

Courses for Freshman and Sophomore Women

1a. **ELEMENTARY BASKETBALL.** The practice of the technic for passing, catching, basket shooting, foul shooting, the feint, pivot and dribble; elementary team play and rules of the game.

1c. **ADVANCED BASKETBALL.** Advanced technic 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.

2a. **ELEMENTARY TENNIS.** The fundamentals of tennis; the forehand and backhand drives; the service; general court position for singles and doubles; scoring; general knowledge of the rules and elementary tactics.

2b. **INTERMEDIATE TENNIS.** Fundamentals of tennis with the addition of the volley and the lob; strategy and tactics of the game; detailed study of rules and tennis etiquette. Prerequisite, course 2a or equivalent.

2c. **ADVANCED TENNIS.** Advanced technic of tennis; the overhead smash; the chop; and half volley; advanced strategy and tactics; practice in officiating. Prerequisite, course 2b or equivalent.

3a. **ELEMENTARY SWIMMING.** Open to all students who cannot swim fifty feet. Practice of the face and back float, treading water, breathing, the elementary back, sculling side and crawl strokes, the elementary standing dive, deep-water emergency tests.

3b. **INTERMEDIATE SWIMMING.** A practice and knowledge of the back side, single over-arm, and crawl strokes; practice on distance swimming; elementary springboard diving. Prerequisite, course 3a or equivalent.

3c. **ADVANCED SWIMMING.** Speed swimming, with the starts and turns, the 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 strategy and team tactics; detailed study of rules; practice of officiating.

5. **HANDBALL.** The basic principles of handball; the underhand strokes and the service; knowledge of angles and the rules of the game.

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. Recommendation 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, neckspring, headspring, handspring, roundoff, chestroll, advanced pyramids, single and double stunts; method of preventing injuries. Prerequisite, course 7a or equivalent.

8a, b. **GENERAL PHYSICAL EDUCATION.** For the student who does not desire to choose just one sport but wishes to improve his individual physical skill.

Includes the elementary technic and skills necessary for tumbling, apparatus, track events, basketball, etc. May be taken for one semester in either the freshman or sophomore year.

9a. **ELEMENTARY HOCKEY.** Practice for the development of skill and knowledge 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.** The fundamental theory of catching, throwing, batting, and base running; position of each player; elementary rules and team tactics.

11c. **ADVANCED BASEBALL.** 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 folk steps.

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.