



Manual of Exercises in Physical Training, Vol. 1 (Classic Reprint)

By Carl Ziegler

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Manual of Exercises in Physical Training, Vol. 1 This manual is intended as a guide for the teachers, and is planned to enable them to give the gymnastic lessons in such manner that the pupils will receive the greatest amount of benefit. In undertaking the preparation of this manual, I considered carefully the difficulties to be overcome in attempting to meet the different conditions existing in the various schools. I realized, too, the need of meeting the many demands made upon the Physical Training Department, for pleasant and effective exercises, as well as for a variety of work. Since those who do the actual teaching are the ones who should understand the needs and conditions best, all the members of the Physical Training Department were called in conference. This book embodies many features suggested by their experience. It is only when we attain correct and energetic execution on the part of the pupils, when teachers and pupils alike have grasped the purpose of each exercise, so as to be able to detect and correct faulty...



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