

# The State Teachers College of Colorado

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## PHYSICAL EDUCATION BULLETIN

AN OUTLINE OF THE COURSES OFFERED  
IN PHYSICAL EDUCATION  
IN THE SUMMER  
TERM, 1913



GREELEY, COLORADO





Entrance to Athletic Field



Playground Games. Course 5.

**Bulletin of The State Teachers College of Colorado**

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# Department of Physical Education

**ANNOUNCEMENT OF COURSES  
SUMMER TERM, 1913  
JUNE 16-JULY 25**



**GREELEY, COLORADO**

## INSTRUCTORS

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**Zachariah Xenophon Snyder, Ph. D.,**  
President.

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**John Thomas Lister, A. B.,**  
Director of Physical Education.

**Mary E. Schenck, A. B.**  
Assistant in Physical Education.

**August W. Weigl,**  
Fellow in Physical Education.

## SPECIAL PHYSICAL EDUCATION AND PLAYGROUND TEACHERS

To meet the growing demand for teachers who can supervise physical education in schools and organize playground activities, a special course of two years has been outlined. It is expected that students who complete this course will be ably qualified to act as Supervisors of Physical Education or as Directors of Playgrounds. Of the one hundred and twenty term hours constituting the two years' work, the following courses are required: Psychology 1 and 3, Education 1 and 11, English 1, Biology 2, Teaching 1, 2 and 3, Sociology 3, and the following courses in Physical Education for those who expect to do their major work in this department: 1. Outdoor Games, 2. Light Gymnastics, 4. Anthropometry and Physical Diagnosis, 5. Playground Games, 6. Swedish Gymnastics, 9. Folk Dances, 10. Anatomy, 11. Baseball, 12. Emergencies, 13. Basketball, amounting in all to about seventy term hours. Enough courses are elected from various departments of the institution to make a total of one hundred and twenty term hours. In the matter of electives, the students are guided in their selections in order to best meet their needs for the special work for which they are preparing themselves.

# DESCRIPTION OF COURSES

## Required Work.

Before graduating from the Junior College, students must take Physical Education at least two periods a week for five terms. Courses that require no preparation before coming to class are given on the laboratory plan; that is, the student works in the class **two** periods for **one** hour of credit. In each of the courses outlined below, the number of periods each week and the number of hours of credit are indicated.

### 1. **Outdoor Games.** Junior College.

The aim of this course is to present to the student the opportunity to secure for herself that recreation and enjoyment which are the rightful portion of every teacher in the summer months following an arduous year. To this end the following games are given: Tennis, captain ball, baseball, basketball, volley ball, etc. The course is limited to women students. Each student must supply herself with an approved gymnasium suit, and those who wish to play tennis will be expected to furnish their own rackets and one ball. The members of the class are required to submit one written report each week on assigned reading. The class will meet on **M. W. F.** at 3:50. Two hours credit.

### 2. **Light Gymnastics.** Junior College.

These include exercises and drills with clubs, wands and bells. The class will advance as rapidly as is consistent with good work. For women, Tuesday, Thursday, 11:30. One hour credit.

### 4. **Anthropometry and Physical Diagnosis.** Junior or Senior College.

This course is given especially for those students who elect Physical Education as major subject. Students who complete the course will be able to make the examinations

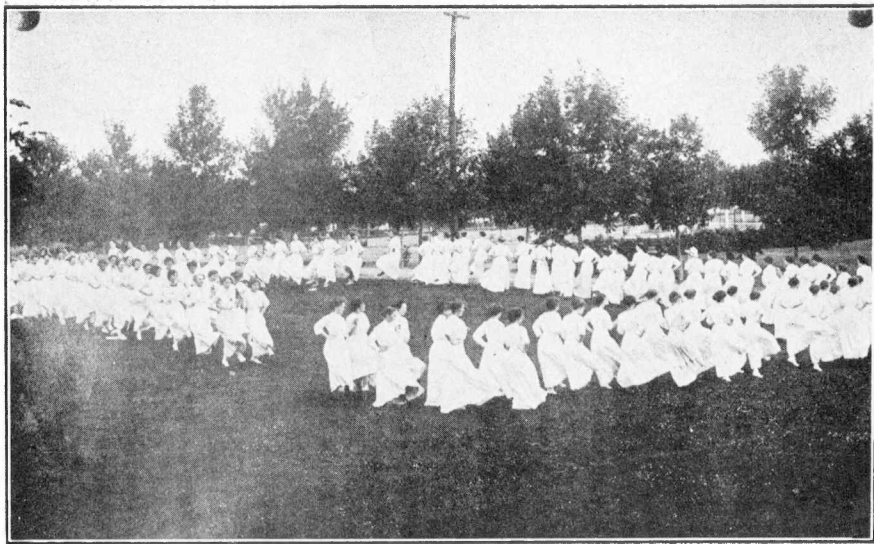




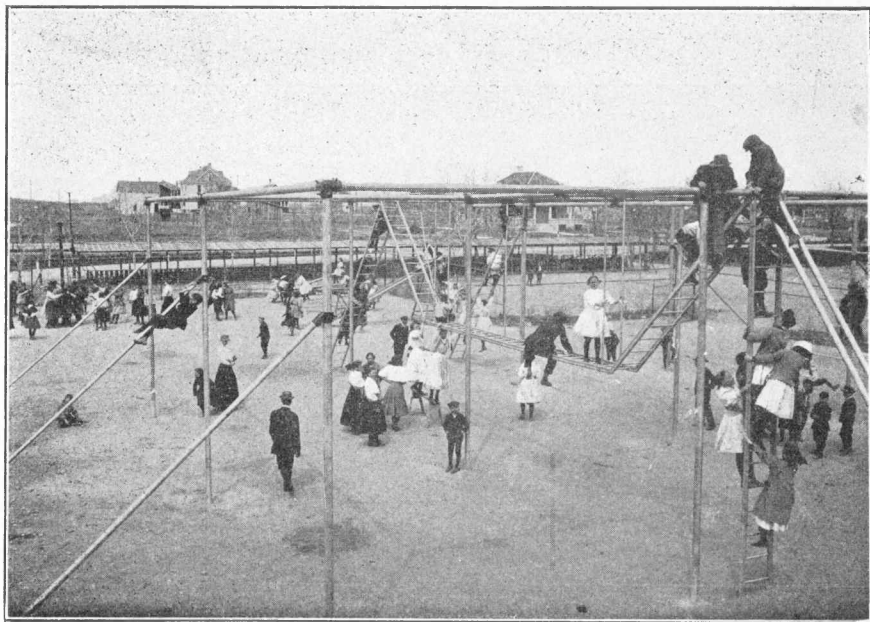
Group of Students in Course 1



Class in Swedish Gymnastics



Course 9. Summer 1912



Training School Children on the Playground

in the public schools of Colorado. Considerable reading is required in connection with the course. For women, daily, 11:30. Five hours credit.

5. **Playground Games.** Junior or Senior College.

One result of the child-study of recent years has been the discovery of the value inherent in the child's play. At one time held to be only the outlet of childish energy, play is seen now to be, not alone a means of bilding muscle, but of developing character as well—a force whereby to cultivate a sense of honesty and tolerance and kindness. In consequence of this newly acquired point of view, the demand for an occasional playground has grown into a nation-wide movement, a movement which insists that all children shall possess their right in a commodious field where sports of all kinds may be enjoyd and where every child may be given his chance at those activities that interest him. We are coming to understand that it is bad management for a nation to allow its future citizens to be traird in streets and alleys. As one manifestation of patriotic feeling many municipalities are providing for their youth just this sort of opportunity. It is evident, therefore, that the playground is no longer an experiment. Now, play to attain its greatest value, must be organizd; and the organizer, to possess the highest degree of efficiency, must be traird for his work. He must understand the needs of children of various ages; the best games for certain years and school grades; the best sport for boys and the best for girls; the period in school life to which group plays are suited, and that which finds its most adequate expression in individual activity. He must know how to utilize to the best advantage every inch of ground at his disposal. He must, furthermore, be able to open the relm of play to the child who does not know his capabilities therein; to restrain the bully and make him over into the leader; to teach each child to consider the rights of his playmate and to be unfailingly honest in his sport. To this end the organizer of a playground should acquire, in addition to a knowledge of child nature, and an understanding of the principles underlying his work, a technical training in

games, their spirit, variety, and adaptibility to various ages and conditions. To meet these requirements, rightly demanded of those aspiring to direct or organize playgrounds, a course in playground games, planned to suit any space, will be given; also instruction in the construction and use of home-made apparatus for schools where none is provided; and direction in reading and study for an intelligent conception of the scope of the work. This course may be taken for credit by both Junior and Senior College students. Especial attention will be given to illustrating games adapted to rural and village schools. One written report each week is required of each student in addition to three periods of class work. The class is open to both men and women, and will meet M. W. F. at 7:40. No special suit needed. Two hours credit.

6. **Swedish Gymnastics.** Junior or Senior College.

Posse's "Kinesiology" and Anderson's "Best Methods of Teaching Gymnastics" are used as a basis for this work. The Swedish system is studied, and attention is given to making out the "Day's Order." This course is of special interest to those students who expect to teach gymnastics, and also to those who have any physical defects. For women. A gymnasium suit is required. Daily, 2:30. Five hours credit.

9. **Folk Dances.** Junior or Senior College.

There is a growing appreciation of the value of folk dancing in connection with physical education. The benefits derived from dancing are manifold. The individual is developed, not only physically, but also mentally, thru this medium. The whole body is brot into play and a mental control of the physical organism is gained. The dances require a certain amount of attention concentration, and alertness, and thus the pupil receives mental stimulus. Folk dances are a means of arousing in the children of foren-born parents the desire to participate in physical exercise and outdoor activities. "Dancing is in itself happiness; it gives an outlet for expression that nothing else affords." The course is open to women students. No special costume is required. M. W. F. 8:50. Two hours credit.

11. **Baseball.** Junior or Senior College.

Baseball, so long regarded as preeminently the American game, is strengthening rather than lessening its hold on lovers of good sport. Of recent years the popularity of this game played on a small field and with a large ball has been increasing as the advantages of this method have become known. Indoor baseball, as it is called, allows the game to be played in a small space, so that other games on the same playground can be in progress at the same time; it requires little expense for paraphernalia, as all the equipment necessary is a ball and bat, no gloves or other protecting apparel being needed; and, lastly, it affords little danger of injury. The game bids fair to be as popular among girls as regular baseball is among boys. The course is desired to give the student a working knowledge of the game and also to make clear the rules so that she may be able to supervise the game on the playground. The course is open only to women students. A gymnasium suit is required. Tuesday and Thursday 7:40. One hour credit.

12. **Emergencies.** Junior or Senior College.

A series of six talks will be given on Wednesday afternoons at half past four on First Aid. These talks will be of an informal nature and the work will be made as practical as possible. The course is of value to teachers in rural schools where they are some distance from a physician. There will be no attempt made to give accidents full treatment, but suggestions will be given for "first" aid—or how to care for the injured until the doctor arrives. Men and women. Wednesday, 4:30. One hour credit.

13. **Basket Ball.** Junior or Senior College.

Basket Ball played under proper conditions is recommended for both boys and girls. For many years the demand of the game for speed and endurance limited its desirability to boys alone. The rules for the girl's game permit all to engage in it, even in the altitude of this state. By these rules the field is divided into sections so that not all the persons engaged in the game are in action all the time, thus

affording a few moments' rest at different times to each player. It is possible here to conduct nearly all the games out of doors, so that the health value of this exercise is greatly increased. Women. Tuesday and Thursday, 3:50. One hour credit.

#### CONDENSED SCHEDULE.

1. Outdoor Games. For women. M. W. F. 3:50. Two hours credit.

2. Light Gymnastics. For women. Tuesday, Thursday, 11:30. One hour credit.

4. Anthropometry, etc. For women. Daily. 11:30. Five hours credit.

5. Playground Games. Men and women. M. W. F. 7:40. Two hours credit.

6. Swedish Gymnastics. For women. Daily. 2:30. Five hours credit.

9. Folk Dances. For women. M. W. F., 8:50. Two hours credit.

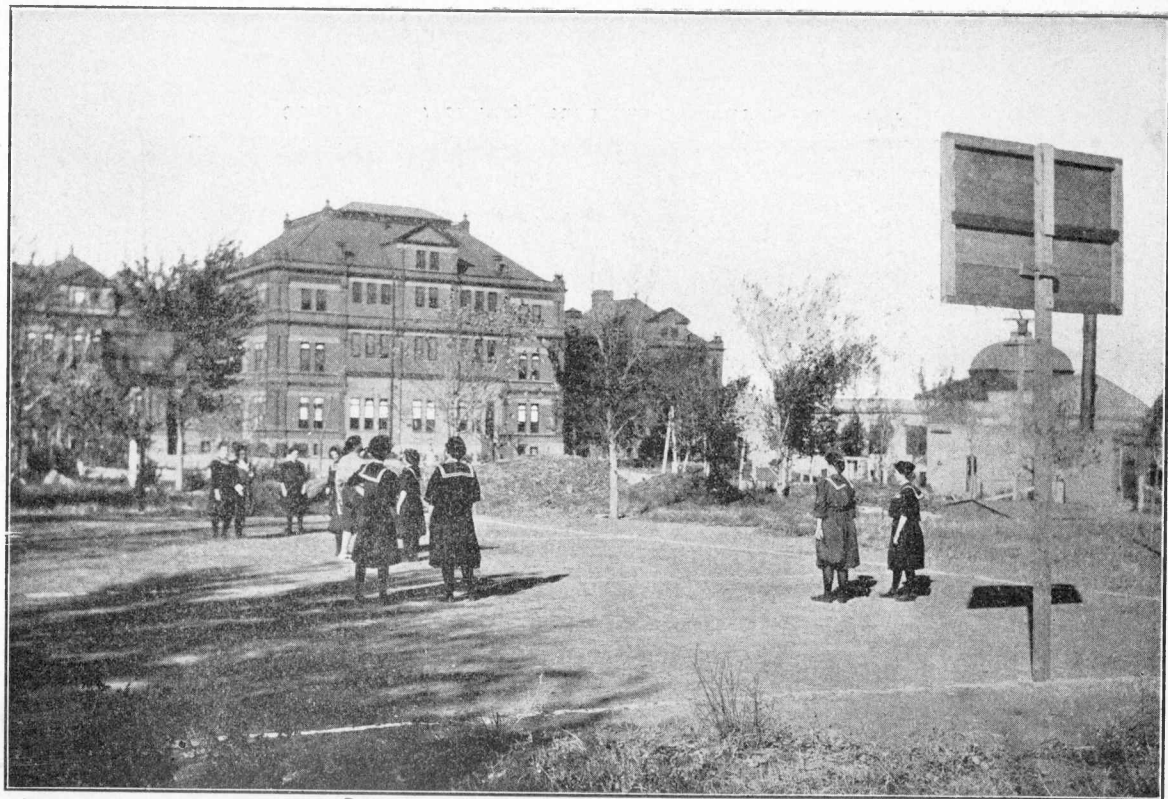
11. Baseball. For women. Tuesday, Thursday, 7:40. One hour credit.

12. Emergencies. Men and women. Wednesday, 4:30. One hour credit.

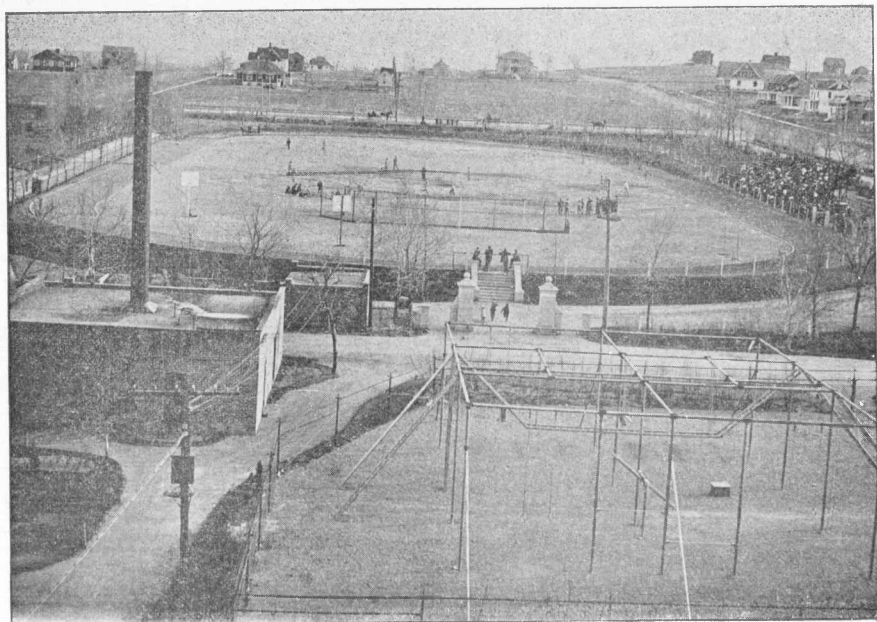
13. Basket Ball. For women. Tuesday, Thursday, 3:50. One hour credit.







Basket Ball Game



General View of Playground and Athletic Field

