

Normal College  
*of the*  
American Gymnastic Union

# SUMMER SE§ION

*July 5th to July 31st*  
*1920*



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415 EAST MICHIGAN STREET  
INDIANAPOLIS, INDIANA

## GENERAL INFORMATION

**T**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 today. 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 a course in Athletic Games, including suggestions as to methods of developing players for the various positions and the technique of the games. This will include work for both sexes.

Willard Field, the best-equipped athletic field of Indianapolis, is at the disposal of the Normal College. It is located at Washington and State streets, and can be reached within a short time.

## Length of Course

The summer session comprises twenty-four session days, beginning Monday, July 5th, and ending Saturday, July 31st.

## 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 single subjects are as follows:

Subject	Credit	Cost
Educational Gymnastics .....	3 semester hours	\$11.00
Classic and Aesthetic Dancing.....	} 1 semester hour {	6.00
Folk Dancing .....		4.00
Ballroom Dancing .....		5.00
Basketball .....	1 semester hour	4.00
Soccer Football .....	} 1½ semester hours {	3.00
Indoor Baseball .....		3.00
Playgrounds .....	2 semester hours	6.00
Philosophy of Physical Education.....	2 semester hours	6.00
Social Problems .....	2 semester hours	6.00
Anthropology .....	2 semester hours	6.00
System and Methods .....	2 semester hours	6.00
Physiology .....	2 semester hours	6.00

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

It is essential that students who attend the Normal College Summer Sessions 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.

## 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; Instructor in Educational Gymnastics and Dancing; Lecturer on System and Methods.*

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

Director of Physical Education, Public Schools, Philadelphia, Pa.  
Editor of Mind and Body.

*Lecturer on Playground Administration and Equipment, and Philosophy of Education.*

KARL H. HECKRICH, G. G.

Director, Athletic Club, Minneapolis, Minn.

*Instructor in Educational Gymnastics and Dancing.*

MILDRED W. JOST, G. G.

Assistant Instructor in Physical Education, Normal College.

*Instructor in Educational Gymnastics and Dancing.*

CARL B. SPUTH, M. D.

Indiana University School of Medicine.

*Instructor in Basketball, Indoor Baseball, and Soccer Football.*

LOUIS SEGAR, M. D.

Indiana University School of Medicine; Professor of Physiology, Normal College.

*Lecturer on Physiology.*

PETER SCHERER

Dean of the Department of Letters and General Science, of the Normal College.

*Lecturer on Anthropology.*

EDNA HENRY, Ph. D.

Director, Indiana University Social Service Department.

*Lecturer on Sociology.*

## 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; gymnastic dancing for both sexes; free exercises; and exercises on apparatus, such as horizontal bar, rings, circle-swing and poles. 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 JOST.
2. *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 Vestoff and Chalif compositions and technique exercises.  
MISS JOST.
3. *Methods and System.* One and one-fourth 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.
4. *Folk Dances.* One-half hour. A series of folk and national dances of various nations and various grades of difficulty will be taught. (Two weeks, July 19-31.)  
MR. HECKRICH.
5. *Ballroom Dancing.* One-half hour. The most popular dances and methods of teaching the standard dances will be taught. (Two weeks, July 5-17.)  
MR. HECKRICH.
6. *Athletic Games.* One and one-half hour. DR. SPUTH.  
(a) Basketball. Lectures covering equipment, training and conditioning, goal shooting, passing, dribbling, stops, turns, pivots, foul throwing, guarding, blocking, selection of men and systems of offense and defense. Practice.  
(b) Soccer Football; (c) Indoor Baseball. Theoretical discussion and to some extent, practice of the various positions on the indoor baseball and the soccer teams. The peculiarities and important duties of each position will be explained and the type of individual suitable for the position suggested. A brief study of the rules.

#### Second Year Course

1. *Educational Gymnastics.* Two hours. Practical work for the seventh, eighth and ninth grade (junior high school) in tactics and games; gymnastic dancing; free exercises, and exercises on apparatus, such as horizontal bars, rings, circle swing and

poles. 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 JOST.

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 Vestoff and Chalif compositions and a study of their technique as well as that of Mascagno. MR. RATH.
3. *Playgrounds.* Lectures, one and one-fourth hour. Organization and administration of playgrounds. Selection and gradation of material according to age and sex. Equipment and supplies. MR. STECHER.
4. *Folk Dances.* One-half hour. Same as under "First Year Course."
5. *Ballroom Dancing.* One-half hour. Same as under "First Year Course."
6. *Athletic Games.* One and one-half hour. Same as under "First Year Course."
7. *Anthropology.* Lectures. One and one-fourth hour. A study of the origins of civilization and of human institutions as illustrated by the institutions and social organizations of uncivilized peoples. The work in this subject will be prefaced by a brief consideration of the origin of man and a characterization of the human races. This will be followed by a discussion of the origin and types of spoken and written language, technology, art, religion, the family, government, and other social institutions. Recitations and discussions based on Tylor's Anthropology, and supplemented by lectures.

MR. SCHERER.

### Third Year Course

1. *Educational Gymnastics.* Two hours. Practical work for the last three years of high school and advanced grades in tactics and games, as volley ball, bat ball, etc.; gymnastic dancing; free exercises; and exercises on apparatus, such as horizontal bar, rings, circle swing and poles. 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 JOST.
2. *Classic and Aesthetic Dancing.* One-half hour. Advanced aesthetic movements and Chalif technique. Chalif and other compositions. MR. HECKRICH.

3. *Philosophy of Physical Education.* One and one-fourth hour. Lectures. The biological and educational aspects of physical education with special reference to the uses of this training for educational ends. MR. STECHER.
4. *Folk Dances.* One-half hour. Same as under "First Year Course."
5. *Ballroom Dancing.* One-half hour. Same as under "First Year Course."
6. *Athletic Games.* One and one-half hours. Same as under "First Year Course."
7. *Social Problems.* Lectures, one and one-fourth hour. Studies of defectives, delinquents, and dependents; penology, juvenile delinquency; housing, town planning; race problems, immigration, etc. Causes, present conditions, and remedies. A study of the social agencies active in Indianapolis. MISS HENRY.

### 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 \$10 per month. Good board can be had near the College for \$8 per week. A list of desirable rooms, boarding places and restaurants will be found at the office of the Normal College.