

The program is designed to cover a wide range of activities in order that the student may elect the type in which he is primarily interested. The program has been divided into four areas of concentration, and each area will emphasize conditioning exercises. Each student will participate in two areas of activity during the term. The areas of concentration are:

1. Swimming - Fundamentals of the crawl stroke - practice and theory.
Training and competitive practice
Fundamentals of diving - practice and theory
Important features of Life Saving, including artificial respiration.
Water games.
2. Combative Sports - Fundamentals of boxing, wrestling, judo and sabreing. This work should develop confidence in one's own ability to defend himself in physical combat.
3. Calisthenics and Gymnastics - Advanced free and wall bar training, rope climbing, obstacle surmounting, running and marching, tumbling, horse vaulting, heaving and balancing exercises. Also simple games such as medicine ball relay, obstacle races, etc.
4. Group Sports - Organized practice in fundamentals of basketball, hockey, touch football, speedball, soccer. Also organized play in the above games.

1/10/42