A TEACHERS' COURSE IN PHYSICAL TRAINING, DESIGNED FOR TEACHERS OF THE PUBLIC SCHOOLS

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A teachers' course in physical training, designed for teachers of the public schools by Wilbur P. Bowen

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WILBUR P. BOWEN

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Trieste

A TEACHERS' COURSE

IN

PHYSICAL TRAINING

DESIGNED FOR TEACHERS OF THE PUBLIC SCHOOLS

BY

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PREFACE.

Twenty years ago, when this course was first published, preparation of teachers for the work had been little more than begun. During these years it has progressed rapidly and now full courses of a half year or more are given in Anatomy, Physiology, Mechanics of Exercise, Physiology of Exercise, and several other topics. Altho students preparing to be specialists in Physical Education pursue this more extensive course, there are still those who wish to read the general theory of the subject within the limits of a single brief volume, and for such this book is prepared.

W. P. BOWEN.

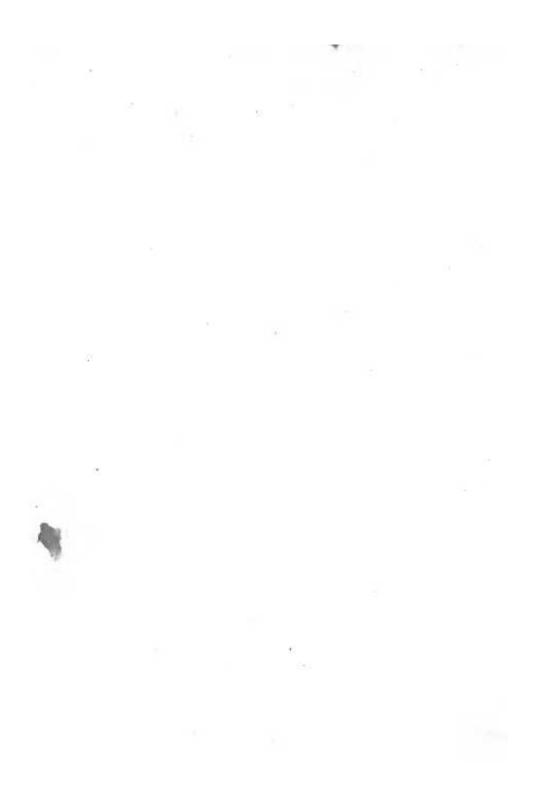
Ypsilanti, July 18, 1916.

TABLE OF CONTENTS

CHAPT	ER TITLE P	AGE	
1.	The Place of Physical Training	7	
п.	The Neuro-Muscular Mechanism	10	
Ш.	The Vital Organs of the Body	39	
IV.	The Body as a Machine	53	
v.	The Mechanism of the Upper Limb	бо	
VI.	The Mechanism of the Lower Limb	95	
VII.	The Mechanism of the Trunk	129	
VIII.	Posture	147	
IX.	The Effects of Exercise	159	
х.	Swedish Gymnastics	175	
XI.	German Gymnastics	221	
XII.	Play	240	

17

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CHAPTER I.

THE PLACE OF PHYSICAL TRAINING IN EDUCATION, AND ITS CHIEF SUBDIVISIONS,

TERMS DEFINED.—Physical training means the exercise and training of the motor powers of the body, carried on primarily for the sake of health, discipline, or pleasure. The term implies something systematic and regular, done intelligently according to hygienic principles. Physical education has a slightly wider meaning, including all of physical training and also the knowledge of the principles that should guide such training. Physical training gives the hygienic results and the development that is desired at the time; physical education does this and also prepares the individual to carry on his own physical training and that of other people.

The term *physical culture* is sometimes used in the sense of physical education, but it has never been used by the best authorities, for it means too much. The culture of the body would include not only exercise, which is the main thing here, but also feeding, clothing, housing, nursing, and all that pertains to bodily welfare. The term has also won disrepute by its being used widely by teachers and promoters of certain superficial types of physical training who have claimed absurd things and have lacked scientific knowledge of the human body.

Physical training includes (1) *play*, and the exercises naturally related to it,—those known under the names of games, sports, athletics, recreation, etc., and (2) the more formal exercises called *gymnastics*. The most fundamental and natural form of physical training is play. We see this in its simplest and most typical form in the activities of young children and the young of some animals. It is *aimless activity*, instinctive and natural, and hence pleasurable. As the child learns to make voluntary movements, there is added to the pleasure of mere activity the satisfaction