

Normal College *of the* North
American Gymnastic Union

SUMMER SESSION

AT
INDIANAPOLIS, INDIANA

*July 5th to August 1st
1916*

415 EAST MICHIGAN STREET
INDIANAPOLIS, $\infty \infty \infty$ INDIANA

GENERAL INFORMATION

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, second, and third year subjects, offers opportunities as follows:

To 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 to-day. To him the new tendency of 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.

To 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 physical education.

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

The great demand for military training throughout the country has led the Normal College to include this subject in this year's summer session. It will be taught by a thoroughly trained and experienced officer.

The Normal College is pleased to announce that the afternoon session this year will be held at the West Shore Club, situated on the west bank of the picturesque White River. It is an ideal location for summer work, being about fifteen minutes' street car ride distant from the heart of Indianapolis, away from the noise of the city. The club stands on the slightly elevated shore, exposed to all the points of the compass, so that there is no obstacle to refreshing breezes, and surrounded by farm land, woods and the river, with Riverside Park beyond it.

The West Shore Club is an organization which fosters aquatics and athletics, and has constructed canoe and boat houses, docks, shower baths, and diving towers, thus offering opportunities for wholesome forms of recreation. There are also two tennis courts and an athletic field on which all events except those requiring long distances may be practiced. There will be facilities for doing most of the practical work outdoors among these attractive surroundings.

The club house contains reception rooms which will be at the disposal of the Summer Session students as rest rooms.

The Normal College feels that this will offer students an opportunity to combine work with recreation, and to spend a pleasant vacation, devoting part of it to profitable study amid ideal surroundings.

The morning session will be conducted at the Normal College as in the past.

Length of Course

The summer course comprises twenty-four session days, beginning Wednesday, July 5th, and closing Tuesday, August 1st.

Faculty

EMIL RATH, B. S. G.

Dean of the Department of the Theory and Practice of Physical Education of the Normal College.
Director of Summer Session; Lecturer on Educational Gymnastics; Instructor in Dancing.

WM. A. STECHER, B. S. G.

Director of Physical Education, Public Schools, Philadelphia, Pa.
Member of Municipal Playground Commission of Philadelphia, Pa.
Lecturer on Playground Administration and Equipment and the Boy Scout Movement.

KARL H. HECKRICH.

Director, Athletic Association, Minneapolis, Minn.
Graduate, Chalif Normal School of Dancing.
Instructor in Educational Gymnastics and Dancing.

ELSA K. HEIN, G. G.

Assistant Instructor in Educational Gymnastics, Normal College.
Instructor in Educational Gymnastics and Dancing.

FOREST FLETCHER, A. B.

Associate Professor of Physical Education, Washington and Lee University.
Member of the American Team at the Olympic Games, Stockholm, 1912.
Lecturer on and Instructor in Track and Field Work and Athletic Games.

LIEUTENANT EDWARD R. COPPOCK.

First Lieutenant of Cavalry, United States Army.
Army Recruiting Officer of Indiana.
Instructor in Elementary Military Training.

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 and Embryology.

EDGAR F. KISER, M. D.

Professor of Physical Diagnosis and Lecturer on Physiology and Hygiene of Sex, Normal College.
Lecturer on Physical Diagnosis.

WM. A. OCKER, M. D., B. S. G.

Director of Physical Training and School Hygiene, Public Schools, Indianapolis, Ind.
Professor of Hygiene, Normal College.
Lecturer on Personal and Gymnasium Hygiene, and Anthropometry.

E. B. MUMFORD, M. D.

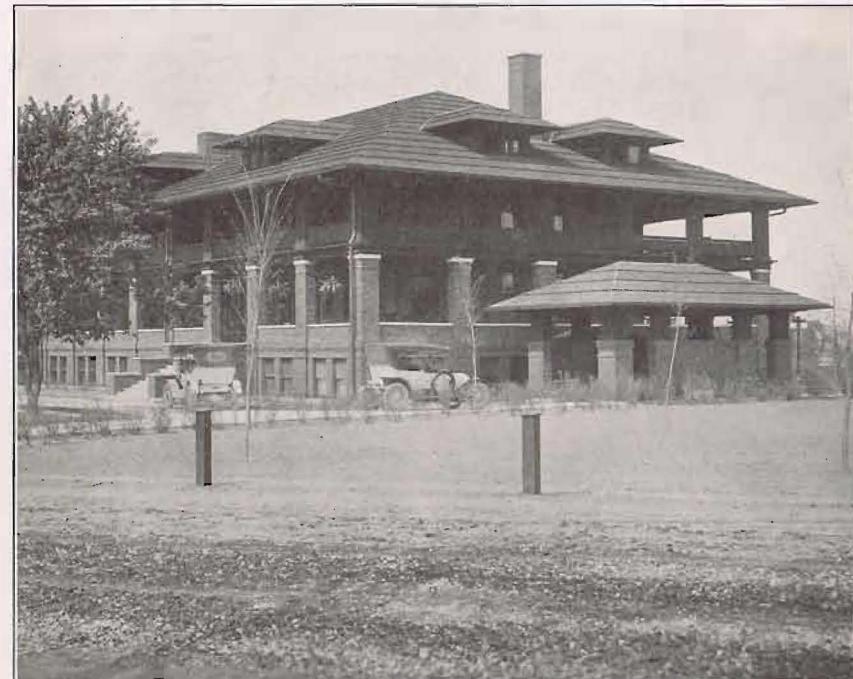
Lecturer on Corrective Gymnastics.

E. R. RAY, A. M.

Supervising Principal, Indianapolis Public Schools.
Professor of Psychology and Education, Normal College.
Lecturer on Genetic Psychology.



Das Deutsche Haus. (The German House.) The Home of the Normal College



The West Shore Club



Southeast of the Club House



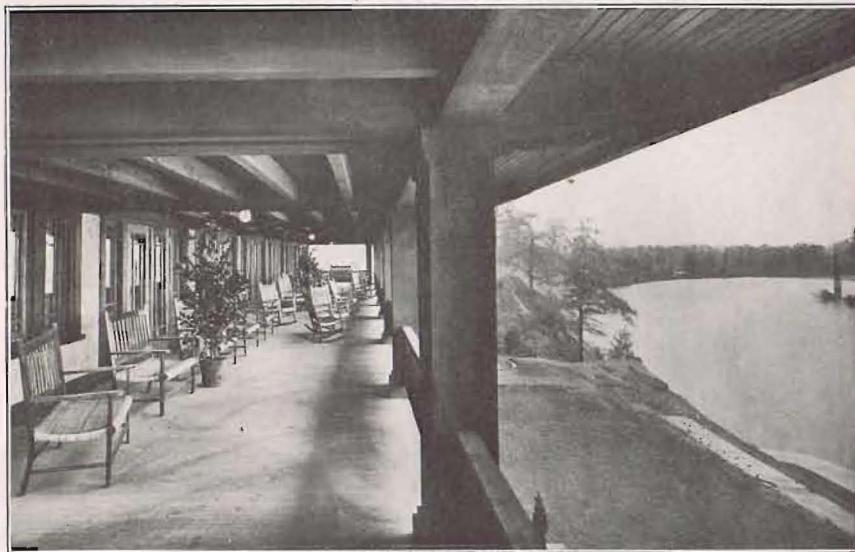
West Shore Club Reception Room



Northeast of the Club House



West Shore Club Ball Room



East Veranda of the Club House



Diving Tower, West Shore Club

Subjects Offered

DAILY PROGRAM

First Year Course

1. *Educational Gymnastics.* Two hours. Practical work for public school grades I to VI in tactics and games (one-half hour); gymnastic dancing for both sexes (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, MR. HECKRICH, MISS HEIN and others.
2. *Methods and System.* Three-fourths hour. Lectures. Auxiliary means of instruction, as the commands, demonstrations, alignments, etc. A study of the various classes of exercises composing educational gymnastics. Classification, nomenclature and technique of the exercises.
MR. RATH.
3. *Classic and Aesthetic Dancing.* One-half hour. Consisting of a series of simple aesthetic movements and classic dancing steps, whose progression and combining possibilities are methodically taught; also a series of dances for various grades and a number of Chalif compositions.
MISS HEIN.
4. *Athletics.* 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.
MR. FLETCHER.
5. *Athletic Games.* One hour. Soccer football, basketball, and indoor and outdoor baseball. 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. Method of conducting games. Lectures and practice.
MR. FLETCHER.
6. *Playgrounds.* Lectures, three-fourths hour. Consisting of lectures on the administration of playgrounds, the selection of equipment and activities, and aids in organization. (Two weeks, July 5 to July 18.)
MR. STECHER.
7. *Scout Troops.* Three-fourths hour. Lectures. The aim of the boy scout movement; organization of a successful troop; methods; programs; badge requirements; proper competition; hikes; camps; etc.; for boys and girls. (Two weeks, July 5 to July 18.)
MR. STECHER.
8. *Folk Dancing.* One-half hour. A series of folk and national dances of various grades of difficulty will be taught. (Two weeks, July 19 to August 1.)
MR. HECKRICH.
9. *Ball Room Dancing.* One-half hour. The most popular dances and methods of teaching the standard dances will be taught. (Two weeks, July 5 to July 18.)
MR. HECKRICH.
10. *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 19 to August 1.)
DR. OCKER.

11. *Personal and Gymnasium Hygiene.* Three-fourths hour. Lectures. A study of health; the causes of unhygienic conditions and disease. The value of baths. The care of the special organs. Hygiene of digestion, respiration, and circulation; of the skin and its appendages; of the nervous system. Proper clothing. Relation of hygiene to physical training. The care, ventilation, cleaning, heating and lighting of the gymnasium. (Two weeks, July 19 to August 1.) DR. OCKER.
12. *Elementary Military Training.* One-half hour. Consisting of the school of the soldier, the school of the squad, and the school of the company, close and extended order. Conference on patrolling. LIEUT. COPPOCK.

Second Year Course

1. *Educational Gymnastics.* Two hours. Practical work for the seventh, eighth and ninth grades (junior high school) in tactics and games (one-half hour); gymnastic dancing (one-half hour); free exercises (one-half hour); and exercises on apparatus, such as horizontal bars, 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, MR. HECKRICH, MISS HEIN and others.
2. *Classic and Aesthetic Dancing.* One-half hour. Consisting of a series of advanced aesthetic 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. *Athletics.* One hour. Same as under first year course.
4. *Athletic Games.* One hour. Same as under first year course.
5. *Philosophy of Physical Education.* Three-fourths hour. Lectures. The biology and educational aspects of physical education with special reference to playgrounds and the scout movement. (Two weeks, July 5 to 18.) MR. STECHER.
6. *Folk Dancing.* One-half hour. Same as under first year course.
7. *Ball Room Dancing.* One-half hour. Same as under first year course.
8. *Human Physiology.* One hour. Lectures. A general survey of the structure and functions of muscles and nerves. Chemical ingredients of the body, their proportions and variations. Food. Digestion. Secretion. Absorption. Elimination. The blood and lymph. Respiration. Circulation. General metabolism. Heat production and regulation. DR. REED.
9. *Corrective Gymnastics.* Three-fourths hour. Lectures on diagnosis of faulty conditions; prescription of exercise. DR. MUMFORD.
10. *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 19 to August 1.) DR. KISER.

11. *Elementary Military Training.* One-half hour. Same as under first year course.

Third Year Course

1. *Educational Gymnastics.* Two hours. Practical work for the last two years of high school and advanced grades in 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). Also practice teaching (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, MR. HECKRICH, MISS HEIN and others.
2. *Classic and Aesthetic Dancing.* One-half hour. Advanced aesthetic movements and technique. Chalif and other compositions. MR. HECKRICH.
3. *Athletics.* One hour. Same as under first year course.
4. *Athletic Games.* One hour. Same as under first year course.
5. *Philosophy of Physical Education.* Three-fourths hour. Same as under second year course.
6. *Folk Dancing.* One-half hour. Same as under first year course.
7. *Ball Room Dancing.* One-half hour. Same as under first year course.
8. *Elementary Military Training.* One-half hour. Same as under first year course.
9. *Embryology.* One and one-half hours. Lectures and demonstrations. The germ cells. Fertilization of the ovum. The development of the body and the origin and growth of tissues and organs. Errors of development as a cause of mental and physical defects. Heredity. Laboratory: The study of the development of chick and pig; clay modeling to demonstrate the development of organs. DR. REED.
10. *Genetic Psychology.* One and three-fourths hours. Lectures, reports and discussions. A study of child nature and development with emphasis on the biological aspects; instinct in relation to experience; periods of child development; individual differences and the use of measurements such as the Binet tests. MR. RAY.

Tuition Fees

The tuition fee for the entire first, second, or third year course is \$40.00. Students may, however, pursue any number of subjects offered, paying a minimum fee of \$10.00. The rates for the single subjects are as follows:

Educational Gymnastics	\$10.00
Classic and Aesthetic Dancing.....	5.00
Athletics	5.00
Athletic Games	5.00
Playground Lectures	4.00
Philosophy of Physical Education.....	4.00
Folk Dancing	3.00
Ball Room Dancing.....	5.00
Methods and System.....	5.00
Scout Troops	4.00
Anthropometry	3.00
Personal and Gymnasium Hygiene.....	3.00
Elementary Military Training.....	5.00
Human Physiology	5.00
Corrective Gymnastics	5.00
Physical Diagnosis	3.00
Genetic Psychology	10.00
Embryology	8.00

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

It is not advisable to attempt to take all the work offered in each course, as this is apt to overtax most individuals.

It is essential that students who attend the Normal College Summer Session for the first time take the first year work in educational gymnastics. Unless this is done the work of the second and third years can not be advantageously pursued.

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.