

BOARD FOR THE FINAL EXAMINATION OF
STUDENTS IN YORKSHIRE TRAINING COLLEGES

FINAL EXAMINATION, 1937.

THEORY OF PHYSICAL EDUCATION I.

WEDNESDAY, *June 23rd.* 9.30—12.30.

Carnegie Physical Training College.

[Answer **three** questions in Section A, **one** in Section B,
and **one** in Section C.]

SECTION A.

1. What are the essential features of an adequate national scheme of physical education?

2. What are the principles of Ling's System of Educational Gymnastics? How have these principles been adapted or modified to meet modern school conditions in this country? ✓

3. What do you consider to be the importance of relaxation and isolation of muscle action in modern gymnastics? What steps would you take to try to secure isolation of muscle action in the gymnastic training of young boys? Illustrate your answer with special reference to Arm **or** Neck exercises. ✕

4. (a) Describe the Heaving Group of Exercises, indicating the effects of the group and enumerating the various sub-groups. ✓

(b) Give the joint mechanism and probable muscle action of (Hg.-Or. Gr.) Heav. (Beam).

SECTION B.

5. What influence has the position of the head and neck upon posture? What exercises would you employ to help in the development of good carriage of the head and upper part of the body?

6. Outline a Table of Remedial Exercises for a class of ten children suffering from Kyphosis. The class is taken in the gymnasium three times weekly after school hours and each lesson lasts for thirty minutes.

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SECTION C.

7. Give an account of the development of Physical Training in Great Britain during the nineteenth century and show how it was influenced by developments in Germany and Scandinavia.

8. Write briefly on the following:

(a) The influence of John Basedow on the development of physical education in Germany.

(b) The work of K. A. Knudsen in connection with the development of school gymnastics in Denmark.

Getz muller 1759 1839

Jahn 1778 - 1852

Spier 1810 - 1878