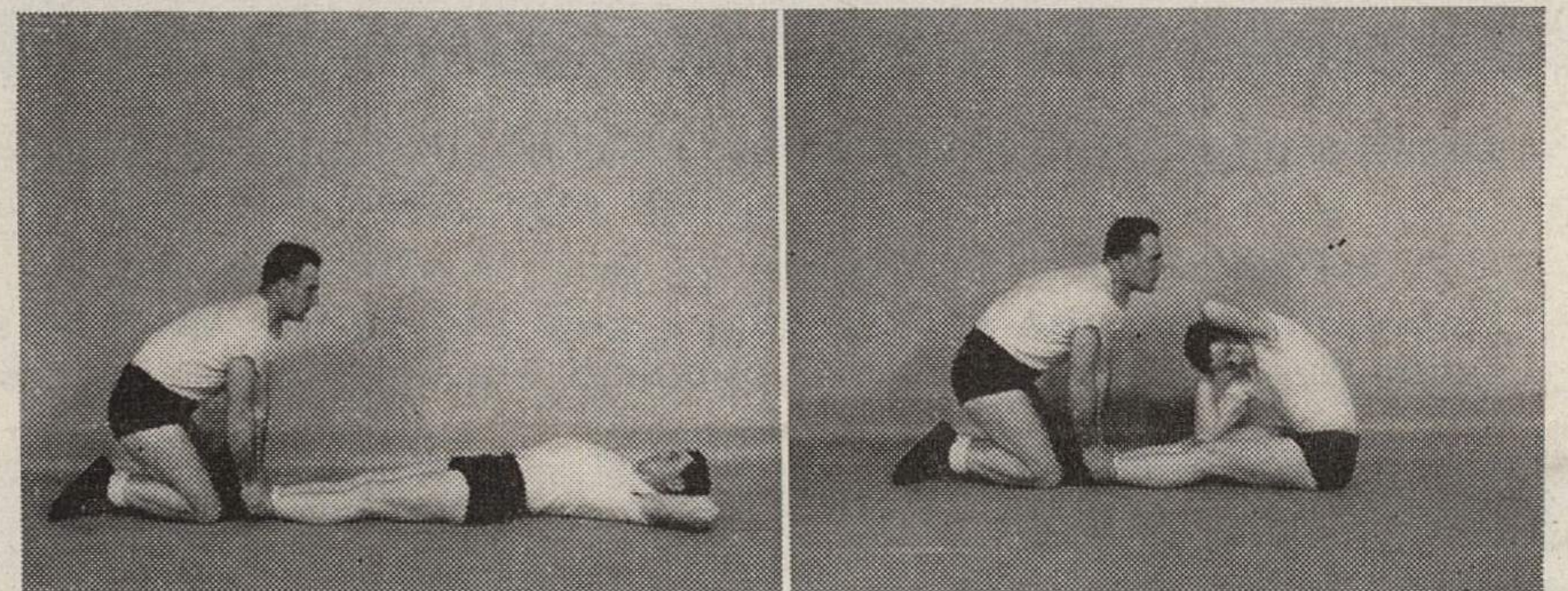
For pull-ups 7 feet 9 inches is preferred height of bar. Forward grip, as illustrated, is recommended. Performer continues the exercise as many times as possible.



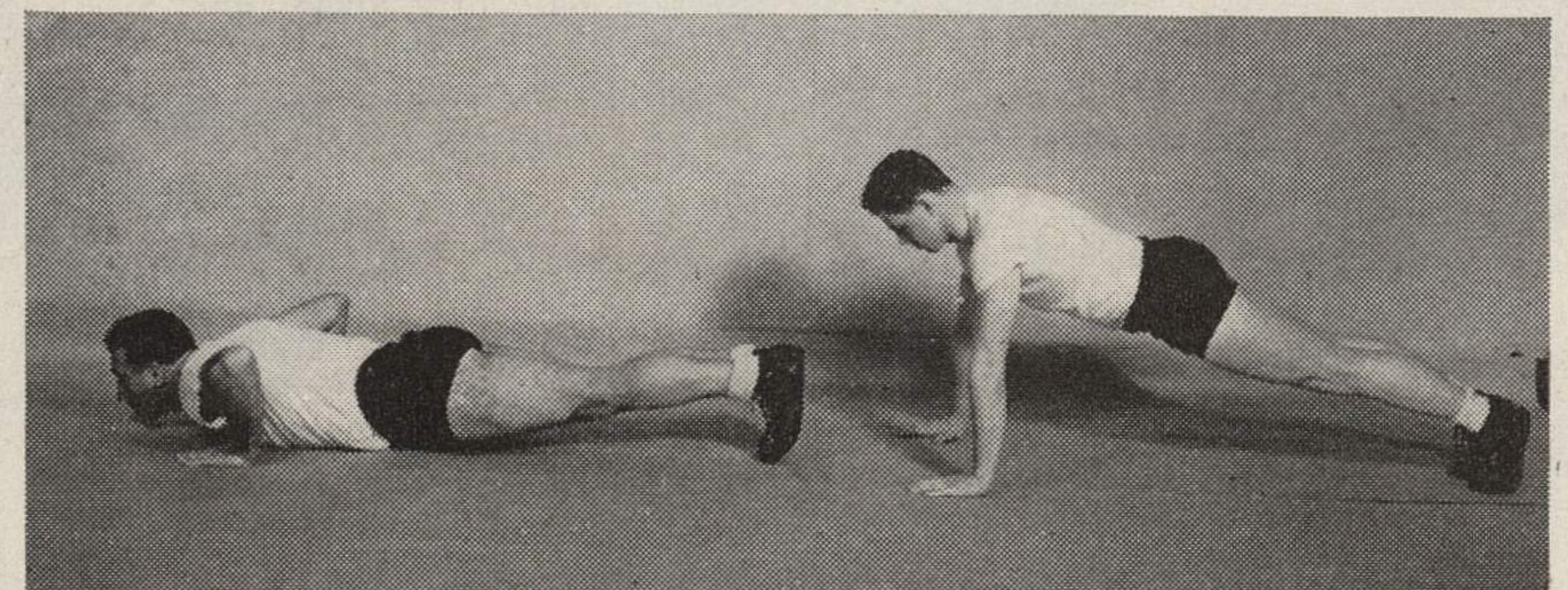
Squat-jumps test strength and endurance of muscles of legs. Action must be continuous throughout. (The five events on this page are spaced five minutes apart and are preceded by up to two minutes of calisthenics.)



Squat-thrusts test speed, power, agility, and endurance. Performer continues as rapidly as possible for one minute.



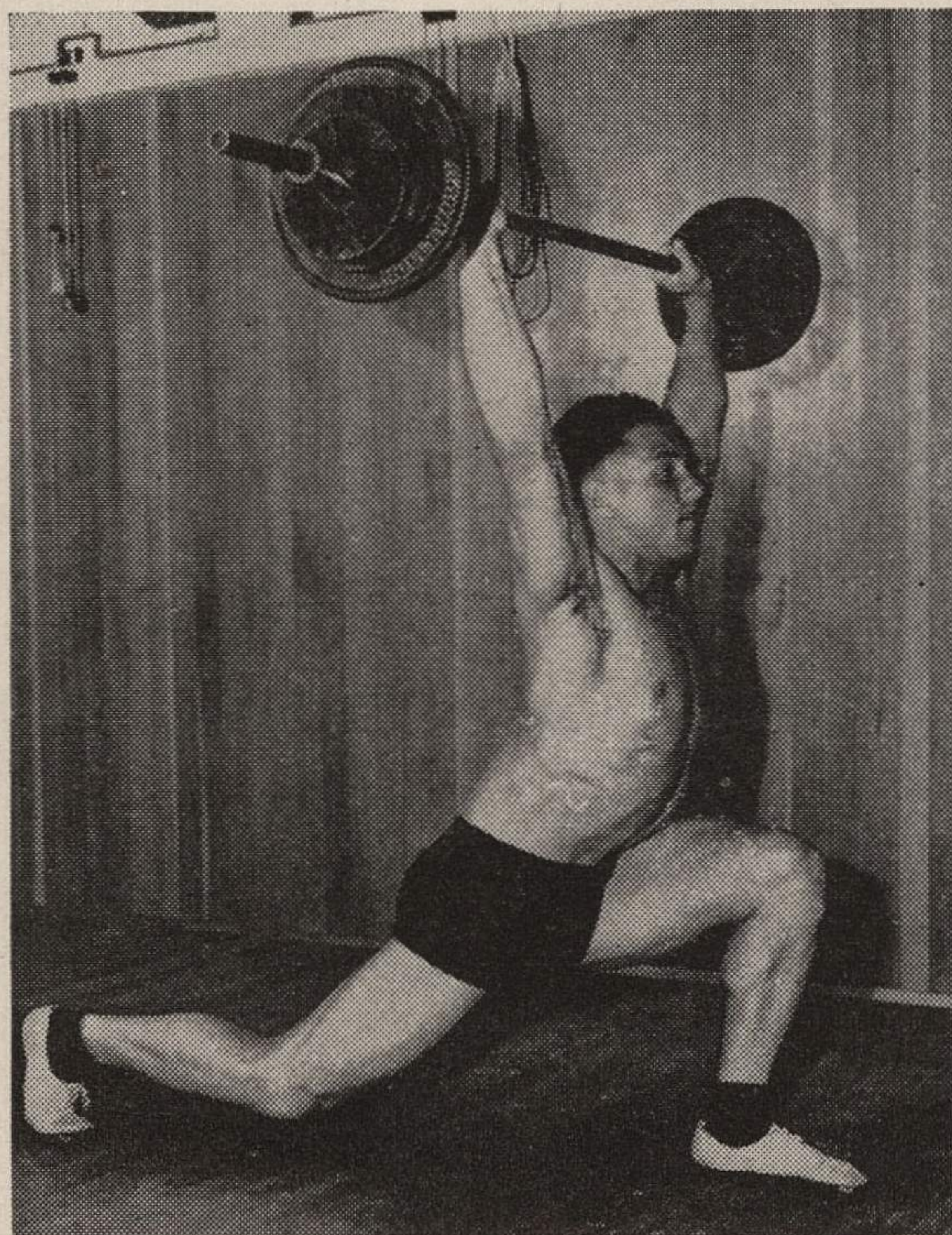
Sit-ups measure strength and endurance of abdominal muscles. The movement must be continuous either when touching deck with back or when leaning forward. Usual cadence is about one sit-up every two seconds.



Push-ups test strength and endurance of the "pushing muscles" of arms and shoulder girdle. Performer repeats movement as many times as possible.

APPARATUS WORK IS CONVENIENT FOR SMALL GROUPS

Limited use is made of apparatus and equipment exercises in the Navy physical fitness program. They do, however, have special body-building values.



Weight lifting, rope skipping (left) and rope climbing (right) all are on Navy program.

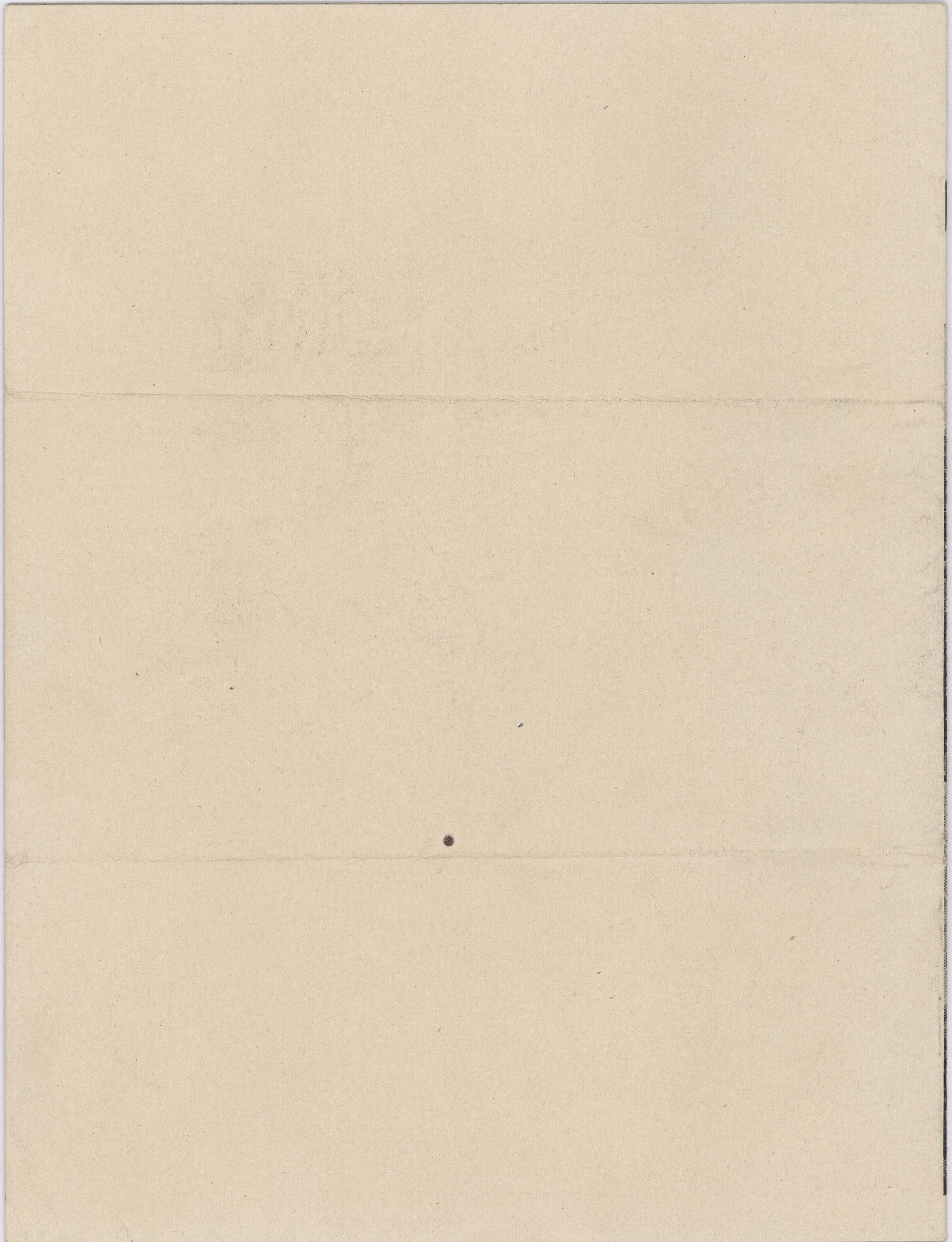
Among the more commonly used apparatus exercises are those performed on horizontal, parallel, and stall bars; vertical, diagonal, and horizontal ladders; the buck, side, and long horse; and traveling rings. Rope and pole climbing are given a great deal of emphasis because of the simulation to actual conditions at sea. Rope skipping is a top exercise for the development of leg muscles and wind. Inflated (fast) and training-bag punching drills develop men's arms and legs.

Muscular strength can be developed very rapidly through progressive weight lifting. The usual equipment is an adjustable bar bell, or several bar bells, graded in weight.

OBTAINABLE ON REQUEST

Officers may obtain the following physical fitness information by request to the source indicated:

- *Physical Fitness Manual for the U. S. Navy*, NavPers15,007, from the Training Division, Physical Fitness Section, BuPers.
- *Catalogue of Sports—Games—Music Equipment*, from Planning and Control Division, Material Requirements Section, BuPers.
- Motion pictures listed in *Physical Fitness Manual*, from commandant each naval district or Training Division, Training Aids Section.



COMBAT ACTIVITIES

Combat activities aid in making the individual skillful. They develop a readiness to fight at short range. They will strengthen the weak and develop courage and determination.

The following may be used as individual contest; but it is better to run them in miniature tournament form or as group contests. A little thought on the part of the instructor can make such contests very helpful. In the tournament idea pair off your men rapidly, attempting to get equal sizes for the start. However do not sacrifice time to satisfy this element. After one contest which may be two out of three "falls" or but a single "fall". Arrange the winners of the first bouts of the main tournament in pairs and compete again. Have losers start another tournament which is the consolation. Continue this process forming as many tournaments as desired. Always have the winner stay in place and the loser moving down. After complete elimination in the main tournament and consolation, have the winners of the main and consolation tournament compete for championship. All matches start on signal by instructor.

1. AMERICAN WRESTLE: (Staley's "Games, Contests and Relays")

"Place two contestants so they stand facing each other with chests touching. Have each place his left arm over the opponent's shoulder, his right arm about the opponent's waist and clasp his two hands behind the opponent's back. At signal, each contestant attempts to get in back of his opponent with his arms encircling the opponent's waist. After the signal has been given the original hold may be broken. Either contestant, securing his opponent about the waist from behind, whether standing, sitting, lying, or kneeling, wins the bout."

2. BACK TO BACK LIFT: (Staley's "Games, Contests and Relays")

"Place two contestants standing back to back with elbows linked. At signal, each, by pulling and bending forward, attempts to lift the other off the floor. Either contestant lifted off the floor loses the bout."

3. BACK TO BACK PUSH: (Staley's "Games, Contests and Relays")

"Place two contestants standing back to back with elbows locked. Establish a line ten feet in front of each contestant. At signal each, by pushing backward, attempts to push the other over his (the opponent's) base line. The contestants are not allowed to lift and carry their opponents--pushing only is permitted. Either contestant pushed over his own base line loses the bout."

4. DRAKE FIGHT: (Staley's "Games, Contests, and Relays")

"Place two contestants facing each other at a distance of four feet. Have each contestant lean forward and grasp his ankles with both hands. At signal, each moves forward and by butting, shouldering and sidestepping attempts to compel the other to fall over or release his hands. Either contestant falling over or releasing either hand loses the bout. Three bouts constitute a match; the contestant successful in two wins."

5. GRECIAN WRESTLE: (Staley's "Games, Contests and Relays")

"Two teams of two players each take part in this contest. Place the two teams facing each other. Have one player of each team sit on the shoulders of the other player with his legs wound around the supporting player's back. At signal, the two "horses" move forward so the "riders" can reach each other. Each "rider" attempts to overthrow his opponent."

Combats.

5. Grecian Wrestle contd.

The "Horses" are not allowed to help the "Riders" in any way not to interfere with each other; their sole duty is to hold the "Riders". The "Riders" are allowed to use any fair wrestling tactics; they are not allowed to touch each other's "Horse." Either "Rider" forced to touch the floor in anyway (either forced down himself or overthrown with his "Horse") loses the bout. If the two "Riders" go down together, the one touching the floor first loses."

6. HAND PUSH: (Staley's "Games, Contests and Relays")

"Place two contestants so they stand toe-to-toe, facing each other with feet spread twenty inches. Have each raise both hands and place them against the palms of the opponent on a level with the shoulders. At signal each contestant pushes against the hands of his opponent, attempting to make his step back. Either contestant stepping back loses the bout."

7. HAND WRESTLE (Staley's "Games, Contest and Relays")

"Place two contestants so they stand with feet firmly spread in the stride position; each contestant with his right foot forward, touching the outside of his opponent's foot. Have the contestants grasp right hands. At signal, each attempts by pulling, pushing, turning and twisting of hands, to overbalance his opponent or compel him to move either foot from its original position. The left hand must not be used against the opponent. Either contestant forced to touch the ground with any part of his body other than his feet, or forced to move either foot loses the bout. If the contestants break their grasp they rejoin hands at once."

8. INDIAN WRESTLE: (Staley's "Games, Contests and Relays")

"Place two contestants side by side, lying on their backs, with heads in opposite directions; each contestant's head resting at an point just opposite his opponent's buttocks. Have each contestant place his inside arm straight down by his side with his hand on his opponent's shoulder. Have the contestants place their outside hands on their hips. At signal, each contestant lifts his inside leg (knee stiff) to a point just beyond the vertical, hooks ankles with his opponent and attempts to roll his opponent over backward. Either contestant rolled backward loses the bout."

9. LAME DUCK FIGHT: (Staley's "Games, Contests and Relays")

"Place two contestants so they stand facing each other at a distance of five feet. Have each stand on the right foot and hold the left foot in front with both hands. At signal, each contestant attempts through bucking, sidestepping, feinting, and so on to overthrow his opponent or make him release his grasp on the uplifted foot. Either contestant falling to the floor or releasing either or both hands from the uplifted foot loses the bout."

10. KNEE WRESTLING: (Rodgers "A Handbook of Stunts")

"Place two contestants facing each other, kneel close, arms folded behind the back. At the signal "go" each attempts to tumble the other over. They may move around on the knees, using the shoulder and upper arm, in their endeavors to topple each other over. The one succeeding within two minutes wins. Should the contest go the full round, it is declared a draw. VARIATION that can be used -- Still on their knees, as above, except that they join hands, each attempting to overturn the other. The one so doing and retaining his own balance wins."

11. **WRIST WRISTLE:** (Rodgers "Handbook of Stunts")

"Contestants (two) stand facing each other, arms extended overhead. They interlace their fingers. At signal "go" each bends opponent's wrists backward, trying to force the other to his knees. At the start, the hands are brought down in front of the bodies, each exerting pressure on the other's fingers. The wrists may be bent backward but must not be turned sideward. No part of the body, other than the hands, may be in contact."

12. **CRAB FIGHT:** (Mason and Mitchell "Active Games and Contests")

"The two contestants sit on the floor facing opposite directions and place their hands on the floor behind them. At the signal they raise their buttocks from the floor and each bucks the other with his shoulders, attempting to cause him to drop his buttocks to the floor. The one whose buttocks first touch the floor loses."

13. **CATCH-AND-PULL TUG-OF-WAR:** (Mason and Mitchell "Active Games and Contests")

Draw a line across the floor. The two contestants stand one on each side of line. At the signal they reach over and attempt to grasp the other on any part of the body and pull him over the line. The one loses who is pulled completely across the line first.

14. **CHINESE TUG:** (Mason and Mitchell "Active Games and Contests")

Draw a line on the floor and place the two contestants one on each side of it, back to back. Each bends down and thrusts his right hand back between his legs and grasps the other's right hand. At the signal they attempt to pull each other over the line.

15. **DRAGON'S MOUTH:** (Mason and Mitchell "Active Games and Contests")

Draw a five-foot circle on the floor known as the "dragon's mouth." The two contestants stand three feet to one side of it. The object is to put the other into the "dragon's mouth." Any tactics may be used, barring unnecessary roughness. One does well to push and throw the other, however, rather than pull him, since a player is captured by the dragon when any part of his body crosses the line of the dragon's mouth.

16. **ARM-LOCK WRESTLE:** (Mason and Mitchell "Active Games and Contests")

Since this is strength test, the two opponents should be of approximately the same size and strength. They sit on the floor, back to back, spread their legs widely, and lock arms at the elbows. The idea is to lean to the left, endeavoring to pull the other over so that his right arm or hand will touch the floor. The one accomplishing this first wins.

17. **NECK PULL:** (Mason and Mitchell "Active Games and Contests")

The two contestants stand facing each other, bend well forward with heads up, and clasp each other around the neck with both hands. At the signal they pull, attempting to pull the other a distance of five feet back.

18. **SQUARE HOLD:** (Mason and Mitchell "Active Games and Contests")

In the Square Hold each contestant grasps his opponent's arms, one near the shoulder and the other near the elbow, and the two wrestle facing each other. The contestant wins who makes the other lose his feet or lose his hold.

19. **CUMBERLAND WRESTLING:** (Mason and Mitchell "Active Games and Contests")

Each contestant puts the right arm over the opponent's left shoulder and grasps hands behind his back. The object is to lift the opponent clear of the ground.

20. COLLAR-AND-ELBOW WRESTLING: (Mason and Mitchell "Active Games and Contests")

The object is to make the opponent touch the ground with any part of the body other than the feet. The left hand is placed back of the opponent's neck and the right hand grasps the opponent's left elbow. The opponent takes the same hold. The feet may be used to trip up the opponent and make him lose his balance.

21. RING WRESTLE: (Mason and Mitchell "Active Games and Contests")

Draw a ten-foot circle on the floor. Two contestants, standing in the circle, attempt to throw each other out. Any tactics are fair except striking blows and unnecessary roughness. When any part of the body crosses the line, the player is out.

22. MASTER-OF-THE-RING: (Mason and Mitchell "Active Games and Contests")

This is a mass form of Ring Wrestle. Establish a circle fifteen feet in diameter. In the gymnasium the circle around the free-throw line may be used. Twelve or fifteen players stand in the circle. At the signal they all attempt to throw each other out. All tactics are fair except unnecessary roughness. When any part of the body touches the floor across the line the player is out and leaves the circle at once. The player who remains in the circle when all others are out is the Master of the Ring. Two or three officials scattered around the circle are needed to spot those who cross the line.

RULES FOR PHYSICAL PERFORMANCE TESTS
Headquarters, 2nd District
Air Forces Technical Training Command

The following tests will be conducted at all stations in the Second District of the Air Forces Technical Training Command. Tests should be scored according to the accompanying achievement scale.

- I. A. Chinning
or
B. Rope Climb
- II. A. Push-ups (parallel bars)
or
B. Floor Dips
- III. Coordination Run
- IV. A. Standing Broad Jump
or
B. Three Standing Broad Jumps
- V. Burpee Test

Note: Choice is allowed of certain activities due to variation in facilities at different stations. There is no reason why all events may not be conducted if time and facilities permit.

RULES FOR CONDUCTING EVENTS

- I. A. Chinning.
Equipment. (a) Use one-inch pipe or solid bar. (b) Bar eight feet from ground. (c) Suggested width of bar, 3'6" - 4'.
Method. (a) Overhand grasp must be used. (Back of hands toward face). (b) Start from full arm extension. (c) Pull up until chin is even with or above the bar. (d) Return to full arm extension. (e) Allow no swing.
Basis for scoring. Total number of complete movements.
- B. Rope Climb.
Equipment. (a) One and one-half inch rope, at least fifteen feet in length. (b) Rope hung with knot on lower end 18 inches from ground. (c) Markings of paint or adhesive plaster at one foot intervals on rope.
Method. (a) Start climb from sitting position, legs parallel to the ground. Hand grip on rope below line of chin. (b) Start climb on signal, feet not touching ground. (c) Legs may be used in climb. (d) Time interval - ten seconds.
Basis for scoring. Greatest height as measured by position of lower hand.

II. A. Push-ups (parallel bars)

Equipment. Parallel bars or similar suitable equipment.

Method. (a) Start from a straight arm position. (b) Lower body to full arm bend. (c) Push up to straight arm position.

Basis for scoring. Number of complete movements.

B. Floor Dips.

Equipment. None.

Method. (a) Start - full arm extension, legs extended, body straight.

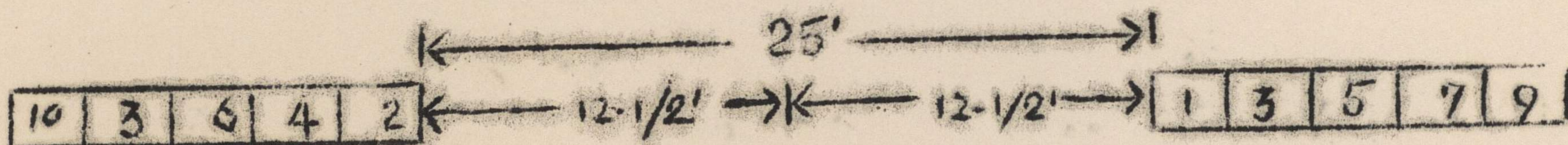
(b) Bend arms, touching only chin to ground, body straight.

(c) Straighten arms, keeping body straight.

Basis for scoring. Total number of complete movements.

III. Coordination Run.

Equipment. (for each contestant). (a) Ten 1 in. x 10 in. x 12 in. boards or two 5 ft. x 10 in. boards. If the 5 ft. boards are used, each should be marked off in 12 in. sections. (b) Ten 2 in. x 2 in. wooden blocks. The 10 in. x 12 in. boards are placed end to end--five at the right and five at the left of the center mark. The distance from nearest edge of each inside board to center mark is 12-1/2 ft. (see diagram). Time -- 15 seconds.



Method. (a) Start at center mark with one block in hand. Remaining blocks are placed on center mark. (b) At starting signal, run either to right or left (at own choice), place the block on one of the inside boards. (c) Return to the center mark, secure another block and place it upon the opposite inside board. (d) Continue this process, placing blocks alternately on boards, on opposite side of center mark until time is called. Each block must be placed in progressive order, starting with the inside board (or section) and continuing outward. If the runner has a block in his hand when time is called, he shall be allowed to count it. Example (see diagram)--Runner starts at center mark, runs to rt., places a block on #1 board (or section), returns to center; secures another block; places it on #2 board (or section). Next block is placed upon #3 board (or section), etc.

Basis of scoring. Number of blocks placed upon boards.

IV. A. Standing Broad Jump.

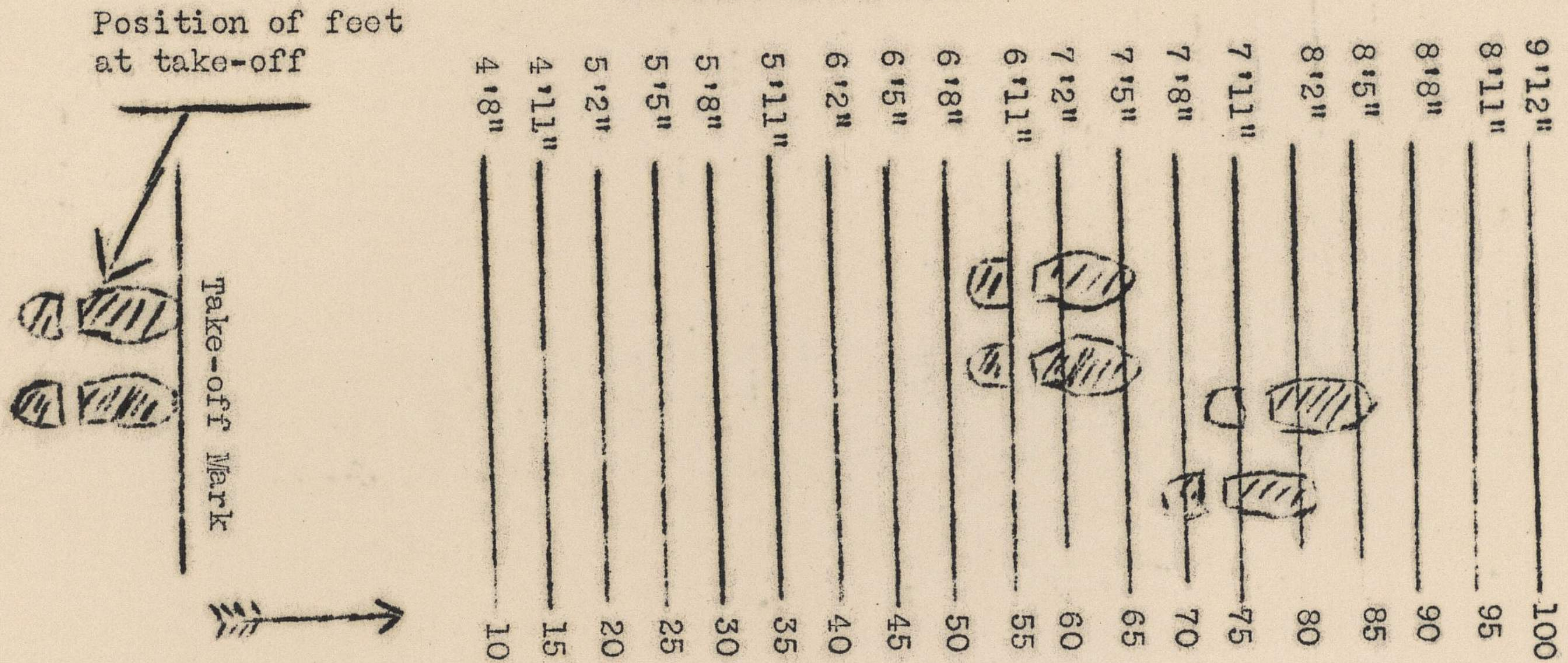
Equipment. Take-off line and measuring lines. First line 4'8" from take-off line. Markers containing distances in feet and inches may be placed at one side of the pit. Markers containing number of points at each interval may be placed at opposite side of pit. Use a straight stick to place across pit to determine measurement of each jump, e.g., in (a) diagram, place stick across at 6'8" and 50-point mark if in front of 6'8" mark and behind 6'11" mark, record jump 6'8". Marks should be made at 3"-intervals up to and including 9'2". Six-inch intervals may be used (see diagram).

Method. (a) Start with toes behind take-off line. (b) Jump must be continuous after feet first leave ground. (c) Measure from mark

farthest back toward take-off line. (Any part of body touching ground). (d) Point of measurement is the line immediately behind area which includes back mark.

Basis for scoring. Greatest distance attained in either of two trials.

STANDING BROAD JUMP



(a) Credit for 6'8" jump--50 points. (b) Credit for 7'5" jump--65 points.

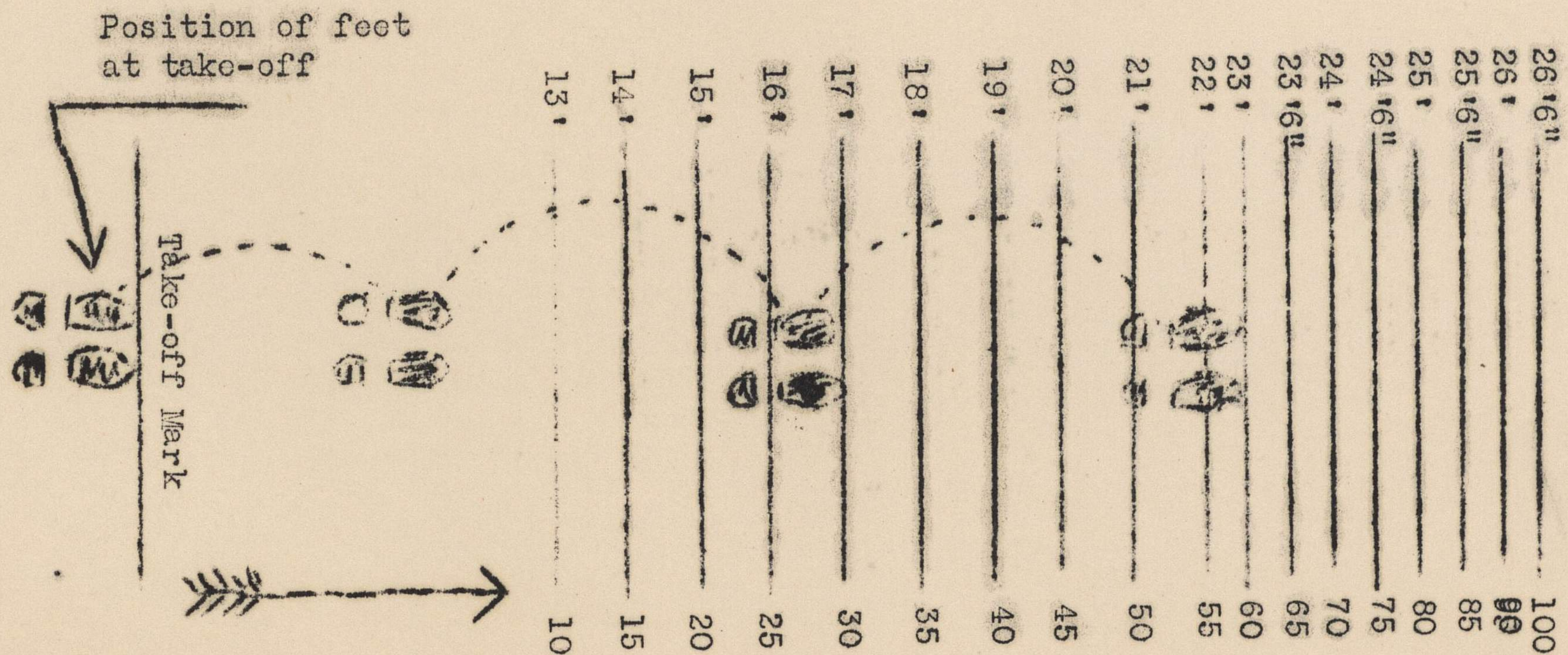
B. Three Broad Jumps (Standing Start).

Equipment. Take-off line and measuring lines. First line - 13 ft. from take-off line and others at one-foot intervals up to and including 23'6" and then 6"-intervals up to and including 26'6". Point of measurement is the line immediately behind area which includes back mark.

Method. (a) Start-standing position. (b) Jumps must be continuous after first jump is started. (c) Feet must be kept parallel and contact the ground simultaneously. Point of measurement is the line immediately behind area which contains back mark.

Basis for scoring. Greatest distance attained in either of two trials.

THREE BROAD JUMPS (STANDING START)



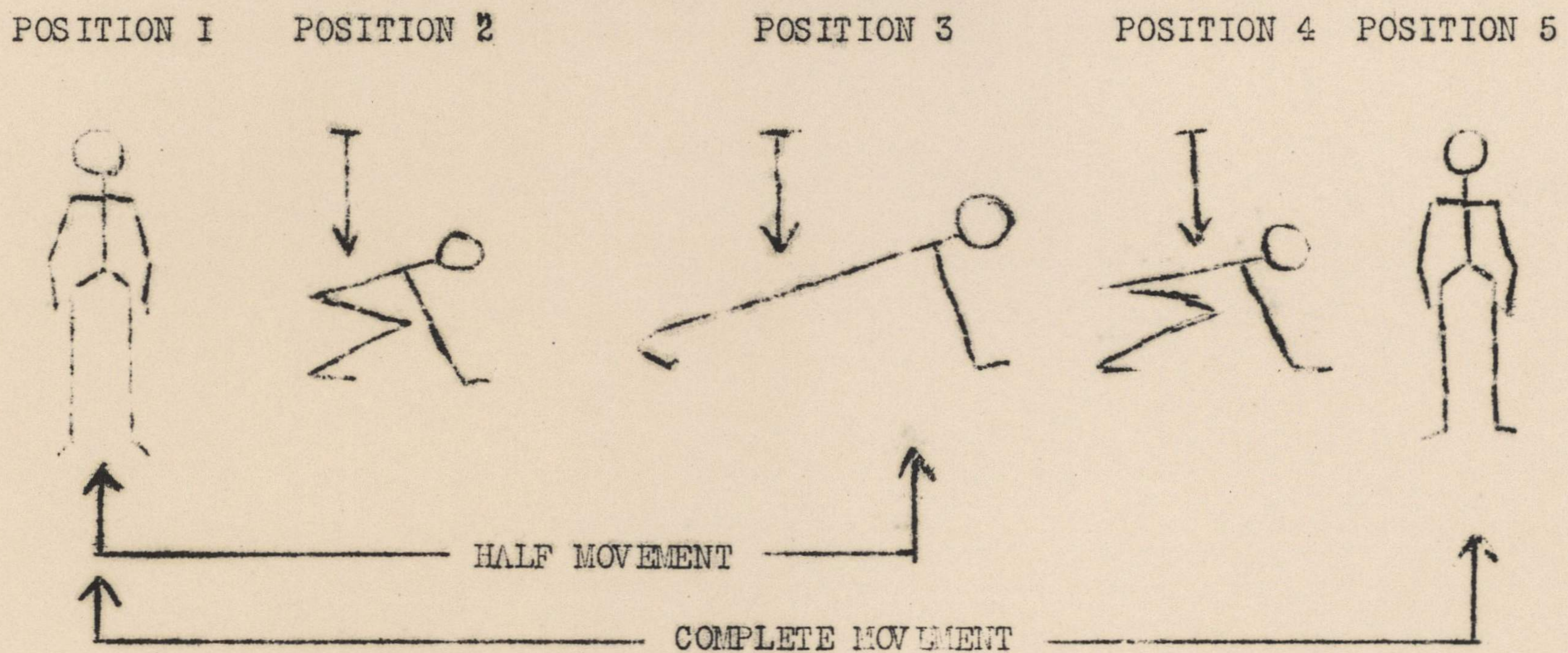
V. Burpee Test (modified).

Equipment. None.

Method. (a) Start--standing position, arms at sides. (b) At starting signal drop to full squat position, w eight on hands. (c) Extend both feet backward to full extension, hips below the line from shoulders to heels. (d) Return to squat position. (e) Return to starting position. (f) Repeat as many times as possible in 20 seconds. Explain fully; conduct in groups of 15 or 20, each man keeping own score. Instructor keeps time for entire group.

Basis for scoring. The number of complete half movements in prescribed time, e.g., man may complete 8.50 movements, etc. If he reaches "front-leaning rest" position, it counts 50. He must reach standing position to complete the movement and secure credit for same (see diagram).

DIAGRAM - BURPEE TEST



Score.	Chinning (times)	* Rope Climbing (ft. in 10sec)	Push Ups (times)	Floor Dips (times)	** Coordination Run (blocks in 15sec)	Standing Broad Jump (ft. and in.)	*** 3 Standing Broad (ft. and in.)	Burpee Test (times in 15sec)	**** Burpee Test (times in 20sec)	Score
200	13	15'	9	42	10	9'2 1/2"	26'6"	12.00	14.50	100
95				40		8'11"		11.50	14.	95
90	12	14'	8	38	9	8'8"	26'	11.	13.50	90
85				36		8'5"	25'6"	10.50	13.00	85
80	10	12'	7	34		8'2"	25'	10.	12.50	80
75				32	8	7'11"	24'6"	9.50	12.	75
70	8	11'	6	30		7'8"	24'	9.00	11.50	70
65				28		7'5"	23'6"	8.50	11.	65
60	6	10'	5	26	7	7'2"	23'	8.	10.50	60
55				24		6'11"	22'	7.50	10.	55
50	5	9'	4	22	6	6'8"	21'	7.	9.50	50
45				20		6'5"	20'	6.50	9.	45
40	4	8'	3	18	5	6'2"	19'	6.	8.50	40
35				16		5'11"	18'	5.50	8.	35
30	3	7'	2	14	4	5'8"	17'	5.00	7.50	30
25				12		5'5"	16'	4.50	7.00	25
20	2	6'	1	10	3	5'2"	15'	4.00	6.50	20
15				8		4'11"	14'	3.50	6.	15
10	1	5'		6	2	4'8"	13'	3.	5.50	10
5				4					5.00	5

ACHIEVEMENT SCALES PHYSICAL PERFORMANCE TESTS ¹
Air Corps Technical Training Command

1. Scores based upon contestants wearing G.I. shoes and fatigue clothes.

*Based on 110 scores from Scott Field.

** " " 319 " as run at Jefferson Barracks.

*** " " 341 " from Scott and Keesler Fields.

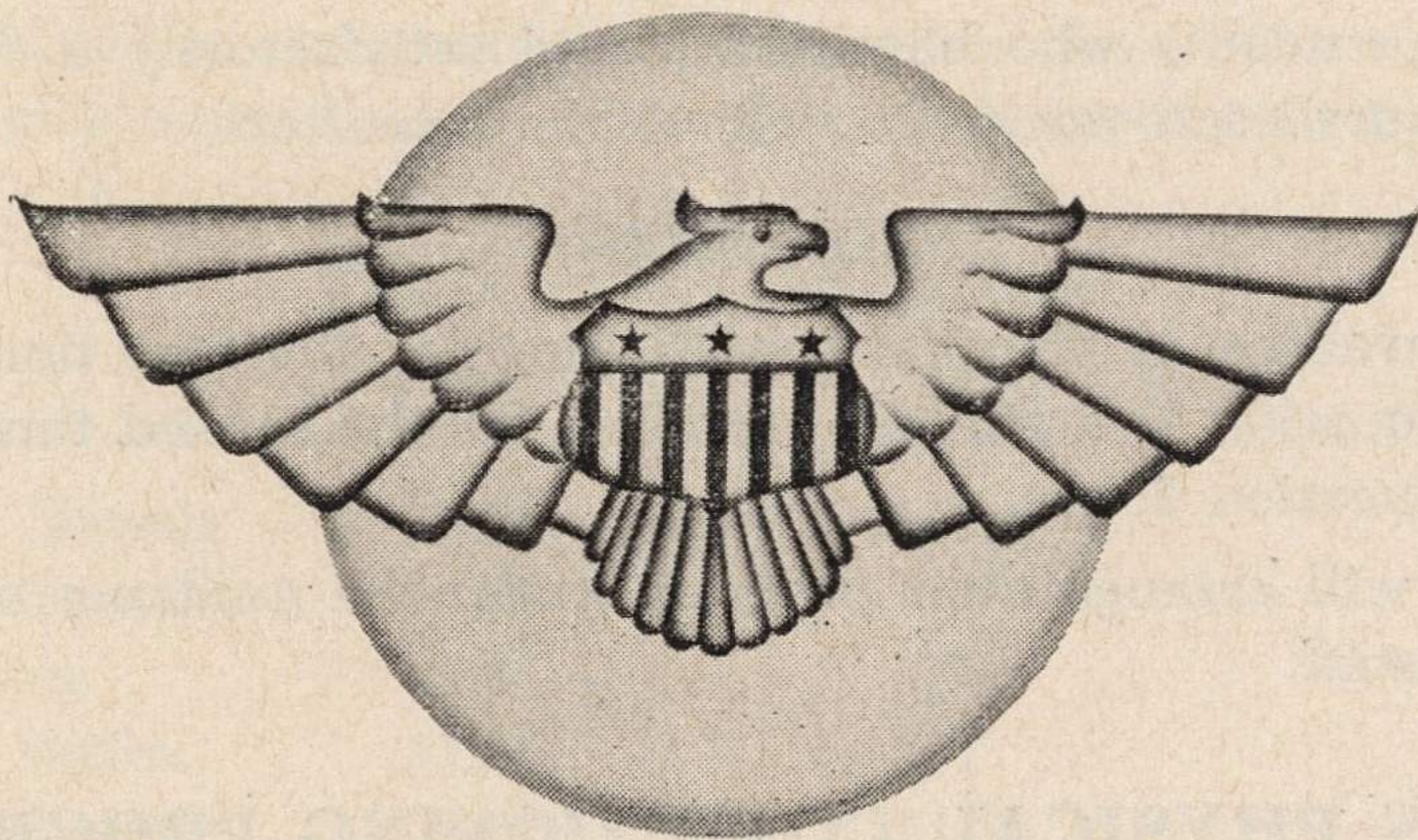
**** " " 272 " " Jefferson Barracks and Scott Field.

★ ★

UNIVERSITY OF KANSAS

**Wartime
Physical Conditioning
Program**

FOR MEN AND WOMEN



"Next to active military service itself, there is no higher opportunity for serving our country than helping youth to carry on in their efforts to mold themselves physically strong"

FRANKLIN D. ROOSEVELT

**Fall Semester
1942 - 1943**

★ ★

THE REQUIREMENT

During the present war emergency all **men** students at the University of Kansas who at the beginning of any semester are registered for Selective Service or are members of the various enlisted reserve services of the armed forces of the United States will be required to enroll in the University's physical conditioning program, offered by the Department of Physical Education. The program is optional for other men students.

Women students enrolling for the first time at the University of Kansas will be required to enroll in two semesters of physical conditioning. The program is optional for all other University women.

CREDIT

Credit for physical conditioning will be given to students under the old regulations of the various schools. For instance, the College will continue to give a total of four semester hours, etc. In University divisions where credit is given for physical education one semester hour of credit will be given to those students who have completed satisfactorily a course which meets three hours each week throughout the semester.

ENROLLMENT

A student enrolling in physical conditioning for the first time will enroll in Physical Education 1; a student enrolling for the second time will enroll in Physical Education 2, etc.

All students will arrange their program under the guidance of the Physical Education staff.

MEN'S PHYSICAL CONDITIONING PROGRAM

All men will enroll in one of the sections of the conditioning course. During the first several weeks tests in swimming abilities will be conducted and anyone failing to pass the tests will transfer his enrollment to one section of the swimming classes.

CONDITIONING CLASSES

<i>Section</i>	<i>Time</i>	<i>Days</i>	<i>Room</i>
A	8:30	MWF	200 R
B	9:30	MWF	200 R
C	10:30	MWF	101 R
D	11:30	MWF	101 R
E	2:30	MWF	101 R
F	3:30	MWF	200 R
G*	4:30	MWF	200 R
H	8:30	TTS	200 R
I	9:30	TTS	101 R
J	10:30	TTS	101 R
K	11:30	TTS	200 R

* Men interested in track and field as a conditioning activity will enroll in Section G, 4:30 MWF.

SWIMMING CLASSES

<i>Section</i>	<i>Time</i>	<i>Days</i>	<i>Room</i>
A	8:30	MWF	Pool
B	9:30	MWF	Pool
C	10:30	MWF	Pool
D	3:30	MWF	Pool
E	4:30	MWF	Pool
F	8:30	TTS	Pool
G	9:30	TTS	Pool
H	10:30	TTS	Pool

WOMEN'S PHYSICAL CONDITIONING PROGRAM

Activity classes meet MW or TT, and will be preceded by ten minutes of conditioning work. All women students will also enroll on Friday for one hour of conditioning and corrective work; this class hour may vary from the class activity hour: Friday—8:30, 9:30, 10:30, 11:30, 2:30, 3:30, 4:30.

FIRST HALF SEMESTER

<i>Section</i>	<i>Time</i>	<i>Days</i>	<i>Room</i>
A. Elem. Tennis	3:30	MW	102 R
B. Elem. Tennis	11:30	TT	102 R
Adv. Tennis	2:30	TT	102 R
A. Elem. Swim.	11:30	TT	Pool
B. Elem. Swim.	2:30	MW	Pool
Int. Swimming	11:30	MW	Pool
Elem. Hockey	4:30	MW	102 R
Adv. Hockey	4:30	TT	102 R
El. Mod. Dance	2:30	MW	102 R
Elem. Golf	11:30	MW	101 R
Adv. Golf	11:30	TT	101 R
Elem. Fencing	4:30	TT	101 R
El. Social Dance	3:30	MW	102 R
Adv. Social Dance	3:30	TT	102 R
A. Elem. Badminton	10:30	MW	102 R
B. Elem. Badminton	10:30	TT	102 R
A. Elem. Archery	11:30	MW	102 R
B. Elem. Archery	4:30	TT	102 R
C. Elem. Archery	11:30	TT	102 R
A. El. Equitation	2:30	MW	202 R
B. El. Equitation	3:30	MW	202 R
C. El. Equitation	2:30	TT	202 R
D. El. Equitation	3:30	TT	202 R
E. El. Equitation	4:30	TT	202 R
Adv. Equitation	4:30	MW	202 R
Corrective Gymnastics	9:30	MW	102 R

SECOND HALF SEMESTER (Beginning Nov. 16)

<i>Section</i>	<i>Time</i>	<i>Days</i>	<i>Room</i>
A. Int. Swimming	11:30	TT	Pool
B. Int. Swimming	2:30	MW	Pool
Adv. Swimming	11:30	MW	Pool
Elem. Tumbling	11:30	MW	102 R
A. Rec. Sports	10:30	TT	102 R
B. Rec. Sports	4:30	TT	102 R
Adv. Mod. Dance	2:30	MW	102 R
El. Folk Dance	11:30	TT	102 R
Square Dance	3:30	TT	102 R
Adv. Social Dance	3:30	MW	102 R
Adv. Fencing	4:30	TT	101 R
Elem. Badminton	2:30	TT	102 R
A. Adv. Badminton	10:30	MW	102 R
B. Adv. Badminton	10:30	TT	102 R
A. Adv. Archery	11:30	MW	102 R
B. Adv. Archery	4:30	TT	102 R
Corrective Gymnastics	9:30	MW	102 R
C. Adv. Archery	11:30	TT	102 R
A. Int. Equit.	3:30	MW	202 R
B. Int. Equit.	2:30	MW	202 R
C. Int. Equit.	3:30	TT	202 R
D. Int. Equit.	2:30	TT	202 R
E. Int. Equit.	4:30	TT	202 R
Elem. Equit.	4:30	MW	202 R

COMMITTEE ON PHYSICAL CONDITIONING PROGRAM

The Senate of the University has appointed a special committee to administer the physical conditioning program, including granting of petitions for exemption for reasons of physical disability.

RULES ~~~~~•

and

Regulations

~~~~~  
Department of Physical  
Education for Women



University  
of Kansas

Students will be held accountable for  
this information.



**REGULATIONS GOVERNING**  
**The Department of Physical Education**  
**WOMEN**

---

**Physical Education Requirements**

1. The physical education program is divided into an outdoor and indoor activity program for each semester. A student electing physical education must enroll in an outdoor activity and an indoor activity at the beginning of each semester. Changes at mid-term may be made with special permission.
2. Any student electing physical education is required to enroll three times each week, M. W. F. or T. T. F.

**Physical Examinations**

No student may enroll in a physical education class until she has had a physical examination. The examination is given by the University Hospital staff.

Health Grade "A"—Elect any activity.

Health Grade "B"—Restricted according to doctor's advice.

Health Grade "C"—Individual Gymnastics.

Health Grade "D"—Recommend no physical education.

**Gymnasium Clothes**

*Sports*

1. Shorts
2. Shirt.
3. Short hose.
4. Shoes—rubber or elk soles.

*Dancing*

Modern—

1. Black long-sleeved leotard.

Tap—

1. Tap costume or shorts.
2. Tap shoes.

*Swimmers*

1. One-piece cotton tank suit.
2. Swimming cap—preferably without chin strap.



## Excuses

*Regular excuse:* The student reports for class during her menstrual period and answers roll by "Rest." Two class periods are allowed. Special permission must be secured from the instructor for a longer length of time.

*Special excuses:* Excuses are given to students when necessary on account of injuries or illness. These excuses are obtained from the University Hospital physicians. Students calling for these excuses must have received treatment from the hospital or show signs of illness when applying for them. These excuses should be checked with the instructor before returning to class.

## Absences

Any student who has 5 unexcused absences will be dropped from the class. A drop from the class is equivalent to an "F." Excused absences will not affect the final grade. The student must be able to pass the course at the end of the term.

## Equipment

1. Receipts for the payment of Physical Education fees must be presented to the matron of the locker room in the basement. Towel tickets and locker assignments are made there. The fee is \$2.25 with a \$1.00 deposit.

2. Towels are issued on presentation of the towel card. The card is filed with the matron until the towel is returned. Lost towels and equipment are charged against the student.

3. Your gymnasium equipment should be kept in your basket. The lockers are only for storage of your street clothes during your physical education period. Use your padlock from your basket to padlock your locker. *The department is not responsible for lost articles.* Use the dressing rooms for dressing, but not for storing of clothes. Return your basket to its place after your activity period.

4. Equipment such as basketballs, deck tennis rings, volley balls, horseshoes, etc., may be checked out from the equipment room. Such equipment is charged to you and must be returned personally. When returning equipment do not fail to get your "check-out" slip.

5. Tennis rackets must be furnished by students electing tennis. The rackets may be left with the matron in the equipment room. The department is not responsible for them. The name and number must be placed on the racket.



## Women's Athletic Association

The Women's Athletic Association offers opportunities for the competition of teams in extra-curricular activities. Intramural activities offer opportunities for competition also. Teams are chosen in hockey, soccer, basketball, track, swimming, baseball, volley ball and tennis. Individual sports include deck tennis, horseshoes, ping pong and handball. Points are awarded for making the teams and individual sports.

125 points are necessary for membership.

600 points award—Athletic K. U. emblem.

1,350 points award—K. U. blazer.

2,000 points award—K. U. loving cup.

## Other Organizations

Quack Club—Swimming Club.

Tau Sigma—Dancing Club.

Rifle Club.

## Major in Physical Education

The Department of Physical Education offers a four-year curriculum for both men and women students desiring to specialize in Physical Education, leading to the degree of Bachelor of Science in Education.

Students desiring to become teachers of Physical Education or coaches of athletics with a major in physical education must register and enroll in the School of Education. Majors in physical education must present an academic minor of at least 20 hours in some teaching subject.



**RULES *and***  
**REGULATIONS**



**Department of**  
**Physical Education**  
*for* **MEN**



**University of Kansas**

**Students will be held accountable**  
**for this information**







## General Physical Activity Credit

Any student electing Physical Education is required to enroll for classes which meet three times each week, M. W. F. or T. T. F.

Students of the School of Education and the College of Liberal Arts and Sciences are permitted to present four semester hours of credit in Physical Education for graduation. Students in the School of Engineering and Architecture are required to attend classes in Physical Education three times each week during the freshman year, or enroll in R. O. T. C. Students in the School of Fine Arts are required to attend Physical Education classes twice each week during the freshman year.

## Enrollment

Semesters are divided into two parts, making it necessary for each student to select from the regular schedule and enroll in two physical education classes each for a half semester. Freshmen in the School of Engineering and Architecture will enroll for physical education classes in Marvin Hall. Other students will enroll on the main floor, Robinson Gymnasium, during the regular enrollment period. College freshmen and sophomore enrollment cards should show a first and second half semester Physical Education class.

Substituting a sport for Physical Education class is not permitted except as specified below. Men wishing to participate in varsity or freshman athletics must enroll in courses 18 or 38, in which credit may be secured in accordance with the following:

Attendance is required in accordance with the desire of the coach of the sport concerned, usually not less than five periods per week. Irregular attendance will not be tolerated. At the close of



the season for the sport selected, the student must report immediately for another varsity or freshman sport, or select another Physical Education class to receive credit, it being understood that each varsity athlete be required to offer at least one team and one individual sport in each semester. This must be shown on his enrollment card.

### **Absences**

Absences from Physical Education classes will be excused only for physical disability; in such event the student must secure an excuse from the Student Hospital, and present it to the instructor in charge of his Physical Education class. Satisfactory grades in Physical Education will not be given students who acquire unexcused absences totaling more than ten percent of the total number of periods for which the class meets.

### **Physical Examinations**

Complete physical examinations are given each entering student by the University Student Health Service. The Department of Physical Education reserves the right to restrict the enrollment of students in activities for which their physical-examination record shows they are not fitted.

### **Use of Facilities**

1. Receipts for the payment of exercise fees must be presented to the custodian of the equipment room in the basement of the gymnasium. Towel tickets are issued and basket assignments are made there. The fee for exercise is \$2.25, plus \$1 deposit, which is refunded at the end of the semester, provided there has been no loss of towels charged against the student. This fee entitles the student to three towel tickets, or the use of a total of 51 towels.



2. Your gymnasium equipment should be placed in the basket assigned and left with the attendant. It may be secured again upon presentation of your towel ticket. Such equipment must be removed at the close of each semester. Clothing not removed will be confiscated.

3. Lockers in the basement are for storage of street clothing during the exercise period only. Provide yourself with a good lock. *The Department of Physical Education is not responsible for lost articles.* After the close of the exercise period attach your lock to your basket, return towel and basket to the equipment room and wait for your towel ticket. *Towel tickets must not be left in the towel room.*

4. Facilities of the gymnasium are open to students and faculty members. Regular classes have preference.

5. No one will be permitted on the gymnasium floor or be allowed to use mats or other equipment while wearing street shoes.

6. All gymnasium equipment must be returned to its proper place after being used.

7. The *swimming pool* may be used for open plunge at times indicated on the door of the pool. The department may change the open hours of the pool at its discretion to take care of certain intramural events and for varsity swimming-team practice. The pool is open only when a life guard is on duty. Men are not allowed to wear bathing suits in the pool unless upon the occasion of swimming meets. A soap shower is required before entering the water.

*Handball courts* are to be used for only two games in either singles or doubles when other persons are waiting.

*Tennis courts* at the stadium are for use of students. Only rubber-soled shoes are allowed to be worn on these courts. The varsity courts should never be used by others than members of the varsity tennis squad.



## Equipment

1. Regulation uniform for exercise classes is white, sleeveless shirt, running trunks, and rubber-soled shoes. Colored uniforms will not be permitted. *You are expected to keep your equipment clean; unsightly uniforms will not be tolerated.*

2. Equipment such as basketballs, boxing gloves, horseshoes, etc., may be checked out of the equipment room in the gymnasium by presenting your towel ticket. *Such equipment is charged to you and must be returned personally.* Equipment may be kept for one hour, after which time it must be returned by the person to whom it was checked out. A ticket belonging to another individual will be confiscated when presented for equipment. When returning equipment do not fail to get your "check-out" slip.

## Intramural Athletics

Intramural athletics are conducted by the Department of Physical Education and are open to regularly enrolled students of the University. The aim of the department is to furnish activities which will enable each student to participate in active recreation at least one hour each day. Men desiring more information regarding intramural athletics may call at room 107, Robinson Gymnasium.

## Major in Physical Education

The Department of Physical Education offers a four-year curriculum for both men and women students desiring to specialize in Physical Education, leading to the degree of Bachelor of Science in Education.

Students desiring to become teachers of Physical Education or coaches of athletics with a major



in Physical Education must register and enroll in the School of Education. Majors in Physical Education must present an academic minor of at least 20 hours in some teaching subject.

PRINTED BY KANSAS STATE PRINTING PLANT  
W. C. AUSTIN, STATE PRINTER  
TOPEKA 1938  
17-4570



in Physical Education must register and enroll in  
the School of Education. Majors in Physical  
Education must present an academic record of at  
least 80 hours in some teaching subject.

and for the first two years of study the  
major must be in Physical Education.

The minimum number of hours required for  
the degree is 120 hours.

The minimum number of hours required for  
the degree is 120 hours.

THE UNIVERSITY OF MARYLAND  
COLLEGE PARK, MARYLAND  
1955

Approved by the Board of Regents

The Board of Regents of the University of Maryland  
has approved the following regulations for the  
degree of Bachelor of Science in Physical Education  
with a major in Physical Education.

The minimum number of hours required for  
the degree is 120 hours.

The minimum number of hours required for  
the degree is 120 hours.

The minimum number of hours required for  
the degree is 120 hours.