

Courses for Freshman and Sophomore Men

1a. **ELEMENTARY BASKETBALL.** Methods of passing, catching, dribbling, the pivot, and floor bounce. The fundamental shots, such as the free throw, the push-chest, the one-hand English, and the lay-up.

1b. **INTERMEDIATE BASKETBALL.** Theories of the individual defense, individual offense, the team defense and the team offense are thoroughly stressed and discussed. Prerequisite, 1a.

1c. **ADVANCE BASKETBALL.** The various phases of advance team play together with the screen or pick-off, is shown. A thorough knowledge of the basketball rules is required, which enables the player to coach or officiate a game properly. Prerequisites, 1a and 1b.

2a. **BEGINNING TENNIS.** The fundamental skills of tennis. Emphasis on proper execution of various strokes and serves.

2c. **ADVANCED TENNIS.** A more thorough mastery of fundamental skills is required, along with a definite knowledge of correct methods of play in both single and doubles. Also, a thorough study of tennis rules is required. Prerequisite, course 2a or equivalent.

3a. **ELEMENTARY SWIMMING.** A practical course designed to teach the student to use properly the basic swimming strokes primarily for safety purposes. It also embodies instructions in elementary diving and includes a list of specific water stunts designed to develop the student's skill in the water.

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 rules is required.

5a. **HANDBALL (FOUR-WALL COURT).** Development of skills, including the service, right-and left-hand shots, method of recovery from wall, and thorough study of rules.

5b. **HANDBALL (ONE-WALL COURT).** Study and practice 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 aid in the correction of remedial physical defects.

7a. **ELEMENTARY TUMBLING.** Practice in fundamental tumbling exercises, as the front and back rolls, head and hand balance, neck, head, and hand springs, and cartwheels, and beginning pyramids.

7c. **ADVANCED TUMBLING.** Emphasis upon individual performances in front and back somersaults starting with spring board, as well as work in doubles and advance pyramids. Prerequisite, course 7a, or equivalent.

8a, b. **GENERAL PHYSICAL EDUCATION.** Designed primarily for the student who wishes to improve his physical skills and general physical condition, but does not have a choice as to activity. Includes tumbling, apparatus exercise, handball, basketball. The time allotted to each activity will depend upon the instructor. Two periods each week. May be taken for one semester in either freshman or sophomore year.

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 positions; 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.

18 and 38. **VARSITY ATHLETICS.** For men desiring to compete on freshman and varsity teams. Attendance is required in accordance with the desire of the coach of the sport, usually not less than five periods per week. Irregular attendance will not be tolerated. Upon the close of the season for the sport selected the student must report immediately for another varsity or freshman sport, or select a physical education class in order to receive credit, it being understood that each varsity athlete be required to offer at least one team and an individual sport in each semester.

19. **PLAYGROUND BALL.** Instruction in fundamentals, strategy, technic, playing position; study of the rules.