SUMMER SESSION
AT
INDIANAPOLIS, INDIANA
July Tenth to August Sixth
NINETEEN HUNDRED THIRTEEN

Normal College of the North American Gymnastic Union
415 EAST MICHIGAN STREET
INDIANAPOLIS, INDIANA
HE PURPOSE of the Summer Session is to meet the needs of persons partly or entirely engaged in the various branches of physical education. This year’s course, which is divided into first and second year subjects, offers opportunities for the following:

The Director of Physical Education who, although familiar with the greater part of the work offered, wishes to keep abreast with the trend of physical education of today. To him the new tendency of German Educational Gymnastics will be of interest. He will also find lectures on subjects containing new phases of work a profitable review; he will have opportunities of learning new folk dances and dance compositions, and receive new ideas and incentives for his future work through his association with other directors.

To Playground Directors and Play Leaders the philosophy and value of play, the administration, equipment, and activities of playgrounds, folk dances, and exercises on apparatus, particularly the “stunts” which appeal to boys and girls and are performable on playground apparatus, will be of interest.

School Teachers are given opportunities to master exercises of various school grades which will prepare them to more competently meet the requirements of modern education. From Educational Gymnastics and from the plays and games and folk dances they can select abundant appropriate material. There are, furthermore, a number of mental subjects offered which will prepare for a more thorough understanding of gymnastics.
Academic Credits

The summer courses offered by the Normal College are special courses in the theory and practice of physical training, and in related subjects, which are open to matriculates and non-matriculates qualified to pursue to advantage the work chosen by them. The rules concerning college work successfully completed by special students during the college year also apply to college work successfully completed by special students who attend the summer session. They are as follows:

- Persons desiring to attend the Normal College for special work in any department may be admitted as special students by the dean of such department if they give satisfactory evidence that they are qualified to pursue with profit the subjects they wish to take. Special students receive certificates that cover the work satisfactorily completed by them.

- Resident college work successfully completed in any college year by special students who are matriculates will be provisionally counted toward the title of Graduate in Gymnastics if it represents at least four semester hours in subjects chosen with the unanimous consent of the Administrative Board of the Faculty. For each year in which the work does not meet these requirements, or in which the student is absent from the Normal College, one year's provisional credits will be cancelled in the order in which they were obtained. Canceled provisional credits may, however, be regained by again passing an examination on the subjects in question.

- Resident college work successfully completed by a special student who is not a matriculate may be provisionally counted toward the title of Graduate in Gymnastics whenever the student becomes a matriculate, and as such again passes an examination in the subjects in question; provided, however, that such work shall represent not less than four semester hours per year in subjects chosen with the unanimous consent of the Administrative Board. Provisional credits thus obtained are subject to cancellation under the rule stated above.

Length of Course

The summer course comprises twenty-four session days, beginning Thursday, July 10th, and closing Wednesday, August 6th. Registration will take place Wednesday, July 9th, and instruction will begin the following morning.

Faculty

EMIL RATH, G. G.
Dean of the Department of the Theory and Practice of Physical Education of the Normal College.
Director of Summer Session and Instructor in Educational Gymnastics and Dancing.

WM. A. STECHER, B. S. G.
Director of Physical Education, Public Schools, Philadelphia, Pa.
Member of the Municipal Playground Commission of Philadelphia, Pa.
Lecturer on Playground Administration and Equipment.
Instructor in Plays and Games.

JOHN E. MORRIS, M. D.
Professor of Anatomy, Normal College, and School of Medicine of the Indiana University.
Lecturer on Descriptive Anatomy.

JEWETT V. REED, M. D.
Professor of Physiology, Normal College, and School of Medicine of the Indiana University.
Lecturer on Human Physiology.

ARTHUR E. GUEDEL, M. D.
Lecturer on Physiology of Exercise.

CARL B. SPUTH, M. D.
Lecturer on First Aid to the Injured.

EDGAR F. KISER, M. D.
Lecturer on Physiology and Hygiene of Sex for Men.

AMELIA KELLER, M. D.
Lecturer on Physiology and Hygiene of Sex for Women.

E. R. BAY, A. M.
Supervising Principal, Indianapolis Public Schools.
Professor of Psychology and Education of the Normal College.
Lecturer on Principles of Education.

WM. N. OTTO, A. M.
Professor of English, Shortridge High School, Indianapolis.
Lecturer on English Literature.

LOUIS DE VRIES, A. M.
Professor of German, Manual Training High School, Indianapolis.
Lecturer on German Literature.

Others to be announced later.
Subjects Offered

DAILY PROGRAM

First Year

1. Theory and Practice of German Educational Gymnastics. Two and one-fourth hours. Comprising lectures on the theory and terminology of tactics, free exercises without and with hand apparatus, gymnastic dancing and apparatus work (three-fourths hour). Practical work for public school grades I to VI in tactics and gymnastic dancing (one-half hour); free exercises (one-half hour); and exercises on apparatus, such as horizontal bar, rings, circle swing and poles (one-half hour). Every alternate apparatus period will be devoted to advanced work. For this purpose the students will be graded according to their ability.

2. Classic and Esthetic Dancing. One-half hour. Consisting of a series of simple esthetic movements and classic dancing steps, whose progression and combining possibilities are methodically taught; also of a series of dances for various grades.

3. Fencing. One-half hour. Comprising class and individual instruction in foil fencing.

4. Playgrounds, Plays and Games. Lectures. Three-fourths hour. Consisting of lectures on the theories of plays and games; their social, physical, mental and moral value; their importance in a system of education; the location, size, construction, equipment and management of playgrounds. Instruction in the most popular games and plays. (Two weeks, July 10 to 23.) (For both classes.)

5. Song Games. One-half hour. A number of games for the lower school grades will be taught. (Two weeks, July 10 to 23.) (For both classes.)

6. Folk Dancing. One-half hour. A series of folk and national dances of various grades of difficulty will be taught. (Two weeks, July 24 to August 6.) (For both classes.)

7. Anatomy. Three-fourths hour. Lectures. Special attention will be given to the muscular system and the structure of the internal organs.


9. Physiology and Hygiene of Sex. Three-fourths hour. Men and women will receive separate instruction. Lectures on the anatomy, physiology and development of the sexual organs, the physical and psychical changes, and the special and general hygiene of the male and female. (Two weeks, July 24 to August 6.) (For both classes.)

Second Year

1. Practice of German Educational Gymnastics. One and one-half hours. Practical work for the seventh, eighth and high school grades in tactics and gymnastic dancing (one-half hour); free exercises (one-half hour); and exercises on apparatus, such as horizontal bar, rings, circle swing and poles (one-half hour). Every alternate apparatus period will be devoted to advanced work. For this purpose the students will be graded according to their ability.

2. Classic and Esthetic Dancing. One-half hour. Consisting of a series of advanced esthetic movements and classic dancing steps; their progression and combinations; their adaptation to various tempi; a number of dances of increased difficulty.

3. Fencing. One-half hour. Individual instruction will predomi­nate. Fencing with the light sword will be taught.

4. Playgrounds, Plays and Games. Lectures. Three-fourths hour. Consisting of lectures on the theories of plays and games; their social, physical, mental and moral value; their importance in a system of education; the location, size, construction, equipment and management of playgrounds. Instruction in the most popular games and plays. (Two weeks, July 10 to 23.) (For both classes.)

5. Song Games. One-half hour. A number of games for the lower school grades will be taught. (Two weeks, July 10 to 23.) (For both classes.)

6. Folk Dancing. One-half hour. A series of folk and national dances of various grades of difficulty will be taught. (Two weeks, July 24 to August 6.) (For both classes.)


8. Physiology and Hygiene of Sex. Three-fourths hour. Men and women will receive separate instruction. Lectures on the anatomy, physiology and development of the sexual organs, the physical and psychical changes, and the special and general hygiene of the male and female. (Two weeks, July 24 to August 6.) (For both classes.)

9. Physiology of Exercise. Three-fourths hour. Lectures on the effects of exercise on the functions and structures of the human organism. (Prerequisites: Human Physiology, and Anatomy.)

10. First Aid to the Injured. Three-fourths hour. Lectures on the different forms of injuries and their temporary protection, etc. Aid in cases of fainting, suffocating, drowning, etc. (Two weeks, July 24 to August 6.) (For both classes.)
Special Subjects

The following special subjects will be offered for the first time:

**English Literature.** One and one-fourth hours. Lectures on the English Novel, with special study of the following: Jane Austen, "Pride and Prejudice"; Walter Scott, "Quentin Durward"; Wm. M. Thackeray, "Vanity Fair"; Charles Dickens, "David Copperfield." (Two weeks, July 10 to 23.)  
MR. OTTO.

**German Literature.** One and one-fourth hours. Lectures on the German Drama, with special study of the following: Lessing, "Nathan der Weise"; Schiller, "Die Jungfrau von Orleans"; Goethe, "Iphigenie auf Tauris"; Hauptmann, "Die Weber." (Two weeks, July 24 to August 6.)  
MR. DE VRIES.

MR. RAY.

Tuition Fees

The tuition fee for the whole course is $30.00 for the first-year, and $27.00 for the second-year class. Students may, however, pursue any number of subjects offered, or part of a subject, where this is possible. In such cases $1.00 additional will be charged.

The rates for the single subjects are as follows:

- **Educational Gymnastics**, 2 hours and 15 minutes daily ........ $10.00
- Lectures only, 45 minutes daily ..................................... 4.00
- Free Exercises only, 30 minutes daily ............................... 2.00
- Tactics and Gymnastic Dancing only, 30 minutes daily .......... 2.00
- Apparatus Work only, 30 minutes daily ............................... 2.00
- Fencing, 30 minutes daily ............................................. 4.00
- Esthetic and Classic Dancing, 30 minutes daily ................. 4.00
- Folk Dancing, 30 minutes daily for two weeks ...................... 2.00
- Song Games, 30 minutes daily for two weeks ....................... 2.00
- Playgrounds, Plays and Games, 1 hour and 15 minutes daily for two weeks ...................................................... 4.00
- Anatomy, 45 minutes daily ............................................. 4.00
- Human Physiology, 45 minutes daily ................................. 4.00
- Physiology of Exercise, 45 minutes daily ........................... 4.00
- Physiology and Hygiene of Sex, 45 minutes daily for two weeks ... 2.00
- First Aid to the Injured, 45 minutes daily for two weeks ........ 2.00
- English Literature, 1 hour and 15 minutes daily for two weeks 4.00
- German Literature, 1 hour and 15 minutes daily for two weeks 4.00
- Principles of Education, 45 minutes daily ......................... 6.00

The tuition fees are payable to the Secretary of the College, Mr. H. Stelchmann, at the time of registration.

ROOM AND BOARD

Information regarding room and board may be had by writing to the Office of the Normal College.