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gymnastics to physical development and general physical preparedness better than most modern authors. In the introduction to G&T the authors explain that “Gymnastics and Tumbling is included in the Naval Aviation Physical Training Program because of the strength and skills that are developed through participation in this sport.

[Gymnastics & Tumbling](#)

Naval Aviation Reserve Act (1939) Due to poor pay and slow promotion, many naval aviation cadets left the service to work for the growing commercial aviation and airline industries. On April 11, 1939, Congress passed the Naval Aviation Reserve Act, which expanded the parameters of the earlier Aviation Cadet Act. Training was for 12 months.

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