

CARNEGIE PHYSICAL TRAINING COLLEGE.

FIRST ANNUAL REPORT OF THE WARDEN FOR THE
YEAR ENDED AUGUST 31st, 1934.

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The social activities were organised by a committee and were very successful. In addition to dances and socials, excursions were arranged to Fountains Abbey, Templenewsam and Ilkley. The students who attended the courses during the first fortnight paid a most enjoyable visit to the Bingley Vacation Course as the guests of the staff and students there. Parties of students visited the Printing Works of the "Yorkshire Post" and Montague Burton's works. Swimming Galas, Tennis Tournaments and Net-Ball and Hockey Matches were also arranged.

The admirable situation and excellent facilities available make the College an ideal centre for Vacation Courses and it is recommended that similar courses be held in future years, but that they be restricted to two weeks duration instead of four, as all the different courses can be accommodated satisfactorily at one time.

Co-operation
with the National
Council of Social
Service.

The first course of any kind held at the College was one of a truly national character. Before the commencement of the One Year Course in September 1933, fifty-five selected men from the ranks of the unemployed, attended a fortnight's course with a view to qualifying as instructors and leaders in Social Centres. All the preliminary arrangements for the course and the selection of the men were undertaken by the National Council of Social Service.

The men were drawn from the following areas:-

Lancashire	Derbyshire
Yorkshire	South Wales
Cheshire	Scotland
Durham	Cumberland.

The scheme of training provided for a wide range of physical activities to meet the varying conditions under which physical training has to be given in Social Centres. Every opportunity was taken to emphasize the fact that physical training is not militarism. In addition to gymnastics (with and without apparatus), the scheme included organised games, swimming and life-saving instruction. At the conclusion of the Course, the Leeds Branch of the Royal Life Saving Society conducted an examination and 11 men were successful in gaining the Society's Elementary and Intermediate Certificates and Bronze Medallion.

A second course was organised by the National Council and took place from April 6th to 14th, 1934. Fifty-five men attended from the following areas:-

Yorkshire	Warwickshire
Durham	Cheshire,
Northumberland	Monmouthshire
Lancashire	Devonshire
Scotland	London
South Wales	Derbyshire

The scheme of work was similar to that already described, but in view of the development of camps for the unemployed, special attention was given to the type of physical training most suitable for use in camp. Many of the men were

excellent gymnasts and all of them were anxious to learn modern methods of instruction. The daily swimming period again proved very popular and, at the end of the course, 2 men obtained the Royal Life Saving Society's Award of Merit and 10 qualified for the Bronze Medallion.

On the whole, the state of health of the men who attended these special courses, was satisfactory, but, in future, the importance of a thorough medical examination for each man before coming to the College should not be overlooked. A good and plentiful supply of food, adequate exercise and sleep left their beneficial mark on the men even in the short space of time available for these courses.

Too great a tribute cannot be paid to the spirit, enthusiasm and interest displayed by the men. Their behaviour was excellent, the hostel rules were strictly observed and the daily routine proceeded very smoothly.

The co-operation of the officials of the National Council and Ministry of Labour was most helpful.

The experience gained from these courses shows that short courses of this type are too intensive in character and are liable to produce a certain amount of confusion in the minds of the men. In addition, too little time is available for the all-important practice in actual teaching. It is, therefore, suggested that, if possible, future courses should be of one month's duration.

Particulars
concerning
the admission
of students to
the One Year
Course. 1934-35.

Ninety applications for admission were received for the Course to be held during the academic year 1934-35. Sixty students have been accepted, (of this number 24 are graduates and 36 are certificated teachers).

The following Universities, University Colleges and Training Colleges are represented:-

Oxford University		
Cambridge	"	
Manchester	"	
Liverpool	"	
Sheffield	"	
Bristol	"	
Birmingham	"	
London	"	
Southampton University College		
Aberystwyth	"	"
Cardiff	"	"
S. Mark and S. John Training College		
Goldsmiths'	"	"
Bangor	"	"
Sheffield	"	"
York	"	"
Borough Road	"	"
Saltley	"	"
Winchester	"	"
Shoreditch	"	"
St. Luke's	"	"
Leeds	"	"
Caerloon	"	"

Grants and loans are being given by the following Education Authorities:-

London	Manchester	East Suffolk	Rotherham
Essex	Bradford	Kent	Brighton
Leeds	Cumberland	Sheffield	Coventry
Lancashire	Surrey	Glamorgan	Bolton
Hertfordshire	Gloucester	Monmouthshire	Middlesex.

The following is the classification of the students:-

Four Year.	One Year.	Third Year		Private
		Continuous	Deferred	
5	17	19	16	3

Conclusion.

The College commenced its career under a cloud of pessimism, doubt and uncertainty. During the first year of its existence no fewer than 337 students from all parts of the country have received instruction within its walls, and, with the exception of one man, all the students who attended the One Year Course obtained appointments immediately on leaving College, which is a record for the first year of which the College may be justly proud. The second year will be commenced with a full complement of students and in an atmosphere of hope and confidence.

E. MAJOR.

September, 1934.

Report for the Year 1933-34.

Official Opening
of the College.

The College was opened officially by Lord Halifax on October 13th, 1933 in the presence of a representative gathering of members of Education Committees, Directors of Education, Organisers of Physical Training and Teachers.

Number of Students.
(1933-34).

During the year 337 students have attended courses of various types at the College.

For the One Year Course there were thirty-seven students in residence, fourteen of whom were graduates and twenty-three trained certificated teachers.

Universities,
University
Colleges, and
Training Colleges
Represented.

The following Universities, University Colleges and Training Colleges were represented:-

Oxford	}	Universities
Cambridge		
Manchester		
Nottingham		
Bangor		
Leeds		
Liverpool		
Swansea	}	University Colleges.
Cardiff		
Culham		
Saltley		
Chester		
Dudley		
Crewe		
Carmarthen		
York		
Winchester		
Sheffield	}	Training Colleges.
Goldsmiths'		
Shoreditch		

Areas from
which students
were drawn.

The students were drawn from the following areas:-

Yorkshire	6
Lancashire	12
Derbyshire	1
South Wales	6
North Wales	2
Durham	1
Worcestershire	1
Hampshire	1
Nottinghamshire	1
Kent	1
London	3
Berkshire	1

There was also one student from Siam.

Classification
of Students.

Four Year Students.	One Year Students.	Third Year Continuous Students.	Third Year Deferred Students.	Private Students
1	10	13	9	4

Age Grouping
of Students.

20	21	22	23	24	25	26	27	28	29	30	31	32	33
8	9	5	5	3	2	1	1	2	-	-	-		1

Average age $22\frac{3}{4}$ years.

Analysis of
Previous Teaching
Experience.

Number who had previously held teaching appointments.	15
Number who had been student teachers only.	4
Number who had had no previous experience.	<u>18</u>
	<u>37</u>

Local Education
Authority Grants
or Loans.

Loans or grants to the students were given by the following Education Authorities:-

London
West Riding
Derbyshire
Bradford
Lancashire
Sunderland
Buckinghamshire
Southampton
Manchester
Glamorgan
Kent
Burnley
Siamese Government

Staff.

For the One Year Course the only full-time member of the staff was the Warden who was responsible for the general college organisation and administration, and for the lectures on the theory of physical education; theory and practice of remedial gymnastics; history and organisation of physical education; special method of teaching gymnastics and for a certain amount of the practical gymnastics and supervision of teaching practice.

Mr. Dixon, (one of the Assistant Organisers of Physical Education under the Leeds Education Committee) assisted at the College and in the supervision of teaching practice on three days weekly.

Anatomy and Physiology were taken at the University Medical School by Professor Jamieson and Professor McSwiney.

Lectures on Education were given by the Principals of the Leeds Training College (Dr. Rich) and by the Master-of-Method (Mr. Woodhouse), who was also responsible for the supervision of the teaching practice in academic subjects of the graduate students who were preparing for the Teacher's Certificate examination.

Speech Training was given by Mr. Wilkinson (English Lecturer at the Leeds Training College) and the instruction in swimming and dancing by Mr. Boyd and Miss Dunstan respectively, both of whom are also members of the staff of the Leeds Training College.

For the Vacation Courses special resident staffs were appointed.

Experience with the One Year Course has shown that, in addition to the Warden, two full-time Tutors in Physical Education will be required when there are 60 students. Mr. Dixon (Diploma Lilleberg P.T.C.) and Mr. Wilson (Diploma Dunrobin P.T.C.) have recently been appointed full-time Tutors on the College Staff and commence duty at the beginning of the academic year 1934-35.

Facilities.

The College Buildings proved to be well adapted for the purpose for which they were built. The absence of a lecture-room, however, is a serious disadvantage.

There is now a well stocked Reference Library of over 300 volumes available for the use of the students, together with anatomical models, etc.

The Common Room has been fitted with special blinds to enable an epidiascope, or cinema projector, to be used in the lectures.

Games and athletic equipment of all kinds has been added, so that the College is now well equipped in this respect.

Syllabus of Training.

In addition to the Theory and Practice of Gymnastics, instruction was given in the following subjects:-

Anatomy and Physiology
History of Physical Education
Theory and Practice of Games, Swimming and Athletics.

Folk Dancing
School Remedial Gymnastics
Speech Training

Ten graduates also attended special lectures in Education in preparation for the Board of Education Teacher's Certificate.

It is pleasing to record the happy relationship and close co-operation which developed during the year between the Carnegie Physical Training College, on the one hand, and the City of Leeds Training College and the University Medical School, on the other, for without this co-operation, it would have been impossible to carry through the Syllabus of Training.

Swimming proved to be one of the most useful and enjoyable of the College activities and at the end of the year the following Awards of the Royal Life Saving Society and the Amateur Swimming Association were obtained by Carnegie Students.

25 Elementary Certificates.
25 Intermediate " "
24 Bronze Medallions.
2 Bars to the Medallion.
7 Silver Medallions.
5 First Class Instructors Certificates.
29 Elementary A.S.A. Certificates.
2 Advanced " " " "

Demonstrations.

A large number of visitors witnessed the work of the students, including H.R.H. the Prince of Wales, the Earl of Harewood, Lord Dawson and Sir George Newman. Special demonstrations were given to members of the Advisory Committee; to Directors

of Education and Inspectors; to Head Masters of Secondary and Elementary Schools and to workers in Lads' Clubs and Social Centres.

Social Side of
College Life.

Several dances were held during the year and Carnegie students joined in the activities of a number of the Societies of the Leeds Training College. They were encouraged to attend outside concerts and lectures, and every possible means were taken to interest them in leisure pursuits outside physical education. Badminton and Table Tennis Tournaments were also held from time to time. There was a flourishing Debating Society which organised monthly debates.

TIME TABLE FOR THE SUMMER TERM, 1934.

	MONDAY.	TUESDAY.	WEDNESDAY.	THURSDAY.	FRIDAY.	SATURDAY.
9.0-9.50	Theory and Practice of School Remedial Gymnastics.	(a) Education (b) Private Study	History of Physical Education.	Organisation of Physical Education.	Dancing	Theory of Gymnastics.
9.50-10.40	Gymnastics.	Gymnastics.	Gymnastics.	Gymnastics.	(a) Education (b) Private Study	Gymnastics.
10.40-10.50	Break	Break	Break	Break	Break	Break
10.50-11.40	Theory of Gymnastics.	Speech Training.	Theory and Organisation of Games.	Theory of Gymnastics.	Gymnastics.	Private Study.
11.40-12.30	Minor Games.	Swimming	Private Study.	Private Study.	Swimming.	
2.0-4.0	Teaching Practice in Schools.	Anatomy.	Teaching Practice in Schools.	Games.	Physiology and Hygiene.	
6.15-7.0	Lecture - Plato's "Republic"	Group Gymnastics.	Swimming.	Voluntary Gymnastics.		
7.0-7.45	Group Gymnastics.	"		"		
7.45-8.30	" "	"		"		

Arrangements for
Final Examination
of Students.

- At the Carnegie Physical Training College there are two types of students to be provided for:-
- (a) Certificated teachers taking a third year course, either continuous or deferred, in preparation for the Carnegie Physical Training College Diploma.
 - (b) Graduates without certificate or diploma who, in addition to taking the diploma in physical education, desire to qualify for recognition by the Board of Education as certificated teachers.

The final examination of the students in group (b) for the Teacher's Certificate was undertaken by the Board of Administration for the examination of students in Yorkshire Training Colleges. A special Board of Studies and a Board of Examiners were appointed and ten students were examined.

36 students sat for the Carnegie Physical Training College Diploma in Physical Education and all were successful. The practical subjects were examined by His Majesty's Inspectors and, by arrangement with the Board of Administration certain papers which formed part of the Teacher's Certificate examination were also used for the Diploma examination in physical education

Diet and
Health.

Owing to the strenuous nature of the training, a more ample and varied diet than is usual in Training Colleges was provided.

The students were medically examined by the School Medical Officer at the beginning and end of the course.

The final medical examination of 36 students revealed the following interesting facts:-

Weight.

29 students gained weight during the year -
Average gain 5.4 lbs.

5 students remained stationary.

2 students lost weight - Average loss $4\frac{1}{4}$ lbs.

Height.

4 students gained in height - Average gain $\frac{7}{8}$ in.

32 students remained stationary

Chest expansion.

33 students increased in chest expansion -
Average increase 1.75 in.

3 students remained stationary.

Average chest expansion 5.65 in.

It is suggested that the students should be medically examined frequently during the year, not only in their own interest, but also in order that the effects of the training may be accurately recorded. Some very useful information concerning the effects of physical exercise on the human body could be obtained in this way. There are great opportunities for research, and it is hoped to make a beginning with this work at an early date

Appointments
obtained by
the Students.

Thirty-six students have obtained appointments and Carnegie men are now on the staffs of the following Schools and Colleges:-

Chesterfield Grammar School
Grange High School, Bradford
Dover County High School
Varndean Grammar School
Loughborough College
Wath-on-Dearne Grammar School
Stand Grammar School
King Edward's School, Birmingham
Stationers' Company's School, London
King Edward's School, Lytham
King's School, Chester
Haberdasher Aske's School, London
Cockburn High School, Leeds
Marlborough College
Blue Coat School, Oldham
Trowbridge High School
Beckenham Junior Technical School
College of S. Mark and S. John
Rondebosch High School, S. Africa.
Huish's Grammar School, Taunton
Cathay's High School, Cardiff
Accrington Grammar School
and at Central and Senior Schools under the following Education Committees:-
London
Manchester
Sunderland
Barking
Nottingham
Buckinghamshire
Southampton
Derbyshire
Kent
Kettering
Sheffield
Bradford
Stalybridge

A number of Head Masters visited the College to choose students to fill vacant posts and others notified the Warden of vacancies.

Propaganda
Work during
the Year.

Intensive propaganda was carried on during the year by means of:-
Circular letters.
(a) To Local Education Authorities and Governors of Schools.
(b) To Principals of Training Colleges.
(c) To Organisers of Physical Training.
(d) To Universities and University Appointments Boards.

Advertisements.

The College has been advertised in the following educational papers:-

"Times Supplement"
"Education"

"Teachers' World"

"Schoolmaster"

"Journal of Physical Education".

Articles in Educational Papers.

Articles on the College appeared during the year in all the above educational papers and news items also appeared in many daily newspapers.

Visits to Training Colleges and Local Education Authorities.

Visits were paid to eight Training Colleges and to a number of the larger Education Authorities.

Addresses to Conferences.

The Warden addressed meetings of the following Associations during the year and an opportunity was afforded in each case of mentioning the work of the College:-

Association of Head Masters, Divs. 13 & 14.
Educational Handwork Association. (Manchester Branch).

National Association of Boys' Clubs Conference, Edinburgh.

North of England Education Conference, Hull.

North Western Physical Education Conference, St. Annes-on-Sea.

N.U.T. Conference, Brighton,
and meetings of teachers at Leeds, Manchester, London, Halifax and Lincoln.

Vacation Courses.

Vacation Courses for Teachers were held at the College during the Easter and Summer Vacations. The Easter Course was for gymnastic teachers and was organised in conjunction with the Silkeborg Physical Training College Old Students' Association. 44 teachers attended.

The Summer Courses were organised jointly by the Leeds and West Riding Education Committees and were attended by 146 teachers, (of this number 71 came from the West Riding). In addition to Leeds and the West Riding, teachers attended from the following Education Authorities:-

Chester	Croydon	Cornwall
Lancashire	Jarrow	Surrey
St. Helens	Isle of Man	Manchester
Ashton-under-Lyne	Grimsby	Essex
Worcester	London	Enfield
Cambridge	Middlesex	Suffolk
York	Newcastle	Sussex.

Three courses were held from July 27th to August 10th and two from August 10th to 24th.

Of the five courses, three were mainly concerned with work for Senior and Central Schools, and two with work for Junior Schools. As the Board of Education have recently issued a new Syllabus of Physical Training for Elementary Schools, the scheme of work for each course included exercises from this Syllabus. In addition to physical exercises, instruction was given in games and swimming. Most of the work took place in the mornings, leaving the afternoons and evenings free for social activities.

The Warden of the Carnegie Physical Training College and the Senior Organiser of Physical Training for the West Riding acted as Joint-Principals and were assisted by Mr. Dixon, Miss MacLennan (Organiser of Physical Training for St. Helens), Miss Ward, Mr. Hoare and Mr. Walker (Assistant Organisers of Physical Training for the West Riding).