

THE ACTIVITY PROGRAM *

*The program of physical education should not encroach in content on that of the Military Department; for example, such as marching should be restricted in the physical education program strictly to the necessary movements and to the evolutions for groups for the efficient utilization of our all-too-limited periods for teaching. On the other hand, it is felt that the programs should be conditioning, instructional (skills), and recreational; and that they should be effectively administered to groups as small as are practicable.

The activity program shall, in general, be divided into three parts:

1. The conditioning course for body development.--This

*Remedial activities, for the purpose of correcting remediable physical defects, shall be substituted for the conditioning course in the case of students designated by the Health Service or by the Division of Physical Education. These activities, which are to be substituted for the conditioning course, shall be individually prescribed.

course shall be given for five periods a week to all students found deficient in strength, speed, endurance, and agility as measured by the physical achievement testing program. It shall consist primarily of:

- A. Calisthenics and conditioning exercises
- B. "Road Work" (cross country hiking, running, etc.)
- C. Apparatus exercises
- D. Graded weight lifting
- E. Vigorous informal games and contests

These activities shall be graded and prescribed in accordance with the condition of the student and with his individual needs, and the student shall continue in these activities until he meets the standards of fitness set by the Division of Physical Education. Much of the conditioning program will be included in the basic skills classes.

II. The basic skills courses.--These courses shall be added to the conditioning program (three times a week) of all men students taking the courses who are above the minimum condition standard. The content shall be divided into four divisions: