

are cultivated.

Sports such as tumbling, pyramid building, circus stunts, apparatus exercises, and so forth, are useful in developing general body control and power. Defensive and combative types of sports, such as football, basketball, boxing, and wrestling are used for developing organic endurance, persistent and aggressive attitudes and teamwork. Swimming, diving, life saving, water polo, boating and canoeing, the environmental and specialized types of conditioning sports, are used for master of the water. The recreative types such as tennis, golf, dancing, archery, bait and fly casting, bowling, badminton, horsemanship, squash, camping, pingpong, quoits, and so forth, have their place in their fields.

Calisthenics cannot be used to develop all types of physical fitness. Our view of physical fitness must be broader. Calisthenics may provide something of a general quality to physical fitness, but routine calisthenic exercises must be supplemented by specific types of endurance feats in special areas, such as running, jumping, throwing, climbing, swimming, vaulting, and specific sports. Military tactics should be included at this time. Calisthenics require mental concentration, while plays and games emphasize mental recreation.

Endurance is our greatest need to the individual. Athletic authorities have rated endurance most important over balance, flexibility, agility, strength and power. The most important way to develop endurance is through hard work, repeated or constantly performed to the limits of one's ability. More time is needed than is generally available or is commonly recognized. Short one-hour programs two or three times a week generally fail to make a significant contribution to endurance. In time of war the need for rugged youth and citizenry is paramount. Physical activity programs need to be increased to include more of the following: