

Carnegie Physical Training College

ANNUAL
REPORT
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General

The year 1935-36 has been one of special significance for physical education in this country. It is not surprising, therefore, that interest in the work of the Carnegie Physical Training College has been greatly stimulated during the year. Growing official and public interest culminated in various important developments during the year. Amongst these may be mentioned the issue of Circular 1445 by the Board of Education; the publication of a report on physical education by the British Medical Association; and the formation of the Central Council of Recreative Physical Training.

For the 60 vacancies for the One Year Course, there were 180 applicants. It was therefore possible to make a careful selection of students and to demand a higher standard of entrance than in previous years. Local Education Authorities again generously assisted no less than 60 per cent. of the students by means of grants or loans. All the students obtained appointments either before leaving College or immediately afterwards. There are now 153 Carnegie-trained gymnastic masters working in schools in all parts of the country. Of this number, 117 are employed in secondary schools, or other institutions for higher education.

Number of Students

During the year, 288 students attended courses of various types. For the One Year Course 58 students were

in residence, 25 of whom were graduates. Since the opening of the College in 1933 approximately 900 students have attended courses.

Although the number of graduates who apply for the One Year Course is large, the number accepted is small. It is hoped that the Universities will encourage more students of the right type for this particular branch of education to apply for admission to the College, as there are many excellent openings in Secondary Schools for graduates who have good academic qualifications and who are also well qualified in physical education.

Age Grouping

The average age of the One Year students was $22\frac{3}{4}$ years and the following table shows the age grouping—

20	21	22	23	24	25	26	27	28	29	30
10	14	8	6	7	3	3	4	1	1	1

Staff

Mr S. Goldthorpe (Lecturer in Physical Education, Trinity College, Carmarthen) joined the staff in January 1936, in place of Mr M. Dixon.

Syllabus of Training

The syllabus of training was similar to that outlined in previous reports. In gymnastics the work was based on the Swedish and Danish systems, but considerable modifications and adaptations have been made to suit English conditions and national characteristics. Special attention was paid during the year to the coaching of athletics, as this side of

physical education is so often neglected in schools. There was close co-operation with the Yorkshire County Cricket Club; the Yorkshire County Lacrosse Association and the Football Association in the organisation of coaching schemes for games. As in previous years, instruction in Boxing and Fencing was given to a number of students out of College hours. In view of the recent developments in adult physical education, instruction in these subjects should now form a definite part of the College curriculum for all students. This is not possible at present, as it would require an additional member of staff.

Final Examination

Of the 58 students who sat for the examination for the College Diploma in Physical Education 56 were successful. In addition, 18 graduate students sat for the Teacher's Certificate, 17 of whom were successful.

Demonstrations

Several public demonstrations of gymnastics were given by the students during the year. Amongst these may be mentioned the demonstration given in May to the doctors attending the International Congress of Physical Medicine in London; the two demonstrations given on the occasion of the College Open Day in June; and the demonstration given in Berlin at the International Camp for Physical Training College students. Over three hundred visitors to the College have seen the students at work during the year.

Health of the Students

As in previous years, the health of the students was excellent, and careful records have been kept of the effect of the training on the men's physique. Generally speaking,

the students lose weight for the first month or so, but from that time there is a steady increase for a short period, after which the weight remains more or less stationary. The improvement in posture and, in particular, of the carriage of the head and upper part of the body, often results in a small increase in height. On the whole, the physique of the students was better than in previous years. This is probably due to the more careful selection of students made possible by the larger number of applicants for admission.

Although little time is available for research, some interesting work was done in connection with the effects of exercise on the circulatory and respiratory systems. Unfortunately, research work is at present handicapped for want of the necessary accommodation and equipment.

Appointments obtained by the Students

As previously stated, all the students who completed their training in June last have obtained appointments. It is pleasing also to record the appointment of ten ex-students as Organisers, or part-time Organisers, of Physical Education under Local Education Authorities, and of nine ex-students as Tutors in Training Colleges.

International Camp for Physical Training College Students Berlin 1936

Twenty-one Carnegie students represented Great Britain at the above camp, which was organised by the German Olympic Committee in connection with the Olympic Games. One thousand students, representing thirty nations, attended the camp and, as demonstrations were given by the representatives of each nation, an excellent opportunity was afforded the students of familiarising themselves with the work of other nations in connection with physical education.

Vacation Courses

As in previous years, Refresher Courses for teachers were held from August 7th to 21st. One hundred and sixty teachers attended; of this number 75 came from the West Riding.

The number of applicants exceeded the available accommodation and it was necessary to refuse applications several weeks before the courses were due to commence. In addition to Leeds and the West Riding, teachers attended from 47 other Local Education Authorities.

Of the six courses, four were mainly intended for teachers in Central or Senior Schools, and two for teachers in Junior Schools. Instruction was given in gymnastics, games, and dancing. The greater part of the work took place in the mornings, leaving the afternoons and evenings free for recreative and social activities. These activities were excellently organised by a teacher who acted as Social Organiser.

Further Physical Education and Social Service

In view of the importance of developing further physical education amongst adolescents and young adults, the students have been encouraged to take a practical interest in this aspect of physical education, and during the year they undertook some of the work at a Lads' Club and an Occupational Centre for unemployed men. Many ex-students are also taking a keen and practical interest in further physical education. Some have offered their services to the Central Council of Recreative Physical Training and are doing voluntary work amongst boys and young men; some are teaching in evening institutes, or technical colleges, and are engaged in many forms of recreative physical training, whilst others are working in close co-operation with local

Juvenile Organisations Committees. In London ex-Carnegie students have recently co-operated in several demonstrations of "keep-fit" work organised by the Central Council. Many of the students are themselves members of one or other of the Voluntary Youth Organisations and therefore take a special interest in the organisation of camps and other forms of social service. Two students served on the staff of the Duke of York's Camp.

Conclusion

The Carnegie Physical Training College has already established itself as an institution which affords a service of considerable value in the cause of physical education.

As pointed out in the report for 1934-35, however, additional facilities are urgently required to enable the work to be carried on more effectively.

Local Education Authorities and Voluntary Organisations are looking to the College to provide the necessary leadership not only for the development of physical education in boys' schools, but also for the development of further physical education amongst older boys and young men.

In order that suitable training may be given to the students to enable them to undertake this important national work, it is essential that the College facilities should be adequate to meet the new requirements.

It is pleasing to find that a large number of ex-students are already devoting a considerable part of their leisure time to the development of further physical education in their areas and are therefore making a valuable contribution to national well-being and physical fitness.

6th October 1936

