

Since this is a time of emergency and many, if not all of the young men of the University will be serving in some branch of the armed forces of the United States government, it is essential that these young men be in as good physical condition as possible when they enter the service. That the Army considers physical fitness very important is shown by the following quotation taken from the U. S. Army's Basic Field Manual FM 21-20, page one:

"To perform his duties satisfactorily, the soldier must possess great organic vigor, muscular and nervous strength, endurance and agility. The average recruit does not possess the degree of physical fitness required of a trained soldier. The required degree of physical fitness can be acquired only through physical training. The performance of purely military exercises, that is, drill, marching, etc., is not alone sufficient to correct the deficiencies and incorrect postures too often acquired before becoming a soldier. Further, the complexities of modern warfare require so much technical training for the soldier that all too frequently no time is allotted for physical training; yet the soldier who possesses great technical skill but is unable to withstand the rigorous life demanded is of questionable value."

### 3. The Program:

A. Swimming. The customary course used to teach beginning swimming will be used. Emphasis will be upon the following points: