

- A. Individual sports, such as tennis, golf, handball, badminton, squash, and codeball
- B. Individual activities, such as swimming and diving, life saving, track and field activities, apparatus and tumbling, remedial activities
- C. Team sports, such as touch football, soccer, basketball, volleyball, softball
- D. Combative activities, such as wrestling, boxing, hand-to-hand fighting (offered for the duration of the emergency only)

Each physically fit student shall, within his first two years in this basic course, be expected to make satisfactory progress in the elementary courses of at least six of these activities, of which one must be swimming. Two activities should be elected from group A, one from group B, one from group C, and one from group D. The other activities may be from any of the groups. In addition, two of these activities should be continued at the intermediate (or advanced) level. Upper classmen and graduate students shall select these activities only after consultation with their advisors. This basic skills course shall be added to the conditioning course during the regular three periods a week of required classwork.

III. Corrective activities. Individually prescribed activity programs will be offered for those unable to profitably pursue the regular courses described above.

#### TESTING PROGRAM

It is proposed that with the addition of more periods a week, a more comprehensive program of measurement be instituted in order that attention can be better directed to the individual needs of each student. These needs would include more individual remedial work for the correction of physical defects and deficiencies, as well as more attention to the raising of the individual's general physical efficiency.

For the period during which the United States is at war, it is proposed that both the standard of fitness ordinarily adjudged as satisfactory and also the standard usually held as a minimum be raised. In the service the soldier must, for a great part of the time, march for many miles with a load as heavy as forty pounds. Therefore, he must have developed a musculature adequate to care for this weight which is in addition to his own body weight. The standard for the individual of smaller stature and weight has to be higher than that for the taller and heavier individual, for the load which must be carried is proportionately greater for the smaller man than for the larger man. Adequate norms have been worked out so