



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.