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THE CARNEGIE PHYSICAL
TRAINING COLLEGE, LEEDS

H A N D B O O K

STAFF

WARDEN : E. MAJOR (Diploma, Silkeborg
Physical Training College).

GYMNASTICS, ATHLETICS AND GAMES

R. E. MORGAN, B.A. (Diploma, Carnegie Physical Training College).

GYMNASTICS, GAMES AND HYGIENE

A. D. MUNROW, B.Sc. (Diploma, Carnegie Physical Training College).

PRINCIPLES AND METHODS OF EDUCATION

M. T. WOODHOUSE, B.A., M.Ed. (Lecturer in Education, City of Leeds
Training College).

E. L. CLARKE, M.A., M.Ed. (Lecturer in Education, City of Leeds Training
College).

SPEECH TRAINING

G. E. WILKINSON (Lecturer in English, City of Leeds Training College).

FOLK DANCING

Miss M. M. DUNSTAN (Diploma, Chelsea Physical Training College; Lecturer
in Physical Training, City of Leeds Training College).

SWIMMING

F. BOYD (Swimming Instructor, City of Leeds Training College).

ANATOMY

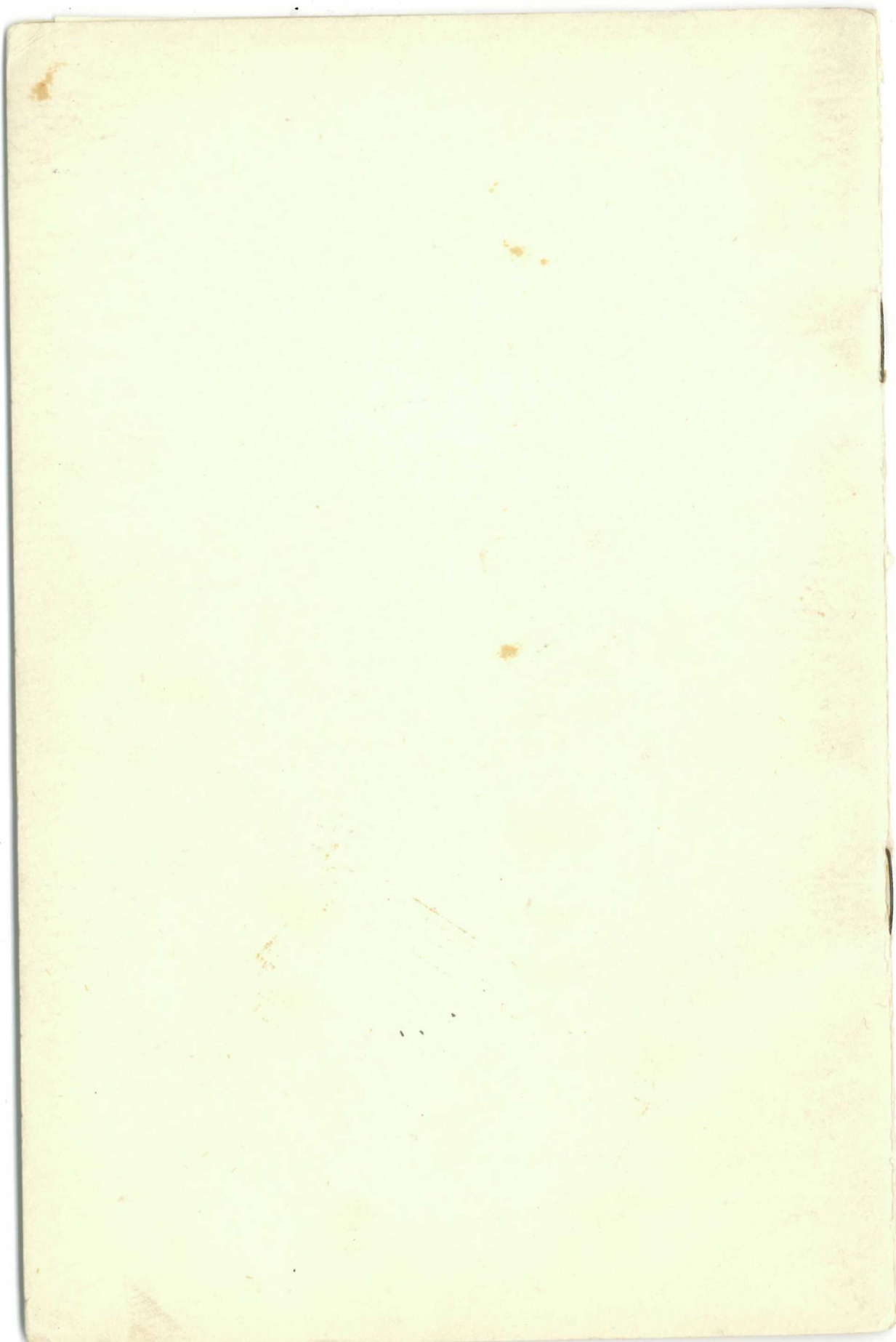
Members of the Staff of the Medical School of the University of Leeds.

PHYSIOLOGY

Members of the Staff of the Medical School of the University of Leeds.

Medical Officer : A. G. WILKINSON, M.D.

Honorary Consulting Orthopaedic Surgeon : R. BROOMHEAD, F.R.C.S.



HISTORY AND AIM OF THE COLLEGE

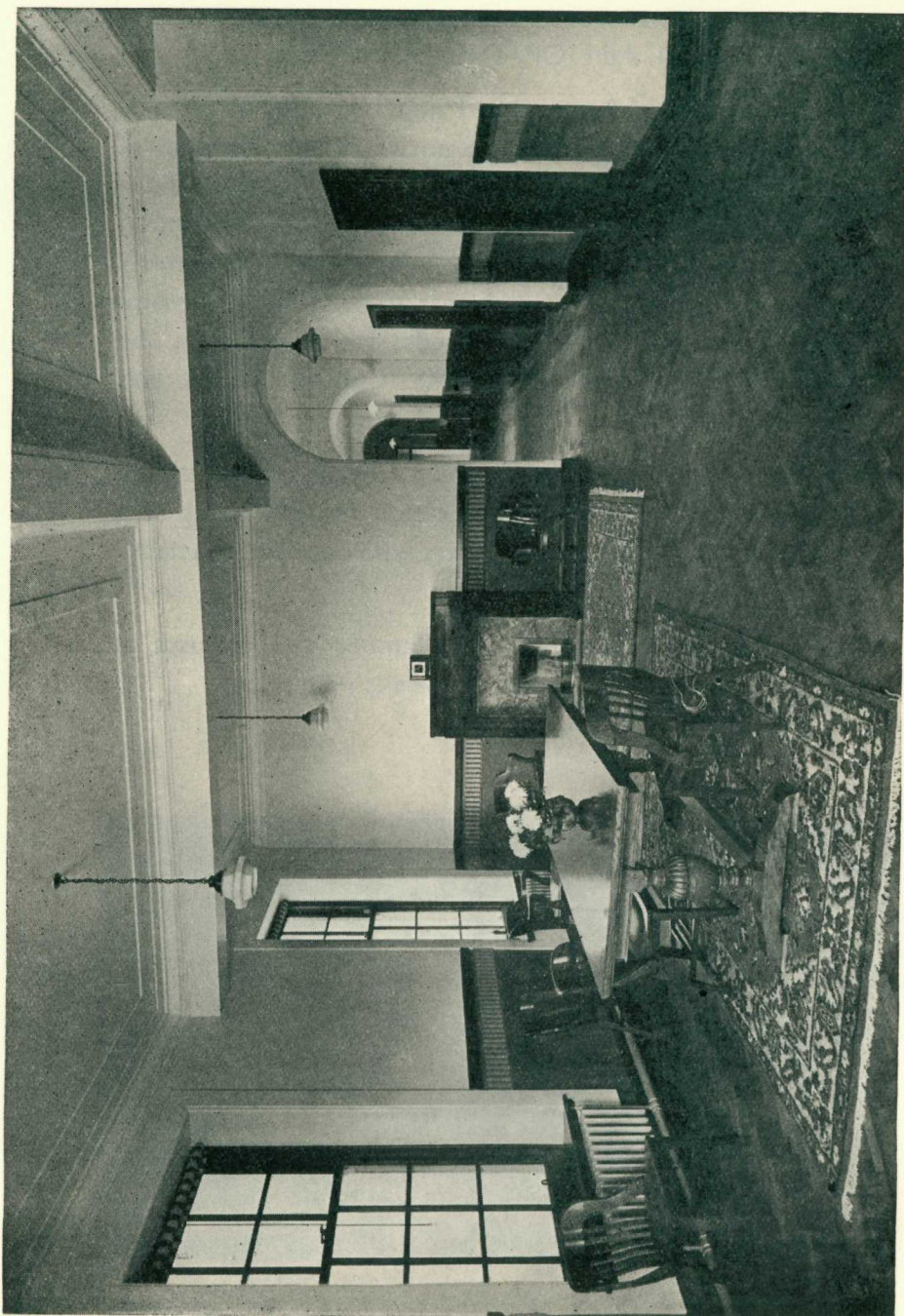
The national need for qualified men teachers of Physical Education was brought to the notice of the Trustees of the Carnegie United Kingdom Trust, who, after discussions with representatives of Schools, Local Education Authorities, and the Board of Education, generously offered to defray the capital cost of building a Physical Training College for Men. Leeds was selected as the most convenient centre for the College, which was opened in 1933.

The College provides a One Year Course of instruction in all branches of Physical Education for graduates of a University, or certificated teachers who desire to specialise in this subject.

The College year begins in September and consists of three terms, each of about 12 weeks' duration.



Three



Lounge Hall

GOVERNORS OF THE COLLEGE

The Governing Body of the College is the Higher Education and Training College Sub-Committee of the Leeds Education Committee.

Warden : E. Major.

Clerk to the Governors :
George Guest, Director of Education.

ADVISORY COMMITTEE

As the work of the Physical Training College is national in character the Governors have the assistance of an Advisory Committee, constituted of representatives of the following :

- Association of Directors and Secretaries of Education.
- Association of Municipal Corporations.
- Association of Principals of Technical Institutions.
- Association of Teachers in Technical Institutions.
- Association of Technical Institutions.
- Carnegie Trustees.
- County Councils' Association.
- Head Masters' Conference.
- Incorporated Association of Assistant Masters in Secondary Schools.
- Incorporated Association of Head Masters.
- Leeds Education Authority.
- London County Council.
- National Union of Teachers.
- Specialists in Physical Education.
- Training College Association.
- University of Leeds.
- Board of Education.

SITE AND ACCOMMODATION

The College is situated in Beckett Park in a residential part of the city.

The estate, 95 acres in extent, is pleasantly wooded and secluded, and on it is built the City of Leeds Training College, with its eight Halls of Residence.

The Carnegie Physical Training College has accommodation for 60 resident students. The residential block contains 60 Study Bedrooms, a Common Room, Dining-hall, Library, and Lounge. Linked to this building there are Teaching-rooms and thoroughly up-to-date Gymnasias.

ADMISSION AND FEES

Candidates for admission to the One Year Course must be British subjects ordinarily resident in England or Wales, and be—

- (a) Graduates of a British University who have not taken a diploma course in education, or
- (b) Trained certificated teachers who wish to take the physical training course as a third year of training, either continuous or deferred, or
- (c) Certificated teachers, not college trained.

The fee for the above students who sign, or have signed the usual Declaration of intention to teach will be £50 a year for tuition, residence, and ordinary medical attendance. An allowance will be made towards the cost of personal laundry.

NOTE—Applications will be considered from the following candidates, but as no Government grants will be payable to the Physical Training College on their behalf, it will be necessary to charge them the full cost of the training, viz. £100 :—

- (i) Graduates who have already had four years' training under the Regulations for the Training of Teachers ;
- (ii) Men who have taken a three years' course in preparation for a degree and the Board of Education Teaching Certificate ;
- (iii) Men who have already had a third year of training, continuous or deferred, but not in physical education.

COURSE OF TRAINING.

The course of training includes the following—

1. ANATOMY, PHYSIOLOGY, AND THE THEORY OF MOVEMENT.

Anatomy and Physiology studied with special reference to those structures and functions of the body, a knowledge of which is essential for the proper understanding of the Principles and Methods of Physical Education. A survey of the various bodily systems leading to detailed study of the physiology and dynamics of muscular activity and to the Theory of Movement. The importance of scientific knowledge by which to judge the soundness of practical procedure and the worth of new developments and adaptations. A study of growth and the growing body. Increase of muscular efficiency through exercises.

2. HYGIENE AND FIRST AID.

Hygiene with special reference to School Hygiene, and General Hygiene to a degree sufficient to qualify for the Diploma of the Royal Institute of Public Health. First Aid to a degree sufficient to qualify for the Certificate of the St. John Ambulance Society.

3. HISTORY AND PHILOSOPHY OF PHYSICAL EDUCATION.

Some historical study of Physical Education. The Greek Ideal, the Middle Ages, the Renaissance and after, the modern conception of Physical Education as exemplified by the practice in various countries.

4. GYMNASTICS.

(a) *Theoretical Considerations.*

- (i) General principles of educational gymnastics. The relations of gymnastic training with other branches of Physical Education.
- (ii) The classification of exercises according to their effects.

COURSE OF TRAINING—*continued*

- (iii) The principles of progression and table construction.
- (iv) The principles and methods of conducting gymnastic training—commanding, teaching, class organisation, etc.
- (v) A brief review of different systems of gymnastic training and of recent developments, with special reference to the further physical education of young adults.

(b) *Practical Work in the Gymnasium.*

The Swedish System of Gymnastics, modified and adapted to suit British conditions. The purpose of this training is to give personal proficiency and a thorough knowledge of suitable material for use in all types of schools and other educational institutions.

5. GAMES AND ATHLETICS.

(a) *Theoretical Consideration.*

- (i) The psychology of play and of the group or team.
- (ii) The physical values and pedagogical uses of play. The classification of school games.
- (iii) The organisation and conduct of school games and athletics; methods of teaching and coaching. The lay-out, equipment, and maintenance of playing fields.

(b) *Practical Work.*

Playing and teaching games suitable for the gymnasium, playground, and playing field. Practising and teaching track and field athletics. Duties of Judge, Referee, etc.

6. SWIMMING.

The instruction is intended to qualify the students for the Royal Life Saving Society Silver Medallion, and the A.S.A. Certificate.

7. DANCING.

English Folk Dancing, Country Dancing, Morris Dancing, Sword Dancing, Scandinavian and other National Dances.

COURSE OF TRAINING—*continued*

8. TEACHING PRACTICE.

Demonstration lessons and actual teaching practice in Elementary and Secondary Schools. Visits of observation to schools, camps, play centres, etc. Students are afforded the opportunity of teaching in Boys' Clubs and in other centres providing recreative physical education.

9. THE SERVICES CONCERNED WITH THE PHYSICAL HEALTH AND DEVELOPMENT OF THE SCHOOL CHILD.

The organisation and administration of Physical Training, central and local. The School Medical Service, School Clinics, School Camps, Play Centres, Transport for Organised Games.

Instruction is also given in school remedial gymnastics.

10. THEORY OF EDUCATION (FOR STUDENTS WITHOUT DIPLOMA IN EDUCATION OR CERTIFICATE).

- (a) Psychological and logical Principles underlying the processes of learning and teaching.
- (b) The main subjects of the curriculum of the primary school, the reason for their inclusion and the parts appropriate to the various ages.
- (c) Outline of various new methods of teaching.
- (d) Class management.
- (e) Syllabus making.
- (f) Time-tables.

WELFARE OF THE STUDENTS

HEALTH.

The general health of the students is under the direction of the College Medical Officer ; and in the Hostel, where each student has a separate study bedroom, there is a qualified Matron and an Assistant Matron.

GAMES, ATHLETICS, SWIMMING, FENCING, AND BOXING.

Excellent facilities are available for all forms of games and athletics, including cricket, football (Association and Rugby), hockey, tennis, and fives.

There is a large swimming bath, and the services of a qualified Swimming Instructor are available.

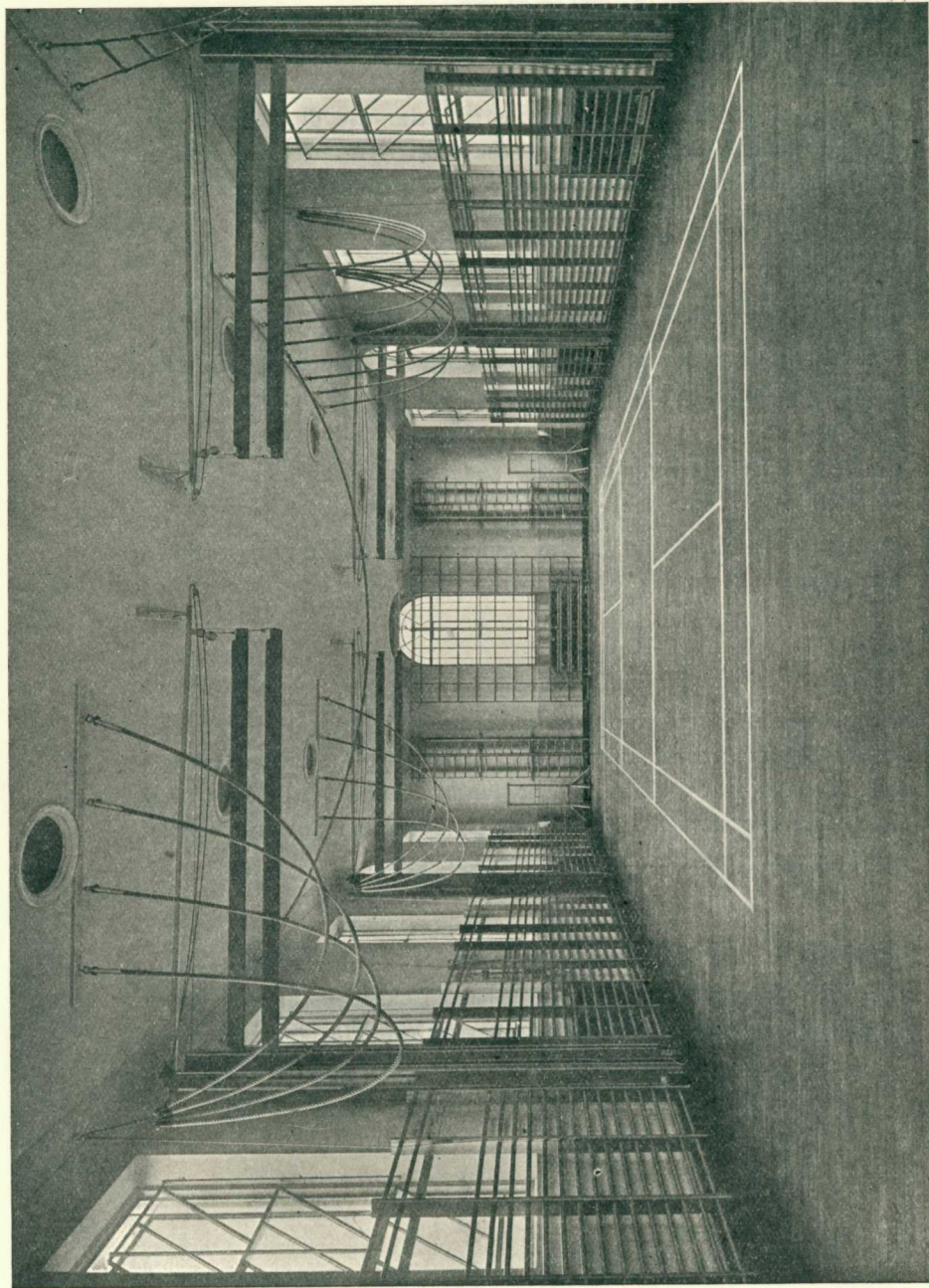
Classes are arranged in Boxing and Fencing under fully qualified instructors.

SOCIAL.

Various societies to stimulate a corporate spirit are organised. At the City of Leeds Training College there are the following clubs and societies—Art Club, Photographic Club, Natural History Club, Literary and Debating Societies, Education Society, Musical and Dramatic Societies, and College Orchestra.

LIBRARY.

The City of Leeds Training College has an excellent Library which is open to students of the Carnegie Physical Training College.



Gymnasium

EXAMINATIONS

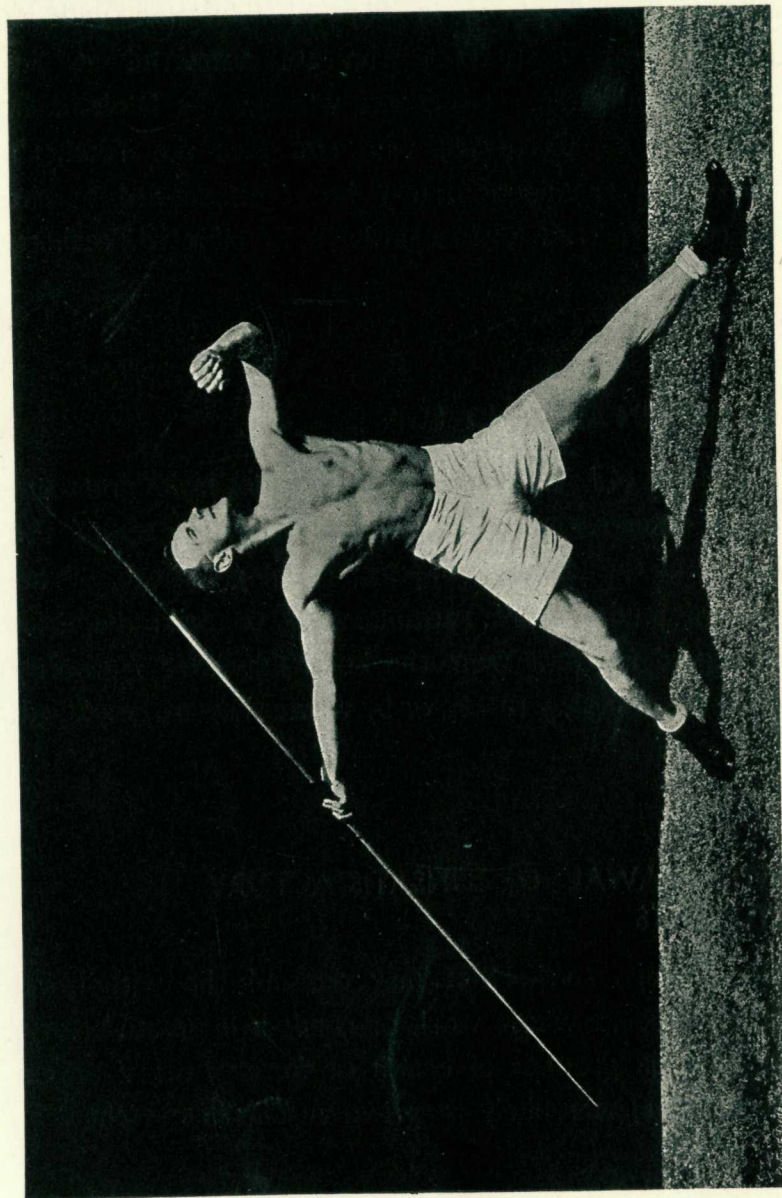
The College Diploma in Physical Education will be awarded to all students who are successful at the Final Examination. Graduates without the Diploma in Education or Certificate who also pass the Teacher's Certificate examination, may be recommended to the Board of Education for recognition as Certificated Teachers.

GRANTS-IN-AID AND LOANS

A number of Local Education Authorities make grants-in-aid or loans to teachers to enable them to attend the course at the Carnegie Physical Training College. Prospective students are recommended to make inquiries in regard to these from the Local Education Authority in whose area they reside, or by whom they are employed.

WITHDRAWAL OF UNSATISFACTORY STUDENTS

The College Authorities may demand the withdrawal of any student whose work or conduct is unsatisfactory, or who on grounds of health or for any other reason does not appear likely to prove an efficient teacher.



APPLICATION FOR ADMISSION

Candidates desiring admission to the College should apply on or as soon as possible after October 1st.

Forms of application for admission to the College may be obtained from the Warden, Carnegie Physical Training College, Beckett Park, Leeds, 6. Candidates who attend at the College for interview and examination by the College Medical Officer will be required to pay their own expenses. No fee will be charged for the medical examination.

When an offer of a place at the College is made, the candidate must sign the Form of Acceptance and return it with a deposit of £5 ; the deposit will be credited to fees when the student enters into residence at the College. If a candidate, after accepting the offer of a place, wishes to withdraw for some reason not considered satisfactory to the College Authorities, the deposit will be forfeited.

