SUMMER SESSION
AT
INDIANAPOLIS, INDIANA

July Sixth to August First
NINETEEN HUNDRED
FOURTEEN

Normal College of the North American Gymnastic Union

415 EAST MICHIGAN STREET
INDIANAPOLIS, INDIANA
General Information

The 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.

Coaches will be offered valuable suggestions on the technique and coaching of field and track events and on the method of training for them. There will also be offered a course in Athletic Games, including suggestions as to methods of developing players for the various positions and the technique of the games.

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 credit and 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.

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; 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.

Length of Course

The summer course comprises twenty-four session days, beginning Monday, July 6th, and closing Saturday, August 1st.
Tuition Fees

The tuition fee for the whole course is $35.00. Students may, however, pursue any number of subjects offered. In such cases $1.00 will be added to the total cost of the subjects selected.

The rates for the single subjects are as follows:

- Educational Gymnastics, 1 hour and 30 minutes daily .......... $8.00
- Classic and Esthetic Dancing, 30 minutes daily .............. 4.00
- Field and Track Work, 1 hour daily .......................... 4.00
- Athletic Games, 1 hour daily .................................... 4.00
- Playgrounds, Plays and Games, 1 hour and 15 minutes daily for two weeks ......................... 4.00
- Folk Dancing, 30 minutes daily for two weeks............... 2.00
- Gymnastic Dancing for Men, 30 minutes daily for two weeks .... 2.00
- Human Physiology, 1 hour daily .................................. 4.00
- School Hygiene, 45 minutes daily .............................. 4.00
- Anthropometry, 45 minutes daily for two weeks .............. 2.00
- Physical Diagnosis, 45 minutes daily for two weeks ......... 2.00
- Massage and Corrective Gymnastics, 45 minutes daily ....... 4.00
- Applied Anatomy, 45 minutes daily ............................ 4.00
- 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
- Psychology, 45 minutes daily ...................................... 6.00

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

Room and Board

The dormitory for women students of the Normal College, which is most conveniently located diagonally across from the College, in a modern three-story building, will be at the disposal of women attending the summer session. It is equipped with every convenience. For information regarding location of rooms, rates, etc., apply to the Secretary.

Well-furnished rooms in the vicinity of the Normal College can be rented for $8 per month. Good board can be had near the College for $4 per week. A list of desirable rooms, boarding places and restaurants will be found at the office of the Normal College.

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.

ELSIA K. HEIN, G. G.
Assistant Instructor in Educational Gymnastics, Normal College.
Instructor in Educational Gymnastics and Field Hockey.

FRED G. CARTER, A. B.
Athletic Coach, State Normal School, La Crosse, Wis.
Instructor in Field and Track Work and Coach of Athletic Games.

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

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

W. A. OCKER, M. D.
Director of Physical Training and School Hygiene, Public Schools, Indianapolis, Ind.
Professor of Hygiene of the Normal College.

EDGAR F. KISER, M. D.
Professor of Physical Diagnosis, and Lecturer on Physiology and Hygiene of Sex, Normal College.
Lecturer on Clinical Medicine, Indiana University School of Medicine.
Lecturer on Physical Diagnosis.

HUGO FISCHER.
Lecturer on Corrective Gymnastics and Massage.

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

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

LOUIS DE VRIES, A. M.
Professor of German, Ames College, Iowa.
Lecturer on German Literature.
Subjects Offered

DAILY PROGRAM

First Year Course

1. German Educational Gymnastics. One and one-half hours. Practical work for public school grades 1 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.
   MR. RATH and Assistants.

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 and a number of Chalif compositions.
   MR. RATH.

3. Field and Track Work. One hour. Comprising a discussion of the technique of the various events; methods of coaching and training; the management of athletic meets and rules covering the events. Lectures and practice. (For both classes.)
   MR. CARTER.

4. Athletic Games. One hour. Soccer Football, Basketball, and Indoor Baseball. (Field Hockey for Women. Miss Hein.) A study of the rules of the games; methods of developing players for the various positions on the team; preparatory work and the technique or fine points of the games. Methods of conducting games. Lectures and Practice. (For both classes.)
   MR. CARTER.

5. Playgrounds, Plays and Games. Lectures, three-fourths hour. Plays and games, one-half hour. Consisting of lectures on the administration of playgrounds, the selection of equipment and activities, and aids in organization. Instruction in the most popular games and plays. (Two weeks, July 6 to 18.)
   MR. STECHER.

6. Folk Dancing. One-half hour. A series of folk and national dances of various grades of difficulty will be taught. (Two weeks, July 20 to August 1.) (For both classes.)
   MR. FISCHER.

7. Gymnastic Dancing for Men. One-half hour. A selection of the steps most suitable for men's and boys' classes. (Two weeks, July 20 to August 1.) (For both classes.)
   MR. RATH.

   DR. REED.

   DR. REED.

   DR. OCKER.

11. Anthropometry. Three-fourths hour. This course will be made as practical as possible. Measuring and testing the body. Methods of taking the strength and vitality tests. (Two weeks, July 20 to August 1.)
   DR. OCKER.

Second Year Course

1. 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.
   MR. RATH and Assistants.

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; also a number of Chalif compositions.
   MR. RATH.

3. Field and Track Work. One hour. Comprising a discussion of the technique of the various events; methods of coaching and training; the management of athletic meets and rules covering the events. Lectures and practice. (For both classes.)
   MR. CARTER.

4. Athletic Games. One hour. Soccer Football, Basketball, and Indoor Baseball. (Field Hockey for Women. Miss Hein.) A study of the rules of the games; methods of developing players for the various positions on the team; preparatory work and the technique or fine points of the games. Methods of conducting games. Lectures and practice. (For both classes.)
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6. Folk Dancing. One-half hour. A series of folk and national dances of various grades of difficulty will be taught. (Two weeks, July 20 to August 1.) (For both classes.)
   MR. FISCHER.

7. Gymnastic Dancing for Men. One-half hour. A selection of the steps most suitable for men's and boys' classes. (Two weeks, July 20 to August 1.) (For both classes.)
   MR. RATH.

   MR. FISCHER.


11. Physical Diagnosis. Three-fourths hour. Lectures. The essentials of the technique of physical diagnosis, percussion, auscultation, etc., are explained, supplemented by clinical demonstrations upon the living model. Special stress is laid upon the means of recognizing abnormal or pathological conditions, particularly those of greatest interest and importance to the gymnast. (Two weeks, July 20 to August 1.) Dr. Kiser.

Special Subjects

The following special subjects will be offered:


German Literature. One and one-fourth hours. Lectures on the German Drama, with special study of the following: Hebbel, "Maria Magdalena," "Herodes und Mariamne," and "Agnes Bernauer;" Ludwig, "Der Erbforster;" Hauptmann, "Einsame Menschen," "Hanneles Himmelfahrt," and "Michael Kramer." (Two weeks, July 20 to August 1.) Mr. De Vries.

Psychology. Three-fourths hour. Lectures. A study of the elementary facts and principles of human consciousness; the physiological and dynamic aspects of psychology. Mr. Ray.