

Course Name: Bachelors of Physical Education

Year - Ist

Paper Name - Introduction to Physical Education

Topic Name - History of Gymnastics

Topic No. – 3 (a)

Paper No. – I

Lecture No. – 6

Lecture Name

Gymnastics: Sweden Denmark and Germany Part 2

FAQ's

Q1. What was the role of Ling in origin of gymnastics?

Ans Ling originated the stall bars (ribbstol) Swedish boom (bom), saddle (saddlebom), windom ladder (stege), low combination benches (bank, balansribb, and lutpla), and vaulting box (plint). To these he later added the hprse (hast) and the horizontal, vertical, and oblique climbing ropes. These pieces of apparatud were efficiently arranged in the gymnasium or exercise hall, and class members exercised upon them according to their individual needs and at the command of the teacher.

Q2. How teachers in Denmark were given training for gymnastics?

Ans Denmark was one of the first nations to establish an institute to train military personnel to serve as gymnastic instructors in the armed services. Nachteggall's teaching procedures probably served as a guide for both military schools and teacher institutes established in other countries after 1804. Although Nachteggall had drawn heavily upon Guts Muths's Gymnastics for the Young) his program, at the Institute was attractive enough to hold a position of respect for more than a quarter of a century.

Q3. What is Emil Hartwick role in promoting gymnastics?

Ans In 1881 Emil Hartwick, a Prussian judge and an expert gymnast in his student days at the universities of Heidelberg and Berlin, led a movement to promote games and outdoor sports in Germany. Under his influence the Central Association of Bodily Education in the Nation and School was organized in 1882. Its aim was the promotion of bodily exercise through gymnastics, skating, swimming, bathing, rowing, games, and festivals. This organization was one of the first to appoint a medical section to observe the physical effects of exercise on the individual, which has since become standard practice in European countries.

Q4. In which three categories Lindfors placed artificial exercise?

Ans Military gymnastics, Pedagogical or athletic gymnastics, Medical gymnastics for the prevention and correction of physical defects. In his treatment for the second category lindfors recommended the greek pentathlon of running, jumping, javelin and discus throwing and plato's prkasis, which consisted of games acrobatics, and dancing. He cited the educational value of games directed by a well-prepared Teacher and antedated froedel's appreciation of the importance of play and games in the development of self-expression and personality in children.

Q5. What was Ling's contribution to Swedish Gymnastics?

Ans Ling not only accepted lindfors' three categories of gymnastics but made practical contributions to all three areas. As a consequence of the Napoleonic wars Sweden realized the importance of conditioning men for military service and asked ling to prepare men to give army personnel physical training. At the royal central institute of gymnastics, established in 1814, director ling provided a course in gymnastics fencing and published army manuals on gymnasyics and bayonet fighting. He also experimented with physical rehabilitation in a special room where he accepted persons of all ages and degrees of physical handicaps.