

SUGGESTED PROGRAM
of
REQUIRED PHYSICAL EDUCATION FOR WOMEN

Requirement - 1 year

Credit - 1 hour credit per semester.
3 hours per week.

Class Schedule - M. W. F. - T. T. F.

- a. On M. W. or T. T. the meet for an activity she has elected.
- b. On Friday - all students would meet for one hour.

Content of Class Work -

- A. On the M. W. or T. T. periods each student would be engaged in one of the following activities which she has elected.

Activities - Fall term

- 1. Swimming
- 2. Hockey
- 3. Tennis
- 4. Badminton
- 5. Archery
- 6. Golf
- 7. Fencing
- 8. Recreative Sports
- 9. Square Dance
- 10. Tap Dance
- 11. Modern Dance
- 12. Social Dance

- B. On the Friday period students will be engaged in -

- 1. Corrective exercises for
 - a. Conditioning - (Reducing - Gaining)
 - b. Posture
 - c. Feet
- 2. War Safety Measures

- C. All class work will be preceded by a 5 - 10 minute period of calisthenics.