

### **III. PHYSICAL EDUCATION**

#### III-1

Park, Roberta J. “ ‘The Advancement of Learning’: Expressions of Concern for Health and Exercise in English Proposals for Educational Reform—1640-1660,” *Canadian Journal of History of Sport and Physical Education*, 8, No. 2 (December, 1977), 51-61.

While the Puritan period was not a significant time in the history of

physical education, educational reforms were proposed that eventually became important. The "Hartlib Circle," comprised of Samuel Hartlib, Dury, Comenius and others, produced and commissioned a number of pamphlets on education that proposed curriculum reform and free, universal, state education. Several of the pamphlets emphasized the importance of exercise and health. The ideas were abandoned with the Restoration of the Monarchy in England, but may have had an influence on the "formation of the American nation." Based on primary sources and secondary works; 36 notes.

Peter Donnelly

### III-2

Billett, Ralph E. "Evidence of Play and Exercise in Early Pestalozzian and Lancasterian Elementary Schools in the United States, 1809-1845," *Research Quarterly*, 23, No. 2 (May, 1952), 127-135.

Varied examples of play and exercise at early Pestalozzian and Lancasterian schools are described. The schools provided activities that have been observed in modern physical education programs. The schools, however, are not regarded as major contributors to modern physical education. Based on primary sources and secondary works; 54 notes.

Paula Welch

### III-3

DeGroot, Dudley Sargent. "Physical Education in California, 1854-1900," *Journal of Health, Physical Education and Recreation*, 10, No. 2 (February 1939), 67-68, 125-126.

John Swett of the Rincon Public School was not only a pioneer of physical education in California, but he was also the founder of the movement. He established a regular, daily program of calisthenics, light gymnastics, games, and free play in 1854. He also played a significant role in California's adoption of mandatory physical education legislation in 1866. The establishment of normal schools and colleges are also discussed.

Miriam F. Shelden

### III-4

Ray, Harold L., "Chautauqua: Early Showcase for Physical Education,"

*Journal of Health, Physical Education and Recreation*, 33, No. 8 (November 1962), 37-41, 69.

The Chautauqua Institution began in 1874 as a Sunday School Teachers' Assembly. Chautauqua's early leaders and programs during its first twenty-five years are discussed. The Chautauqua program trained numerous teachers who came there to study, and it served as a model for courses of study throughout the country. 5 illustrations, 6 notes.

Miriam F. Shelden

### III-5

Miller, Kenneth D. "Stearns, Hitchcock, and Amherst College," *Journal of Health, Physical Education and Recreation*, 28, No. 5 (May-June 1957), 29-30.

William Stearns' appointment to the presidency of Amherst College may have been one of the most significant events in the development of physical education in the United States. Dr. Stearns was very interested in the health and physical condition of the college student. He was responsible for including physical education as part of the college curriculum. He set the stage for Edward Hitchcock who came to Amherst in the Fall of 1861 as Professor of Hygiene and Physical Education; 9 notes.

Miriam F. Shelden

### III-6

Lohse, Lola L. "One Hundred Years of Teaching Physical Education Instructors," *Journal of Health, Physical Education and Recreation*, 37, No. 9 (November-December 1966), 26-28.

The article traces the history of the Normal College of the American Gymnastics Union from its beginning in New York City to its amalgamation with Indiana University. Significant developments in its program and its leaders are discussed. 1 note; 3 illustrations.

Miriam F. Shelden

### III-7

Beck, Robert H. "The Greek Traditions and Today's Physical Education," *Journal of Health, Physical Education and Recreation*, 34, No. 6 (June 1963), 19-20, 50-1.

The upsurge of physical fitness reminds the historian of the objectives of education since Homeric times. Education for good health, for physical and mental well-being, and the worthy use of leisure time have always been objectives of education in the West. These objectives are traced from Homeric times to present day physical education programs.

Miriam F. Shelden

### III-8

Lee, Mabel and Bruce L. Bennett. "A Time of Gymnastics and Measurement. Part I: 1885-1908," *Journal of Health, Physical Education and Recreation*, 31, No. 4 (April 1960), 26-33.

The founding of AAAPPE is discussed and early leaders of the profession are presented. Major events of the first 15 years are covered including the "battle of the systems," contact with NEA, departments of interest, and the association publication. 7 illustrations.

Miriam F. Shelden

### III-9

Lee, Mabel and Bruce L. Bennett. "A Time of Athletics and Dancing. Part II: 1900-1915," *Journal of Health, Physical Education and Recreation*, 31, No. 4 (April 1960), 38-47.

The interests of the profession include dancing and athletics at the turn of the century. The AAAPPE underwent reorganization and district societies were formed. Other highlights of the 15 year period were discussed. 14 illustrations.

Miriam F. Shelden