

3b. INTERMEDIATE SWIMMING. Emphasis upon the development of the crawl, side, back, and breast strokes. Includes the fundamental dives. 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 provide instruction in the use of 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.

course 41a or equivalent.

42a. ELEMENTARY FENCING. Embodies practice and instruction in the fundamental positions; the lunge and simple attacks.

42b. INTERMEDIATE FENCING. A continuation of course 42a; practice in fundamentals and complex attacks; the one, two, double disengage; the reverse beat, simple parries and riposts. Prerequisite, course 42a.

42c. ADVANCED FENCING. Continuation of courses 42a and 42b with additional work in elementary epee. Prerequisite, 42a and 42b.

43a. ELEMENTARY TAP DANCING. The rudiments of tap work, starting with relaxation of ankles, triples, sevens, rolls, and waltz clog step; dances using these steps and giving practice in characterization.

43b. INTERMEDIATE TAP. Review of work in course 43a with addition of double-shuffle time step and several breaks; special attention to developing coordination of entire body with foot movements; addition of soft-shoe principles. Prerequisite, course 43a or equivalent.

43c. ADVANCED TAP. Advanced routines in fast buck, soft-shoe and waltz clog dancing; class on ensemble work as well as individual work; opportunity for creative dances on part of student. Prerequisite, courses 43a and 43b or equivalent.

44a. ELEMENTARY SOCIAL DANCING. This course includes the fundamentals of social dancing, as: dance positions, leading and following, ballroom etiquette and the basic technique of promenade, rocking step, balance, pivot, two-step, waltz, fox trot and canter.

44c. ADVANCED SOCIAL DANCING. A continuation of 44a with increased skill in the execution of the fundamental steps and the addition of advanced techniques as the tango, habanera, continental and ranchero.

45a. ELEMENTARY BADMINTON. The fundamental strokes of badminton. General court position and tactics for singles and doubles games. Rules.

45c. ADVANCED BADMINTON. Continuation of elementary badminton, with the addition of advanced strokes, and tactics.

46a. ELEMENTARY ARCHERY. The use and care of good archery tackle. The development of good shooting form. Practice in both clout and short range target shooting.

46c. ADVANCED ARCHERY. A continuation of elementary archery in the development of skill. Study of proper equipment, scoring methods, tournament shoots and related archery activities. Prerequisite, course 46a or equivalent.

47a. ELEMENTARY EQUITATION. Course for beginners; includes instruction in proper approach to a horse; how to bridle, saddle and mount a horse; how to develop correct riding posture and to handle a horse in walk, trot and canter. Also stresses development of a humane attitude toward and genuine appreciation of horses. Instruction and practice in this course will terminate in a test of proficiency.

47b. INTERMEDIATE EQUITATION. Includes advanced instruction, in three-gaited riding, bareback riding, simple drills, cross country riding, and low