PIONEERS OF MODERN PHYSICAL TRAINING

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Pioneers of Modern Physical Training by Fred E. Leonard

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FRED E. LEONARD

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By

FRED E. LEONARD, A.M., M.D.

PROPESSOR OF HYGIENE AND PHYSICAL EDUCATION AND DIRECTOR OF THE MEN'S GYMNASIUM IN OBERLIN COLLEGE

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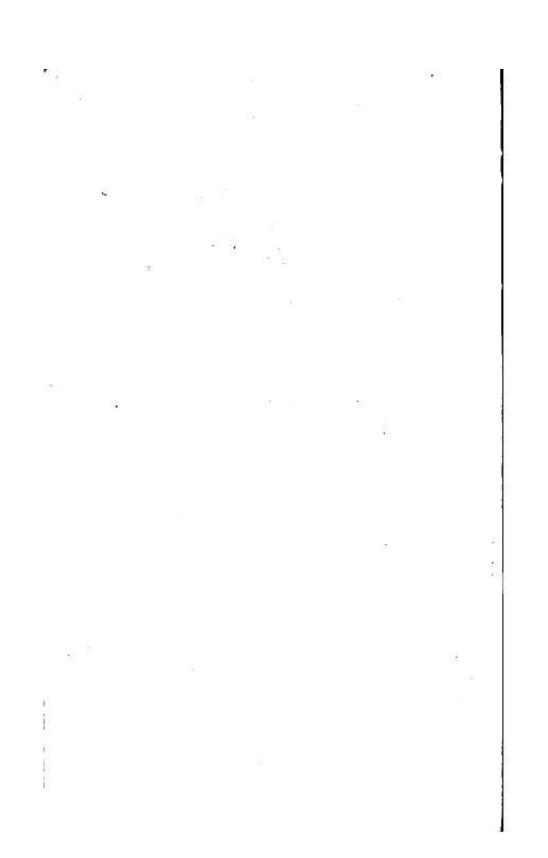
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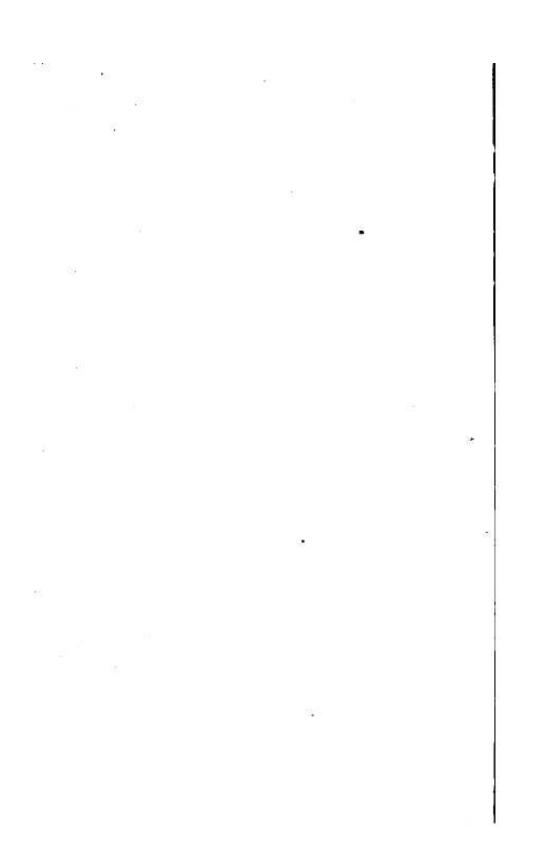
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PREFACE

The first edition of Pioneers of Modern Physical Training was merely a reprint in book form of a series of biographical sketches which appeared in Physical Training from month to month between January of 1909 and June of 1910. They were begun with no thought of completeness, and with the idea of furnishing a full-page portrait faced by a page of text. After two instalments had been prepared it was decided to lengthen the remaining articles in order to allow a more adequate treatment. Certain persons whom I desired very much to include in the list were omitted at the time owing to lack of available portraits or the necessary biographical data, or because the historical background involved had not yet been sufficiently studied. None of these reasons exists any longer, and I have therefore added the names of Amoros, Hialmar Ling, Brosius, and Betz. Other sketches have been expanded to make the significance of the subject more apparent and to secure a better balance of parts. The Introduction and Appendix are taken from an article published in Physical Training for January and February of 1912 and in the American Physical Education Review for March and April of the same year. It is hoped that in its present form the book may serve as an introduction to the history of physical education, and commend itself to teachers of that subject who desire a manual for use in normal schools, leaders' classes, and summer schools.

F. E. LEONARD.



INTRODUCTION

Since all human institutions and agencies as they exist today represent only the latest stage in a long process of growth and development, each is best understood when we turn back to the past and retrace the significant steps in its evolution to present forms. Such a study of beginnings yields many a useful clue to what would otherwise defy analysis. It gives perspective in assigning values to new solutions brought forward for old problems, and it enables one to start where others left off, profiting by their successes and avoiding their mistakes.¹ *

In ancient Greece² there were two strongly contrasted types of education, unlike in aim and method. The earlier Doric or Spartan type had discipline for its key-note and aimed to produce a citizen-warrior. The other and much broader type was the Ionic or Athenian, which became more and more the dominant one throughout Greece and her colonies. It regarded the individual as valuable in and for himself, and sought to promote first of all his full and free development. If we commence our review with Athens, in the fifth century before Christ, we find that each free citizen was required to provide his sons with instruction in gymnastics and music. The former trained primarily the body and the will; the latter, including literary branches

This and following figures refer to corresponding numerals in the Appendix.