

Each course is one-half semester in length. The student selects an activity in the fall semester, which continues for the first half-semester, and then changes to another activity for the remainder of the semester. During the spring semester the same practice is followed. The average of the grades for the two half-semesters' work determines the semester grade—one hour credit for the semester. In general, activities are divided into indoor and outdoor activities.

#### COURSES FOR MEN

1a. **ELEMENTARY BASKETBALL.** Methods of passing, catching, dribbling, the pivot, and floor bounce. The fundamental shots, such as the free throw, the push-chest, the one-hand English, and the lay-up.

1b. **INTERMEDIATE BASKETBALL.** Theories of the individual defense, individual offense, the team defense and the team offense are thoroughly stressed and discussed. Prerequisite, 1a.

1c. **ADVANCED BASKETBALL.** The various phases of advanced team play together with the screen or pick-off, are shown. A thorough knowledge of the basketball rules is required, which enables the player to coach or officiate a game properly. Prerequisites, 1a and 1b.

2a. **ELEMENTARY TENNIS.** The fundamental skills of tennis. Emphasis on proper execution of various strokes and serves.

2c. **ADVANCED TENNIS.** A more thorough mastery of fundamental skills is required along with a definite knowledge of correct methods of play in both singles and doubles. Also, a thorough study of tennis rules is required. Prerequisite, course 2a or equivalent.

3a. **ELEMENTARY SWIMMING.** Open to all students who cannot swim fifty feet. Practice of the face and back float, treading water, breathing, the elementary back, sculling, side, and crawl strokes, the elementary standing dive, deep-water emergency tests.

3b. **INTERMEDIATE SWIMMING.** A practice and knowledge of the back, side, single over-arm, and crawl strokes; practice on distance swimming; elementary springboard diving. Prerequisite, course 3a or equivalent.

3c. **ADVANCED SWIMMING.** Specific instruction in diving, Red Cross life-saving test, racing turns, and starts, as well as other phases of competitive swimming. Prerequisite, course 3b or equivalent.

4. **VOLLEYBALL.** Practice in service and development of skill in handling the ball at various positions. Thorough knowledge of the rules is required.

5a. **HANDBALL (FOUR-WALL COURT).** Development of skills, including the service, right- and left-hand shots, methods of recovery from wall, and thorough study of rules.

5b. **HANDBALL (ONE-WALL COURT).** Study and practices of fundamentals of one-wall court game, including service, right and left, and cross-court shots; a thorough study of the rules.

6a, b, c, d. **INDIVIDUAL GYMNASTICS.** Designed to meet the needs of individual students, primarily those who have been advised by the student health director to participate in only restricted physical activities. The aim of the course is to aid in the correcting of remedial physical defects. **MAY BE TAKEN FOUR SEMESTERS**

7a. **ELEMENTARY TUMBLING.** Practice in fundamental tumbling exercises, as the front and back rolls, head and hand balance, neck, head, and hand springs, and cartwheels, and beginning pyramids.

7c. **ADVANCED TUMBLING.** Emphasis upon individual performances in front and back somersaults, starting with spring board, as well as work in doubles and advanced pyramids. Prerequisite, course 7a, or equivalent.

8a, b. **GENERAL PHYSICAL EDUCATION.** Designed primarily for the student who wishes to improve his physical skills and general physical condition, but does not offer a choice as to activity. Includes tumbling, apparatus exercise, handball, basketball. The time allotted to each activity will depend upon the instructor. Three periods each week.

15a. **ELEMENTARY BOXING.** Instruction in the fundamental stance, defense, feinting, footwork; work on straight left-hand punches and defense, left hook and defense, left uppercut and offense.

15c. **ADVANCED BOXING.** Continuation of practice of fundamental principles with the addition of work in the combined punches and defense for each; methods of clinching, a thorough study of boxing rules. Prerequisite, course 15a or equivalent.

16. **TOUCH FOOTBALL.** Instruction in drop kicking, place kicking, punting, passing, pass-receiving, center pass, as well as a study of rules and play situations.

17. **WRESTLING.** The study and practice of the fundamental position; direct methods of taking an opponent to the mat; various holds for pinning an opponent and defense for each. A thorough knowledge of the I. C. A. A. rules is required.

18 and 38. **VARSITY ATHLETICS.** For men desiring to compete on freshman and varsity teams. Attendance is required in accordance with the desire of the coach of the sport, usually not less than five periods per week. Irregular attendance will not be tolerated. Upon the close of the season for the sport selected the student must report immediately for another varsity or freshman sport, or select a physical activity class in order to receive credit, it being understood that each varsity athlete be required to offer at least one team and an individual sport in each semester.

19. **SOFTBALL PLAYGROUND BALL.** Instruction in fundamentals, strategy, technic, playing position; study of the rules.