As you read this essay, or after, consider the following questions.

- Why does Ryan Lochte flip truck tires? What good does it do him?
- In the second-to-last paragraph, Malesic says that he teaches tire-flipping to “swimmers and runners.” He doesn’t mean this literally: what does he teach? What can you guess about his students’ majors from his calling them “swimmers and runners”?
- What’s the main point about the analogy he is making? How is college like physical training? How might thinking of college as “a gym membership for the mind” influence the way you view your required courses or how you will approach your education?
- Malesic uses the phrase “liberal education” a few times, but doesn’t directly define it. Based on your reading of the essay, try to put into your own words how you think Malesic would define “liberal education.”