

## Test 2 Review

### Chapter 4:

Know the different time periods and what particular sports or other important information that was significant in those periods

Know the importance of Physical Education, what Physical Education meant in the different periods/centuries, the progression of sport/research,

- Colonial Period
  - o 1607-1783
  - o physical tasks are essential to living a surviving
  - o sports were brought from native lands
  - o puritans denounced play as evil
  - o school was only academia subjects
- National Period
  - o 1784-1861
  - o Charles Beck
  - o German gymnastics to Round Hill School
  - o Charles Fallen- 1826
  - o Organized exercise classes based on German system for Harvard
  - o Catherine Beecher- 1828- developed a program of calisthenics to music to improve the health and vitality at Hartford Female Seminary
  - o 1839- Baseball invented
  - o 1851- national turn fest in Philadelphia
  - o 1952- 1 collegiate race- rowing, Harvard and Yale
  - o Horseracing, footraces, rowing, and gambling on sports
- Civil War Period
  - o Until 1900
  - o Dioclesian Lewis-
    - 1861 established Normal Institute for Physical Education in Boston to train teachers
    - Developed "light" gymnastics
  - o Edward Hitchcock
    - 1861- director of Hygiene and Physical Education and Amherst College
    - pioneered scientific approach to P.E.
    - Anthropomorphic measurement incorporated into program to assess outcomes
    - 1885- first president of the Association for the Advancement of Physical Education
  - o Dudley Sargent

- 1879- Director of Hemenway Gymnasium at Harvard University
- Scientific and comprehensive approach to physical education; used anthropomorphic measurement to develop individualized conditioning programs for students
- 1881- Sanatory Gymnasium to prepare teachers in his approach
- William Anderson
  - Played an instrumental role in the founding of the American Association for the Advancement of Physical Education in 1885
  - 1885- Director of Physical Training at Adelphi Academy in Brooklyn
- Delphina Hanna
  - 1885- Accepted teaching position at Oberlin College where in 1903 she became the first woman professor of physical education in the US
  - Developed training programs for prospective teachers which evolved into one of the first preparation programs
- George Fitz
  - Research physiologist- Harvard
  - Emphasized the need for physical education programs to be based on scientific principles so that the actual benefits of exercise could be determined
  - 1892- established a formal exercise physiology lab at Harvard where he and his students conducted research on physiological effects of Physical Activity
- Hartvig Nissen
  - Pioneered in the promotion of Swedish system of gymnastics in US
  - 1891-1900 Leadership role in physical education for the Boston Public School System where he influenced the adoption of Swedish Gymnastics
- Baron Nils Posse
  - Leader in the promotion of Swedish system gymnastics in US
  - 1889- helped establish the Boston Normal School of Gymnastics to train teachers in the Swedish System
- Amy Morris Homans
  - 1889 Director of the Boston Normal School of Gymnastics
  - Mary Hemenway- Bostonian philanthropist underwrote the establishment of the school
  - Played an influential role in getting Boston Public School System to adopt the Swedish system of gymnastics
- Luther Gulick
  - YMCA in Springfield, MA
  - Designed YMCA logo- triangle represents mind body spirit, and the importance of developing the whole person
  - 1906 helps playground association of America

- o Systems- late 1800s should gymnastics serve as the curriculum for American schools?
- o 1880- Boston Conference on Physical Training
  - no consensus on which system is best for schools
  - posse- need an American system for American people
- o sports were tennis golf bowling and basketball(Naismith)
- o revival of Olympics in Athens
- o colleges expand programs
  - abuses raise concerns
  - establishment of governing bodies
- Early Twentieth Century
  - o 1900- 1940
  - o Thomas Dennison Wood
    - Called for development of “new” program for physical education initially called “Natural Gymnastics”
    - Aim was a broad education with great thought in physical education is not education of phys but relationship of phys training to contribute to individuals life
  - o Robert Tait McKenzie
    - Physician, physical educator and noted sculptor
    - Helped develop physical education programs for individuals with disabilities
    - Authored many books- exercise in education and medicine
  - o Clark Hertherington
    - 1910 articulates the four objectives of physical education as organic(fitness), psychomotor development, character development, and intellectual development
    - credited with inventing the phrase “new physical education” to describe woods approach
  - o Rosalind Cassidy
    - Advocate of “education through the physical”- development of person as a whole
    - Writer
  - o Jesse F. Williams
    - Education through the physical
    - Stressed social responsibility and moral values through athletics and pe
    - 1927- *Principles of Physical Education*
  - o Jay b. Nash
    - Pw could give students the knowledge for effective leisure
    - Rec for the enjoyment through life
  - o Charles McCloy
    - Research in Measurement, including anthropometry