

ATHLETIC TRAINING

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649156429

Athletic training by Michael C. Murphy & Edward R. Bushnell

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

MICHAEL C. MURPHY & EDWARD R. BUSHNELL

ATHLETIC TRAINING



MICHAEL C. MURPHY.

ATHLETIC TRAINING

BY

MICHAEL C. MURPHY

EDITED BY

EDWARD R. BUSHNELL

WITH AN INTRODUCTION BY

R. TAIT MCKENZIE

PROFESSOR OF PHYSICAL EDUCATION, UNIVERSITY
OF PENNSYLVANIA

ILLUSTRATED

UNIV. OF
CALIFORNIA

NEW YORK

CHARLES SCRIBNER'S SONS

1914

GV341
.M8

COPYRIGHT, 1914, BY
CHARLES SCRIBNER'S SONS

Published February, 1914

TO THE
ASSOCIATION



1924/16

PREFACE

THE following pages constitute the legacy which Michael C. Murphy has left to the boys and young men of America, and, indeed, to the whole athletic world. They contain the results of thirty years spent in the development of track and field athletics as a science. Because of his wonderful success in turning out intercollegiate, Olympic, and world's champions, he was always recognized, even by his rival coaches, as the dean of his profession. He entered the profession at a time when the training of athletes was not recognized as a science, but he devoted to it a keen understanding of human nature and a rare genius for discovering new and improving old methods of promoting athletic efficiency. At the time of his death, on June 5, 1913, he was rightfully credited, both in this country and in Europe, with having made the most important contribution to a science which has

produced a cleaner, sturdier, and more intelligent manhood wherever amateur athletics have been fostered.

Mr. Murphy began the preparation of this text shortly after his return from the London Olympiad in 1908. He wanted this to be the most comprehensive book for the guidance of athletes, and to include all the information he had obtained in the course of his career as an athlete, coach, and observer. He wanted it to be of lasting benefit to the boys and young men of his native land, and to that end he worked as industriously on the manuscript as his failing health would permit, rewriting and revising it from time to time. The manuscript was finally completed in the early spring of 1913, during his last illness. Fearing that he might never live to see the book published, he finished the dictation from his sick-bed, and the editor has completed the revision of the text in accordance with his suggestions made from time to time during the last four years.

Mr. Murphy drifted into athletics before he was twenty years of age. He was a sprinter, and a good one, but in athletic

the development of this country was then in its infancy. Mr. Murphy diverted his attention from his own athletics to the study of how to make champion athletes of his fellows, and to them he imparted the results of his own experiments and observations. He once described this to the writer in the following words:

“When I was a sprinter every fellow trained himself. Being of an observant disposition, I tried to learn all I could from watching others. I tried to avoid their mistakes and to profit by the good features of their training. Then I began to make an independent study of all forms of track and field athletics. I wanted to know what kind of food was best for the athlete, how much work he should do to get the maximum speed if he were a runner, and how to add a few inches to his jumps or weight throwing. As a result of these experiments, which I made upon myself and the athletes I trained, I found what I considered the best diet for an athlete, the principles of massaging the muscles, bathing, and, in fact, the whole scheme of fitting a man for a particular competition. After twenty-five years’

experience as coach a man is bound to have handled a great many athletes. My present system of training boys and young men is the result of what I learned in this way during my lifetime."

The foregoing statement admirably explains Mr. Murphy's method of work. He made the most exhaustive study of every event on the track and field programme. Being gifted with a rare understanding of human nature, he had a wonderful influence over every boy he trained. He was constantly on the outlook to discover some new method or device which would add to the skill of the human body.

This relentless search for knowledge led him to take a two-years course in medicine and surgery at the University of Pennsylvania when he trained the athletes of that institution. More than one physician has testified to the fact that Mr. Murphy knew the human body, its possibilities and needs, as well as they themselves. Although his knowledge ranged from track athletics to all kinds of sports, including football and baseball, his best efforts were shown in the de-