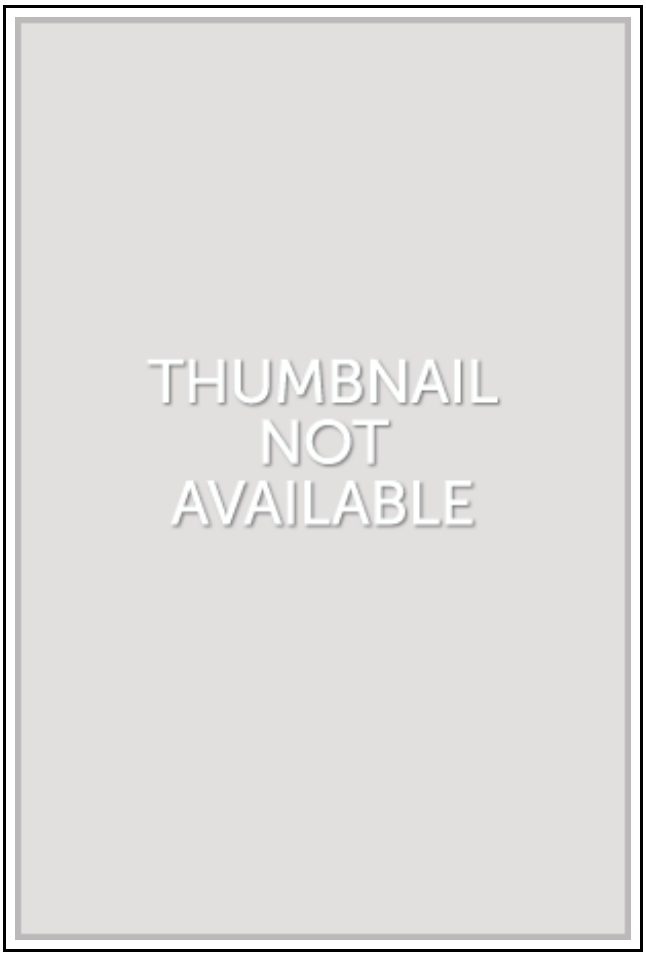
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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Manual of Exercises in Physical Training, Vol. 1 This manual is intended as a guide for the teachers, and is planned to enable them to give the gymnastic lessons in such manner that the pupils will receive the greatest amount of benefit. In undertaking the preparation of this manual, I considered carefully the difficulties to be overcome in attempting to meet the different conditions existing in the various schools. I realized, too, the need of meeting the many demands made upon the Physical Training Department, for pleasant and effective exercises, as well as for a variety of work. Since those who do the actual teaching are the ones who should understand the needs and conditions best, all the members of the Physical Training Department were called in conference. This book embodies many features suggested by their experience. It is only when we attain correct and energetic execution on the part of the pupils, when teachers and pupils alike have grasped the purpose of each exercise, so as to be able to detect and correct faulty execution, that we may hope for those results which alone justify teaching this subject. In order that the greatest possible good may accrue to the pupils, the teachers must thoroughly acquaint themselves with the subject matter. The Instructions to Teachers, the descriptions of the exercises, the manner of giving commands, as well as the lessons which are to be given, must be carefully studied. Teachers must also observe closely the work of the special teachers, and learn the best methods of giving a gymnastic lesson. In this way they will learn to use to the best possible advantage the limited...

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