

Physical Ed. 22: Advanced Tumbling. Advanced mat work, neck spring, head spring, hand spring, round off, chest roll, advanced pyramids, single and double stunts. Method of preventing injuries. Prerequisites, 21 or equivalent. Fall & Spring.

Physical Ed. 23: Elementary Track. A study and practice of the different track and field events, sprints, hurdles, javelin, jumps, etc. An individual record of the performance of each individual. General knowledge of the rules for each event. Spring.

Physical Ed. 24: 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, 23 or equivalent. Spring.

Physical Ed. 25: Volley Ball. This course presents the technique of passing and serving, the method of rotation, technique of the passer, Set up, and attack players. Advanced team strategy and team tactics. Detailed study of rules. Practice in officiating. Fall and Spring.

Physical Ed. 26: Handball. The basic principles of handball, the underhand stroke and the service. Knowledge of angles and the rules of the game. Fall & Spring.

Physical Education 27: Natural Gymnastics. A course for the student who does not desire to choose just one sport, but wishes to improve his individual physical skill. The elementary technique and skills necessary for tumbling, apparatus, track events, basket ball, etc. will be included. The amount of time spent on each activity is dependent upon the desire of the majority of the class.