

**THE CARNEGIE
PHYSICAL TRAINING COLLEGE
LEEDS**

ANNUAL REPORT

1934 - 35



Carnegie Physical Training College

ANNUAL REPORT 1934-5

General

The importance of planning a national and comprehensive system of physical training designed to develop a fit, vigorous, and healthy people has at last been realised; and the year 1934-35 may be said to mark the beginning of a new era for physical education in this country. Hitherto physical training has been mainly restricted to children of school age, but at last the urgent necessity of providing facilities for the training of adolescents and young adults of both sexes has been emphasised not only in the Press, but also in Government and other circles. It is natural, therefore, that considerable national interest should have been aroused during the past year in the work of the Carnegie Physical Training College. There were visitors from this and other countries, and many references to the College and its work appeared in the Press.

During the session 1935-36, 130 applications were received for the 60 vacancies in the College, and it is interesting to report that applications are already being received for admission in 1936, 1937, and 1938. There is no doubt that there is a lively demand for the students trained at the College, Head Masters appreciating the fact that it is now possible to obtain gymnastic masters who can offer one or more academic subjects in addition to gymnastics, games, and swimming; and it is also evident that Local Education Authorities appreciate the work of the College for not less than 75 per cent. of the students were in receipt of grants or loans.

Number of Students

During the year, 253 students attended courses; and since the opening of the College in 1933 about 600 students have been in residence for courses of various types. For the One Year Course there were 59 students, 24 of whom were graduates and 35 trained certificated teachers.

The following universities, university colleges, and training colleges were represented—

UNIVERSITIES AND UNIVERSITY COLLEGES

Birmingham
 Bristol
 Cambridge
 Cardiff
 Leeds
 Liverpool
 Manchester
 Oxford
 Southampton

TRAINING COLLEGES

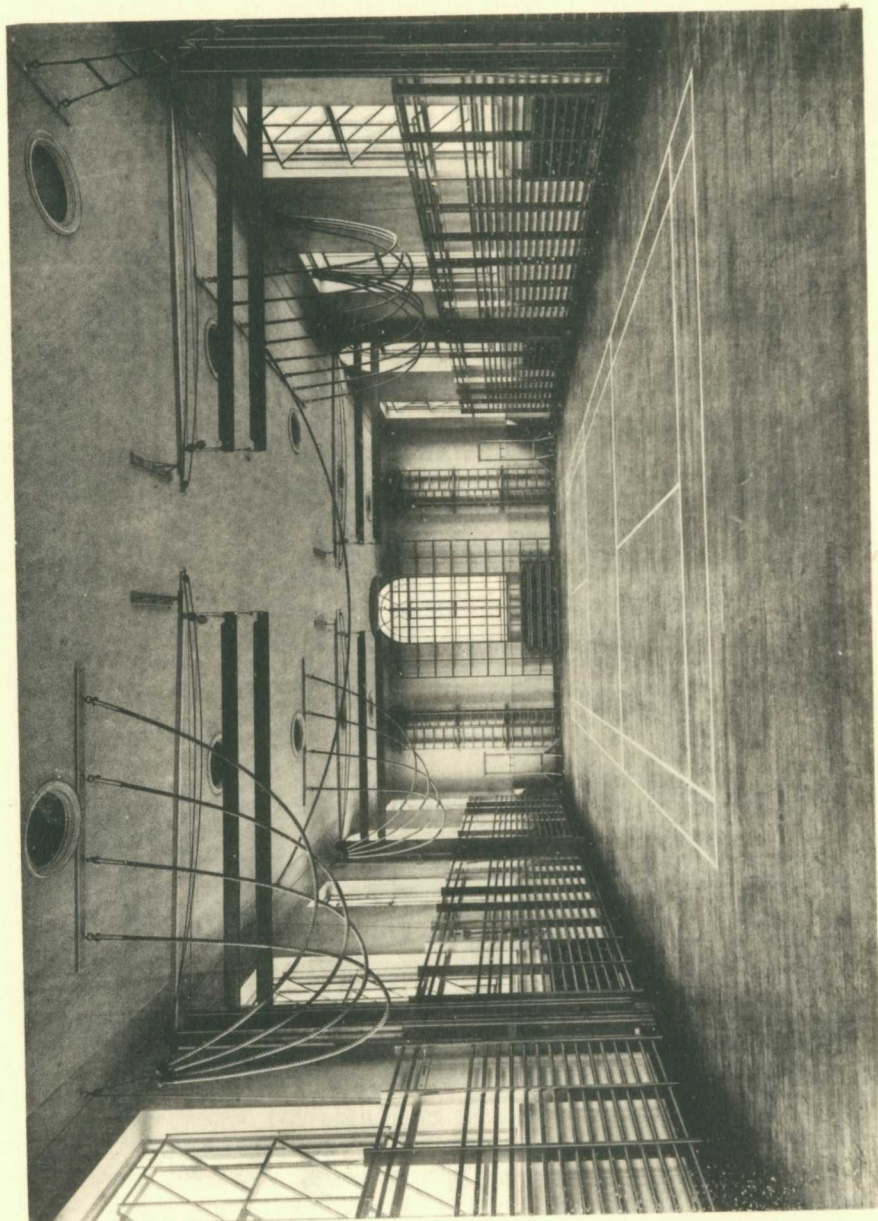
Bangor
 Borough Road
 Caerleon
 St. Mark's, Chelsea
 St. Paul's, Cheltenham
 Goldsmiths'
 City of Leeds
 St. Luke's, Exeter
 Saltley
 Winchester
 St. John's, York

The following table shows the age grouping of the students—

20	21	22	23	24	25	26	27	28	29	30	31	32
15	12	8	4	7	4	4	2	—	2	—	—	1

Staff

Mr M. Dixon and Mr S. Wilson were appointed full-time members of the staff in September 1934. As a result of these appointments it was possible to include in the curriculum instruction in athletics, sports-gymnastics, hygiene and first aid; and at the same time a visiting tutor gave voluntary instruction in boxing and fencing. Mr Dixon resigned, however, in July 1935 on being appointed Organiser of Physical Education to the Enfield Education Committee.



Syllabus of Training

The syllabus of training was similar to that outlined in the Report for 1933-34. Swimming was again a popular activity; and during the year the following awards of the Royal Life Saving Society and the Amateur Swimming Association were obtained by the students—30 Elementary Certificates, 30 Intermediate Certificates, 30 Bronze Medallions, 20 Silver Medallions, 6 First Class Instructor's Certificates, and 37 Elementary A.S.A. Certificates.

The Royal Life Saving Society's Training College Shield for Men was won by the Carnegie students for the year 1934.

An interesting series of lecture-demonstrations on Association football was organised in conjunction with the Football Association, as a result of which 24 students passed the Association's examination for referees; and through the courtesy of the Yorkshire County Cricket Club cricket coaching was given by Mr G. Hirst and Mr A. Wormald.

Final Examination

Of the 58 students who sat for the examination for the College Diploma in Physical Education 55 were successful. In addition 19 students sat for the Teacher's Certificate, 18 of whom were successful.

Athletic and Social Life and Health of the Students

Carnegie students again joined in the activities of a number of societies of the City of Leeds Training College and in the college dances. Several debates and a number of concerts were also held. There was a considerable expansion on the athletic side, and representative teams were formed for Association and Rugby football, cricket, tennis, swimming, athletics, boxing, and fencing.

The students enjoyed excellent health throughout the year. Owing to the number of minor athletic injuries sustained whilst playing games, it was decided to obtain the services of a masseur to treat these injuries under the guidance of the College doctor.

The final medical examination of 57 students revealed the following interesting facts—

Weight—

51 students gained weight during the year.
Average gain $6\frac{1}{4}$ lb.
1 student remained stationary.
5 students lost weight. Average loss 2 lb.

Height—

31 students gained in height. Average gain $\frac{1}{2}$ in.
26 students remained stationary.

Chest Expansion—

51 students increased their chest expansion.
Average increase $1\frac{1}{2}$ in.
6 students remained stationary.

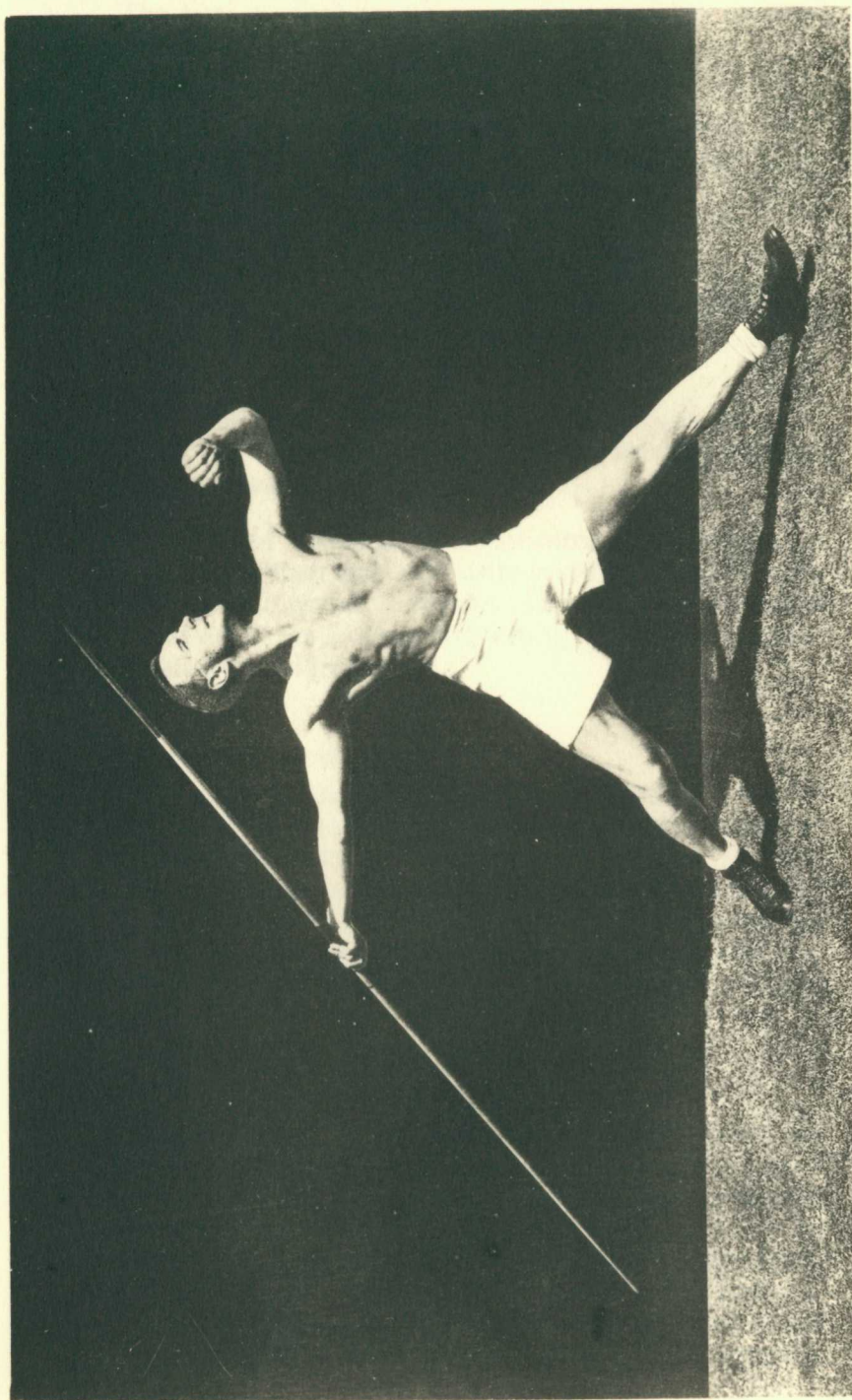
A series of research tests concerning the effects of exercise on the heart and circulatory system was held during the year with interesting results. Excellent opportunities are available at the College for testing the physical results of gymnastics and games.

Appointments obtained by the Students

Of the 59 students who left College in July 1935, all except two immediately obtained posts, which indicates that there is a definite demand for Carnegie Physical Training College students in schools and educational institutions of all types. At present 70 per cent. of the students receive appointments in institutions for higher education, and four old students of the College are now teaching in the British Colonies.

Vacation Courses

Vacation Courses for Teachers were held from 9th August to 23rd August 1935. As last year the Courses were organised jointly by the Leeds and West Riding Education Committees. 145 teachers attended; of this number 65 came from the West Riding and in addition to representatives from India and Canada, 40 Local Education Authorities were represented at the Courses. The Warden of the Carnegie Physical Training College and the Senior Organiser



of Physical Training for the West Riding again acted as Joint Principals, and the staff included the Organisers of Physical Training for Bristol, Blackpool and St. Helens. The Opening Address was given by Captain S. J. Parker, O.B.E. (H.M. Staff Inspector of Physical Training), on Saturday morning, August 10th, and was widely reported in the national and local Press.

Of the six Courses, four were mainly concerned with work for Senior and Central Schools, and two with work for Junior Schools. In addition to instruction in physical exercises, instruction was also given in games, dancing, and swimming. Although the swimming was voluntary, the majority of the students attended and 14 obtained various awards of the Royal Life Saving Society at a test arranged by the Society at the end of the Course. The greater part of the work took place in the mornings, leaving the afternoons and evenings for social activities.

The social activities were excellently organised by a Social Organiser. In addition to dances and socials, there were excursions to Ilkley, Burnsall, and Grassington; visits to various works and factories, cricket, tennis and stool-ball matches; and a demonstration of physical training films arranged by Gaumont-British Instructional Ltd.

Leaders' Courses

From the 1st to the 13th July 1935, 48 leaders of physical training selected from Occupational Centres were in residence at the College. For this course the men were selected for the most part by the Area Organisers of Physical Training recently appointed by the National Council of Social Service. This method of selection proved particularly satisfactory and resulted in the choice of men who possess qualities of leadership, as well as skill in practical gymnastics.

The men came from the following areas—

Cheshire	6	Lancashire	7
Devon	1	Northumberland	9
Derbyshire...	1	Staffordshire	1
Durham	7	Yorkshire	14
Kent	1				

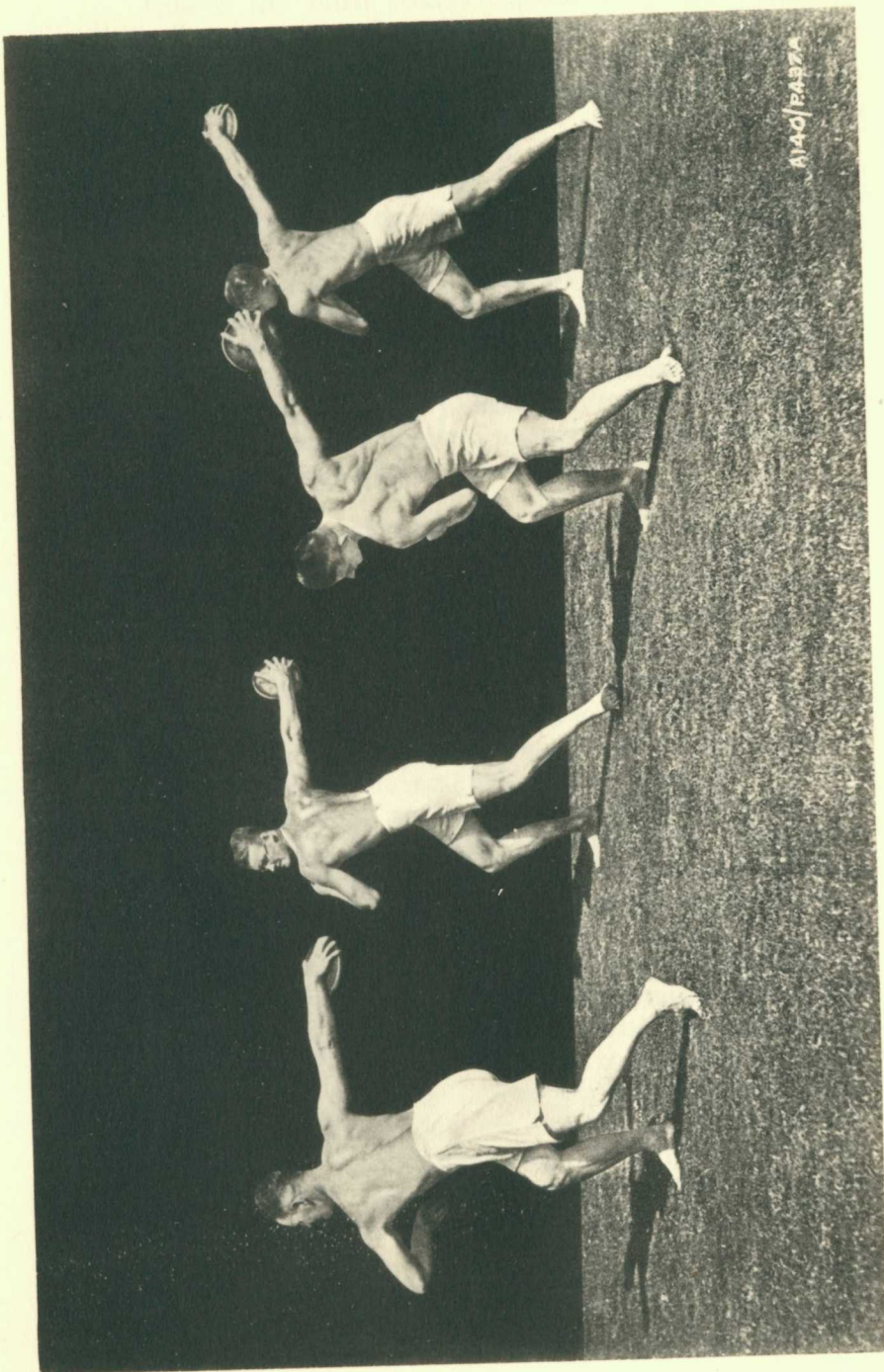
This is the third course organised by the National Council since 1933, and 153 leaders have now attended short courses at the College. After the course the men act as leaders in a paid, or voluntary capacity, in occupational centres.

The scheme of work has been described in detail in previous reports, but this year several important alterations were made. In the first place, the men were divided into two classes according to their previous experience as leaders, and in the second place, a considerable amount of attention was paid to Commanding Practice and Teaching Technique. As a result of preliminary conferences with the Northern Area Advisory Officer in Physical Training the scheme was carefully adapted to meet the requirements of those engaged in social service work.

Sports-gymnastics and group athletics were included in the scheme for the first time and appealed greatly to the men, who assiduously practised these forms of exercise in their spare time. As in previous years, provision was also made for instruction in games (indoor and outdoor) and in swimming. At the end of the course, several men were successful in obtaining various awards of the Royal Life Saving Society. Although the practice of various forms of voluntary exercise during their leisure hours left the men little time for social activities of an organised kind, the common room was usually occupied by table-tennis enthusiasts. Interesting lectures on Archery and Camping were given by Mr Yates and Mr Madders respectively.

On the whole the health of the men throughout the course was very satisfactory. The importance of each man producing a medical certificate before coming to the course was not overlooked this year, and to this fact is largely due the freedom from illness which characterised the course. Good food, adequate exercise and sleep left their beneficial mark on the men even in such a short course. The delightfully sunny weather also contributed in no small measure to their general happiness and well-being.

The discipline was most praiseworthy; the College rules were strictly observed and the daily routine of the course proceeded smoothly. The active co-operation of the



College Authorities with the National Council of Social Service in the provision of these courses is a direct contribution to the national well-being of the unemployed.

Facilities—

Experience with a full College of 60 students shows that the following additional facilities are urgently required

- (a) A lecture room to accommodate 60 students. (There are no lecture rooms at the College. At present the students' common room has to be used for the lectures, but this is an unsatisfactory arrangement.)
- (b) A room measuring 60 × 30 feet for remedial gymnastics, boxing, fencing, indoor athletic training and teaching practice.
- (c) A room for the medical examination of students and for research work in connection with the physiology of exercises.
- (d) A staff room.

Conclusion

This Report affords an opportunity to record the indebtedness of the College to the Carnegie Trustees and to the Advisory Committee for the practical interest that they have shown in its development.

The Carnegie Trustees generously agreed to accept liability for any deficiency up to the amount of £1,000 for the year under review. The arrangement was accepted with gratitude, but it is a pleasure to record that the deficit is so small that the Leeds Education Authority, as the Governing Body of the College, has agreed to accept responsibility for it, and there will, therefore, be no call on the Trustees in connection with their guarantee.

Besides their active co-operation and their work in making the College better known amongst various educational bodies, the Advisory Committees have given consideration to the provision of extended courses designed

to provide for the training of a type of teacher and organiser who will be qualified by a knowledge of physiology and anatomy to raise the standard of physical education in this country to a level not yet possible.

It is pleasing to record that the College has already more than justified the faith of the Local Education Authority and the Carnegie Trustees in establishing a Physical Training College for Men. There can be no doubt that the policy of training men who are already teachers of general subjects which can be offered in addition to gymnastics, is a sound one. The future of the College will obviously depend upon the ability to turn out gymnastic masters who not only possess a sound technical knowledge, but who are also men of personality and character. The number of applications for admission to the College now makes it possible to choose the students carefully and to bear in mind the requirements of the various types of schools and educational institutions.

It is hoped that in the near future the quality of physical training given to older boys in all types of schools throughout the country will show a considerable improvement as a result of the work of old students of the Carnegie Physical Training College.

E. MAJOR *Warden*

