

PURPOSE OF THE PROGRAM

The purpose of the program is to develop the physical well-being of the students. Rugged health, endurance, strength and agility are the goals. In addition, qualities of character should be fostered, such as courage, daring, confidence in self and poise under emotional strain.

Some of the more specific objectives are as follows:

1. The ability to withstand hardships of a physical and nervous nature.
2. To develop through team play quick thinking, speed of action, anticipation and timing.
3. To teach the skills of ordinary combat against an unarmed opponent.
4. To teach the skills of swimming, treading and floating, under varying conditions, for long periods of time.