

## 1a Elementary Basketball (see course 1a above).

1c. ADVANCED ~~TECHNIC~~ <sup>TECHNIC</sup> and strategy; team offense and defense; zone and man-to-man defense; team plays; practice in officiating. An opportunity for taking the examination for national referee rating. Prerequisite, course 1a or equivalent.

## 3a Elementary Swimming. (See course 3a above)

## 3b Intermediate Swimming. ( See course 3b above)

3c. ADVANCED SWIMMING. Speed swimming, with the starts and turns, the overhead smash; crawl, trudgeon, back crawl and breast strokes; springboard diving. Prerequisite, course 3b or equivalent.

3d. DIVING. Working the springboard. Required dives; front or swan, back front jackknife, and the back jackknife. Advanced fancy dives. Prerequisite, course 3c or equivalent.

3e. LIFE SAVING. Practice of the American Red Cross life-saving test. Prerequisite, course 3c or equivalent.

4. VOLLEYBALL. The technic of passing and serving; the method of rotation; technic of the passer; set up, and attack of players; advanced team play and team tactics; detailed study of the rules of the game.

## 5a Elementary Handball ( see course 5a above).

6a, b, c, d. INDIVIDUAL GYMNASTICS. An understanding and practice of a prescription of exercises, which are formulated by the instructor after a study of the student's physical examination, for the correction of the physical defects; also, to prevent such further developments. Recommendations of doctor is required. May be taken for four semesters.

7a. ELEMENTARY TUMBLING. Elementary mat work, rolls, head stand, cartwheel, pyramids, single and double stunts.

7b. ADVANCED TUMBLING. Advanced mat work, neck spring, head spring, hand spring, round off, chest roll, advanced pyramids, single and double stunts.

8a,b Recreative Sports. For the student who does not desire to choose one sport, Includes instruction in handball, badminton, deck tennis, aerial darts, ping pong and shuffleboard.

edge of the fundamental technic, strokes, fielding, tackling, dodging; elementary strategy and tactics; position of the players, general rules of the game and team play.

9c. ADVANCED HOCKEY. Practice of advanced technic and strategy; umpiring practice and an opportunity to take examination for national umpiring rating. Prerequisite, course, 9a or equivalent.

10. SOCCER. The fundamental technic of kicking, tackling, fielding, heading; strategy and tactics; position of the players; rules of the game and team play.

11a. ELEMENTARY ~~BASEBALL~~ <sup>SOFTBALL</sup>. The fundamental theory of catching, throwing, batting, and base running; position of each player; elementary rules and team tactics.

11c. ADVANCED ~~BASEBALL~~ <sup>SOFTBALL</sup>. Practice of advanced technic and strategy; detailed duties of each player; coacher; team organization, plays, signals; practice in officiating. Prerequisite, course 11a or equivalent.

12a. ELEMENTARY MODERN DANCING. An introduction to dancing based on natural technics involving exercise and control of the big body muscles, and balance dances taught with the aim of developing music appreciation and emotional expression; running, walking, leaping, elementary turns, torso exercises, and relaxation.

12c. ADVANCED MODERN DANCING. A continuation of the natural technic given in 12a; special attention to arm work, turns and more advanced phases of technic; opportunity for individual creative work; some German technic. Prerequisite, course 12a or equivalent.

13a. FOLK DANCING. Elementary; simple folk dances of all nations; American and English country dances emphasized; the folk element as it relates to peoples, customs and geography; polka, schottische, waltz, and simple folksteps.

13b. INTERMEDIATE FOLK DANCE. Folk and character dances calling for knowledge of more advanced technic; Russian, Hungarian, Swedish, etc.; the Mazurka, Polish step, advanced technics necessary for national dances. Prerequisite, course 13a or equivalent.

14a. ELEMENTARY TRACK. A study and practice of the different track and field events; an individual record of the performance of each individual; general knowledge of the rules for each event.

14c. ADVANCED TRACK. Continuation of the practice in elementary track; general knowledge of technique of the different events, with specialization of a few chosen events; individual record of performance. Prerequisite, course 14a or equivalent.