

1984

Instructional Media Materials Used in the Physical
Education Program at Eastern Illinois University
1899-1984

Marina Su-chin Yu

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INSTRUCTIONAL MEDIA MATERIALS USED IN THE PHYSICAL
EDUCATION PROGRAM AT EASTERN ILLINOIS UNIVERSITY 1899-1984
(TITLE)

BY

Marina Su-chin Yu

FIELD EXPERIENCE

THESIS

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF

ED. S. IN INSTRUCTIONAL MEDIA

IN THE GRADUATE SCHOOL, EASTERN ILLINOIS UNIVERSITY
CHARLESTON, ILLINOIS

1984

YEAR

FIELD EXPERIENCE

I HEREBY RECOMMEND THIS ~~THESIS~~ BE ACCEPTED AS FULFILLING
THIS PART OF THE GRADUATE DEGREE CITED ABOVE

INSTRUCTIONAL MEDIA MATERIALS USED IN THE PHYSICAL
EDUCATION PROGRAM AT EASTERN ILLINOIS UNIVERSITY 1899-1984

BY

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ABSTRACT OF A FIELD STUDY

Submitted in partial fulfillment of the
requirements for the degree of
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Charleston, Illinois

1984

ABSTRACT

This study was designed to research the development of the physical education program at Eastern Illinois University relative to its use of audio visual materials. The period covered was 1899-1984. The curriculum of physical education was researched from 1899-1924 to provide background for the reporting of the early use of audio visual materials.

The writer interviewed Dr. Gene W. Scholes, Director of the Audio Visual Center, and checked the Center's inventory records. The writer also interviewed staff members of the Physical Education Department and thereby established that instructional media materials were used extensively in athletics and in departmental activities. This would seem appropriate since physical activities such as dance, sports and swimming are either audio or visually oriented movements and actions.

The study also includes examples of physical education curriculum patterns for the years 1899-1924. Photographic samples of physical education activities, of student pictures, and of campus buildings are illustrative of the early use of audio visual materials.

In recent years video-audio technology has developed

in enormous dimensions, especially in the field of sports, cultural entertainment and performance. The use of special techniques in presenting games gives a much better perspective to both coaches and performers. It is expected that in the next decade, increased usage of these media will result in a noticeable improvement in the effectiveness of these individuals.

PREFACE

In order to research the instructional media materials used in the physical education program at Eastern Illinois University (referred to later in the study as "Eastern"), the writer feels that one should first know physical education at Eastern Illinois University in general. Eastern had an excellent program from the very beginning, especially physical education for women. Since the development of the physical education program was lengthy, and beyond the field experience requirement, the writer researched the first twenty-five years of Physical Education for Women and Physical Education for Men as the first part of this paper, and covered the instructional media materials used in the physical education program since 1899 to the present as the second part of this paper. Because only the current records of purchasing equipment and supplies are available either in the Physical Education Department or in the Purchasing Office, the writer interviewed a number of long time faculty members from the Physical Education Department. The writer wants to thank Dr. Dorothy Hart, Dr. Maynard O'Brien, Mr. William J. McCabe, Dr. M. Lorraine Flower, Mrs. Alice C.

Stoughton, Mr. John L. Beabout and Mr. Ronald D. Amyx, Director and Engineer, respectively, of the Radio & Television Center, and Dr. Gene W. Scholes, Director of the Audio Visual Center, for their help in making this research paper possible. The writer also wants to extend her thanks to Dr. Robert C. Wiseman, for his guidance and support.

Marina Yu

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CHAPTER I

THE FIRST TWENTY-FIVE YEARS OF PHYSICAL EDUCATION 1899-1924

Physical Education for Women

Eastern Illinois University, formerly the Eastern Illinois State Normal School, opened its door to students in 1899. Mr. Livingston C. Lord was the first president.

The first year's CIRCULAR OF INFORMATION contains the following sub-headings: "BOARD OF TRUSTEES, CALENDAR FOR 1899-1900, FACULTY, CIRCULAR, LOCATION OF SCHOOL, SATURDAY SESSIONS, RURAL SCHOOLS, COURSE OF STUDY, (including One Year Course for College Graduates, Two Years' Course for Graduates of Approved High Schools, Three Years' Course, and Four Years' Course) PRACTICE SCHOOL, STUDIES, LIBRARY, READING ROOM, TUITION, TEXT-BOOKS, BOARDING, ATTENDANCE AT CHURCH and DEDICATION."¹

There were no physical education classes listed during the first three years. Physical education for women was created in 1902 as "Physical Culture," which appeared under the third year catalogue of 1901-1902 with announcements for 1902-1903 as follows:

Physical Culture

The exercises given are those known as the "Emerson System", with the addition of marching and running

exercises, and adapted movements from the Ling system of gymnastics.

The aim of the Emerson system is to give poise, strength, grace and beauty to the body and all of its movements. In a comparatively short time results will be apparent, so that the student, after even a short course in this work, will feel that he has something definite to take away with him.

For this work no special gymnasium costume is needed. The exercises may be taken in any comfortable dress.²

Miss Katherine Gill, a Reading teacher, was assigned to teach this initial course. She taught from 1902-1904, then was replaced by Edith C. Bailey, another Reading teacher, who taught from 1904-1906.

No record of Physical Education teaching staff was listed from 1906-1909. Miss Alice M. Christiansen was hired in 1909. She was considered to be highly trained and of high character and standing. The following paragraph described her educational background and the physical education courses to be taught:

Physical Education

A new and stronger emphasis is being put upon the care and training of the body. The school has made generous and ample provision for the physical education of the young men and young women who attend it.

Miss Alice M. Christiansen, a graduate of the Boston Normal School of Gymnastics, of high character and standing, with ample experience and knowledge, will be in charge of the physical education of the young women during the coming year, giving instruction in gymnastics, anatomy, and kinesiology. She knows much of the health of the body and the training and instruction to be given will prevent the loss of many a day by illness.

It is hoped that a man equally competent may be secured to direct the physical education of the young men of the school.³

There was an Athletic Association for interested men students,⁴ although a men's physical education curriculum did not exist until 1911. The first Athletic and Oratorical Meet under the auspices of the Eastern Illinois State Normal School Athletic Association was held in Charleston on May 8, 1909. One hundred and forty-one athletes from twenty-four different high schools participated in athletics, and twenty-six from nineteen high schools took part in oratory. In the girls' oratorical contest, Miss May Honnold won first place and Miss Hazel Eddy won second place.⁵

The 11th year catalogue of the Eastern Illinois State Normal School 1909-1910 with announcements for 1910-1911 included a statement relative to the physical education program, indicating that the students were required to take a physical examination in the beginning of each Fall term, and at the close of the school year. Physical exercises were selected to meet the student's individual needs. Students were also required to wear gym outfits and gym shoes.

In order to give the students a practical knowledge of the theory and practice of teaching gymnastics in their profession, special courses were composed

covering the history, systems, methods, and educational value of gymnastics. Practice teaching became a requirement. The newly composed courses were as follows:

COURSE ONE

(a) Practice

Regular exercise in the gymnasium. Free exercises; Swedish free exercises; facings and marchings; elementary heavy gymnastics as work on Swedish boom, climbing ropes and stall bars and vaulting over rope and horse. Elementary balance steps. Gymnastics games, captain, volley and basket ball, and tennis.

(b) Theory

Instruction in Hygiene. Careful consideration is given to the various conditions of life, such as air, diet, exercise, sleep, bathing, and occupation that affect the human organism and tend to adapt it to its environment.

COURSE TWO

(a) Practice

Free developing exercises; Swedish gymnastics; heavy gymnastics on boom, stall bars, ropes, window ladders, and vaulting on box and horse. Gymnastic games, plays, and field sports. Balance steps.

(b) Theory

Lectures in Kinesiology. A knowledge is acquired of the simple anatomical movements of the body and a general analysis is made of the articular and muscular mechanism of gymnastic exercise.

COURSE THREE

(a) Practice

Swedish gymnastics; light gymnastics including drills in Indian club swinging; heavy gymnastics on ropes, ladders, vaulting horse, and box. Gymnastic games, plays and field sports, including field hockey.

(b) Theory

Lectures in gymnastics theory. This is a continuation of the work in Course Two. Principles governing the making out of gymnastic lessons are studied and the gymnastic day's order is analyzed. The subject of

schoolroom gymnastics, together with story-plays and games are considered, also the grading of gymnastic exercise.

COURSE FOUR

(a) Practice

Advanced Swedish gymnastics; advanced drill in Indian club swinging; instruction in advanced heavy apparatus work, athletics for women, including running, jumping, and throwing the basket ball, field sports, and out-of-door games. Aesthetic gymnastics.

(b) Theory

Lectures on the subject of the history and literature of Physical Education. It is the purpose of this course to give the student a general idea of the origin of physical education, its rise and development as a science and to acquaint him with the characteristics of the various forms of physical exercise during the ancient, medieval and modern historic periods.

Practice teaching is conducted in the gymnasium each student in turn teaching a section of the class, general criticisms being made by the physical education instructor and pupil critics. Students are expected to present written criticisms of each gymnastic lesson taught by a fellow student, these being read and discussed later in the class for the benefit of fellow members.⁶

A Model School was formed this year, and a physical education program was set for the Model School. A physical education instructor was assigned to teach gymnastics in the school room and gymnasium once a week and the critic teachers conducted outlined lessons in the school room two or three days a week depending on the grade. In the lower grades, free play, story telling, and a little gymnastics were introduced, and the grammar grades children participated in Swedish free exercises, games and plays, and marching drills. In the spring, the class was conducted

out-of-doors and boys of upper grammar grades were taught track events, while the girls played basketball and field games.

In the summer of 1911 and 1912, Miss Christiansen taught three courses which were designed for the training of classroom teachers in Physical Education for Children. A detailed description of these three courses was listed as follows:

PHYSICAL EDUCATION

Course 55 - Folk Plays and Aesthetic Gymnastics.

This course will include an intensive study of various types of national folk-plays of the Northern European countries and the value of these plays as a means of exercise. The lessons have been arranged for use in a large assembly hall or corridor, although many of the movements may be executed in the school room, and are graded and adapted to the various stages of growth in the development of the child. One hour daily.

Course 56 - Games and Playground Organization.

An effort will be made to give the public school teacher practical information on how to apply various methods of physical training and recreation to boys and girls in out-door gymnasium, playgrounds, and school yards. This course will treat of playground organization, construction and equipment, together with the study of games and exercises for children. One hour daily.

Course 57 - School Room Gymnastics.

This course will consist of the discussion of the elementary principles pertaining to the teaching of school room gymnastics, the work being based upon the Ling or Swedish System. Story plays and rhythmic exercises for the primary grades will be studied, also various outlines for teaching formal

gymnastics in the upper grammar grades. There will be opportunity for students to observe the teaching of school room gymnastics in the Model School. One hour daily.

All women teachers expecting to take any of the courses in physical training should provide themselves in advance with a pair of gymnasium shoes, black bloomers, and a white middle-sailor blouse. The cost of the entire costume, including shoes, should not exceed three dollars.⁷

Miss Christiansen taught the new physical education program for three years, from 1909 to 1912 and then left. Her replacement, Miss Lena M. Niles carried on this program and then changed the course contents in 1914-1915. Her new course titles were:

- I. Free developing exercises; Swedish gymnastics; elementary apparatus work; elementary balance steps; gymnastic games; folk dancing.
- II. Free developing exercise; advanced Swedish gymnastics; advanced apparatus work; gymnastic games; balance steps; folk dancing.
- III. Corrective Gymnastics. Corrective gymnastics is given as a substitute for the regular gymnastic work for those who are physically weaker or faulty in posture. The various forms of exercise, both active and passive with massage are determined by the nature of the special case.
- IV. Elective Course. An elective course is planned to give useful material for graded gymnastic exercises, folk dancing, gymnastics games, and for the recognition of the abnormalities and common diseases. This is designed to prepare graduates for teaching free gymnastics in their schools and for exercising intelligent oversight of the physical needs and conditions of school children. This class meets one hour a week and is open to juniors and seniors.

Lectures are given in hygiene, in which careful consideration is made of the various con-

ditions of life, such as air, diet, exercise, sleep, bathing, and occupations that affect the human organism and tend to adapt it to its environment.⁸

The Model School Building was completed in the Fall of 1913. Its name was changed to Elementary School as reported in the 1913-1914 announcements. The activities in 1914-1915 included Swedish free exercises, games, and folk dancing for grammar grades. A physical examination was conducted, and corrective gymnastics were given to the students who needed corrective work.

During the Summer of 1915, four courses were offered. They were: Theory of Teaching Gymnastics and Games, Practice of Teaching Games, Personal and School Hygiene and Folk Dancing.⁹

In the announcements for 1915-1916 it was clearly stated that each student was required to take the physical education classes of the department for the first two years. For the second year the student was given a choice between courses 3 and 4 and courses 5 and 6.

In the Elementary School, the physical education instructor taught twice a week, with the critic teachers conducting lessons in the school room on the other days of the week. Physical examinations and corrective gymnastic work were given to the elementary school children by special arrangements.

The new revised courses for college students in 1915-1916 were:

- 1,2. Athletic Sports. Free developing exercises, Swedish gymnastics, elementary apparatus work, elementary balance steps, gymnastic games, folk dancing, lectures in hygiene, in which careful consideration is made of the various conditions of life, such as air, diet, sleep, exercise, bathing. Required of all first year students.
- 3,4. Athletic Sports. Free developing exercises, advanced gymnastics, advanced apparatus work, gymnastic games, balance steps, folk dancing. Required of all second year students who do not elect Course 5 or 6.
- 5,6. Theory of Gymnastics and Practice Teaching. The purpose of this course is (1) to make clear the objects of definite gymnastics; (2) to study the selection and progression of exercises; (3) to give instruction in preparing and teaching gymnastic exercises and games. Practice teaching is done with sections of the class.
- 7,8. Corrective Gymnastics. Corrective gymnastics is given as a substitute for the regular gymnastic work for those who are physically weak or who are faulty in posture. The various forms of exercise, both active and passive, with massage, are determined by the nature of the special case.
9. ~~Folk~~ and Esthetic Dancing. Elective course open to juniors and seniors. One hour a week for a half year. Offered both terms.
10. Personal and School Hygiene. This course considers the care and preservation of a healthy body, physical conditions of schoolroom and building, value of exercise, diseases affecting the school, accidents and emergencies, abnormalities of school children, teacher's duty in these cases. Electives for juniors and seniors. Offered both terms.¹⁰

During the summers of 1916 and 1917, the same

courses as were taught in Summer 1915 were offered, but Course 1 and Course 2 were combined as: Theory and Practice of Teaching Gymnastics. Since the 1916-1917 catalogue is missing, no program can be verified for that school year.

A Junior High School was organized in the Fall of 1917 with an enrollment of 99 students. A Senior High School was organized in the Fall of 1918 with an enrollment of 11 students.¹¹

In 1917-1918, there were course title changes in the revision:

PHYSICAL EDUCATION FOR WOMEN

Physical Education 1,2. First Year. Athletic sports, free developing exercises, Swedish gymnastics, elementary apparatus work, elementary balance steps, gymnastic games, folk dancing, lectures in hygiene, in which careful consideration is made of the various conditions of life, such as air, diet, sleep, exercise, bathing. Required of first year students. Two hours a week. Physical Education 1 offered first term, Physical Education 2, second term; partial equivalent offered in the summer term, Physical Education 1.

Physical Education 3,4. Second Year. Athletic sports, free developing exercises, advanced gymnastics, advanced apparatus work, gymnastic games, balance steps, folk dancing. Prerequisite, Physical Education 1,2. Required in their second year of all students who do not elect Physical Education 5,6. Two hours a week. Physical Education 3 offered in the first term, Physical Education 4 in the second term.

Physical Education 5,6. Theory of Gymnastics and Practice Teaching. The purpose of this course is (1) to make clear the objects of definite gymnastics; (2) to study the selection and progression of exercises; (3) to give instruction in preparing and teaching gymnastic exercises and games. Practice teaching is done with sections of the class. Prerequisite, Physical

Education 1,2. Elective for those who have completed Physical Education 1,2,3,4 and accepted for required Physical Education 3,4. Credit, one half of a unit, but only when based on courses 1,2,3,4. Physical Education 5 offered first term, Physical Education 6, second term.

Physical Education 7,8. Corrective Gymnastics. This course is given as a substitute for the regular gymnastic work for those who are physically weak or who are faulty in posture. The various forms of exercise, both active and passive, with massage, are determined by the nature of the special case.

Physical Education 9. Folk and Aesthetic Dancing. Omitted, 1917-1918.

Physical Education 10. Personal and School Hygiene. Omitted, 1917-1918.

Physical Education 11,12. Personal Hygiene. Required in the ninth year and in the first year of the four-year course. One hour a week except in the weeks when library science lessons are given. Physical Education 11 offered first term, Physical Education 12, second term.¹²

In the Elementary School instruction in gymnastics was now offered five times a week.

During the Summer 1918, Miss Farrer taught the same courses as in the previous summer, but added one more course: Games and Playground Management.

The 1918-1919 Physical Education program was the same as in 1917-1918.

Miss Farrer continued to teach summer school in 1919. The courses she taught were given new numbers: 20. Primary Singing Games, Dances and Games; 21. Folk Dancing and Games; 30a. Physical Education and 3. Per-

sonal and School Hygiene.¹³

In the 1919-1920 school year, physical education courses were classified as "Elementary Courses" and "Advanced Courses". They were:

PHYSICAL EDUCATION FOR WOMEN

Elementary Courses

- 1,2,3. First Year. Swedish gymnastics, elementary apparatus work, games, athletics, fancy steps, folk and gymnastic dancing. Required in the first year of every curriculum. Two hours a week. Course 1, fall term; Course 2, winter term; Course 3, spring term.
- 4,5,6. Second Year. Advanced Swedish gymnastics, apparatus work, games, athletics, fancy steps, folk and aesthetic dancing. Prerequisite: Physical Education 1,2,3. Two hours a week. Course 4, fall term; Course 5, winter term; Course 6, spring term.
- 7,8,9. Corrective Gymnastics. A substitute for the regular gymnastic work for those who are physically weak and treatment for those who have flat feet, spinal curvatures, and other remediable defects.

Advanced Courses

- 20,21,22. Theory of Physical Education and Practice teaching. History of physical education, Swedish Kinesiology, instruction in preparing and teaching gymnastics, games, and dances; and practice teaching. Prerequisite: Physical Education 1,2,3. Required in the senior year. Two hours a week. Course 20, fall term; Course 21, winter term; Course 22, spring and summer terms.
- 30,31,32. Folk, Gymnastic, and Aesthetic Dancing. Prerequisite: Physical Education 1,2,3, 4,5,6. Elective. Two hours a week. Course 30, fall term; Course 31, winter term; Course 32, spring term.¹⁴

Summer school offerings in 1920 were the same as in Summer, 1919.

In 1920-21 the women's physical education curriculum was revised and divided into High School and Junior College courses. At the end of that year, on June 5, 1921, the name of the Normal School was changed to Eastern Illinois State Teachers College. The new Physical Education curriculum was:

PHYSICAL EDUCATION FOR WOMEN

High School

- 1,2,3. First Year. Swedish Gymnastics, elementary apparatus work, games athletics, fancy steps, folk and gymnastic dancing. Required in the first year of every curriculum. Two hours a week. Course 1, fall term; Course 2, winter term; Course 3, spring term.
- 4,5,6. Second Year. Advanced Swedish gymnastics, apparatus work, games, athletics, fancy steps, folk and aesthetic dancing. Prerequisite: Physical Education 1,2,3. Two hours a week. Course 4, fall term; Course 5, winter term; Course 6, spring term.
- 7,8,9. Corrective Gymnastics. A substitute for the regular gymnastic work for those who are physically weak. It includes treatment for those who have flat feet, spinal curvature, and other remediable defects.

Junior College

- 1,2,3. See above.
- 4,5,6. See above.
- 20,21,22. Theory of Physical Education and Practice Teaching. History of physical education. Swedish Kinesiology, instruction in preparing and teaching gymnastics, games,

and dances; and practice teaching. Prerequisite: Physical Education 1,2,3. Required in the second year of the two-year curriculum. Two hours a week. Course 20, fall term; Course 21, winter term; Course 22, spring and summer terms.

30,31,32. Folk, Gymnastic, and Aesthetic Dancing. Prerequisite: Physical Education 1,2,3,4,5,6. Elective. Two hours a week. Three-fourths of a credit for the year's work. Omitted 1920-21.¹⁵

This program carried through 1921-1922, 1922-1923, 1923-1924, 1924-1925 with an added course numbered 33,35. "Walking".

The Physical Education Program at Eastern reflected the trends of the time with a heavy emphasis on Gymnastics and Exercises. From the early period on, dance in some form was included in the curriculum. The women instructors were considered highly trained for their era and the program at its inception was built around a knowledge of the body and of health factors considered important at the time. "Proper" costumes were required after the first few years and the Gym "Bloomers" and Middie-Sailor blouse became standard for many years.

Since Eastern's main function at the time was to train teachers, physical education offerings, especially in the summer, included instruction for classroom teachers on the proper techniques of conducting exercise and folk dance programs for children. In addition, the

activity needs of the college women were recognized and physical education classes were designed for them.

Faculty members who taught women's physical education at the Eastern Illinois State Normal School during the first twenty-five years were the following in succession: Katherine Gill, 1902-1904; Edith C. Bailey, 1904-1906; Alice M. Christiansen, 1909-1913; Lena M. Niles, 1913-1917; Katherine J. Farrer, 1917-1919; Margaret C. Hammet, 1919-1920; Agnes Stewart, 1920-1922; Grace Woody, 1922-1924; and Florence G. McAfee, 1924-1962.¹⁶

Physical Education for Men

Football

There was no physical education program nor classes for men from the time the Eastern Illinois State Normal School opened in 1899 until Mr. Charles P. Lantz was hired in the Fall of 1911. Yet there was an Athletic Association organized in October 1899, with forty-five interested students and teachers joining. A football team was also organized in the Fall and coached by Mr. Otis W. Caldwell of the faculty, assisted by Mr. Francis G. Blair. The first year, 1899, the team played only twice, one game with a "town team" from Oakland, and the other a team from Austin College in Effingham. They lost both games, but they won three out of six games played in 1900. The football team of 1901 was undefeated. That team won six games and tied three. It was the most successful year of Eastern's early history. Mr. Caldwell coached the team until 1901. The 1902 team was coached by Mr. Thornwood, a chemistry teacher at Eastern. The 1903 team was coached by Mr. Thomas H. Briggs, an English teacher. From 1904 to 1909, the team was coached by Mr. Joseph C. Brown, a mathematics teacher, assisted by other faculty members. The available records show that in

its first dozen years, Eastern won 36 games, lost 28, and tied 13 games.¹⁷

Basketball

There was not a well-established sport at Eastern until 1911-1912. However, basketball was played as an intramural activity as early as 1900, on the west part of the third floor of the main building, which served as a gymnasium. Records of basketball were not preserved until 1907 when Mr. Joseph C. Brown (a football coach) undertook the responsibility to coach the basketball squad. The records show Eastern's basketball team winning one out of three games played in 1909 and three out of seven games played in 1911. Mr. Brown left Eastern in January 1911, leaving the basketball team without a coach and without any games to be played during that season.¹⁸

Baseball

There was not a regular organized baseball team until the Spring of 1904, but the students did play informally in 1901-1903 when they won two out of the six games played during that two year period. The baseball team was organized formally in 1904. Mr. Albert Blythe Crowe, a teacher of physical science, served as the baseball coach for seven years until Mr. Lantz came in 1911.¹⁹

There was no record of baseball games played but there was a paragraph from Coleman's Fifty Years of Public Service as follows:

The best thing that can be said of our baseball, past and present, is that our teams have always played clean ball, shown good sportsmanship on the field, accepted defeat philosophically, victory modestly and have won the respect of their opponents.²⁰

The Athletic Association was organized in the Fall of 1899, but it appeared in the 1903 Eastern catalogue and was described as follows:

The Athletic Association

There is in the school a very vigorous Athletic Association, which has the hearty and sympathetic support of the faculty and students. The school is fortunate in having on its faculty an unusually large proportion of men who have distinguished themselves in athletics.²¹

The announcement of the "Athletic Association" was changed to "Athletics" in the 1906-1907 catalogue.

Athletics

All athletic contests in which the school participates are under the control of an athletic association, of which the majority of the men of the school, both students and teachers, are active members.

Students to be eligible to take part in contests with other schools must carry at least twelve periods of work each week and make an average grade of at least seventy percent.²²

The Athletic Association organized the Athletic and Oratorical Meets from 1909-1926. Its "Annual

Invitation Athletic and Oratorical Meet" was held each May from 1909-1926,²³ except for the cancellation in 1918 because of bad war conditions. Twenty to forty schools from eastern and central Illinois sent 200-400 track and field contestants to the athletic meet, which was held on the Normal School Athletic Field. In the evening the Oratorical Contest was held in the Assembly Room with about 50 high school students competing. At this meeting, the Athletic Meet awards were announced and presented.²⁴

Mr. Charles P. Lantz came to Eastern in the Fall of 1911. In the Summer Session of 1912, two courses were offered and listed in the Summer Session announcements as follows:

Physical Education for Men

Mr. Lantz

Course 58 - Gymnastics.

This course will consist of theory and of practical gymnastic work, drills, games, apparatus and playground work. Part of the work will be in the gymnasium and part outdoors. Two hours a week.

Course 59 - Athletics.

This course will consist of the study of the popular sports, such as baseball, football, basketball, tennis, track, and soccer. This course is for those who teach or wish to organize athletics. Two hours a week.²⁵

Mr. Lantz also designed three courses for the men students at Eastern which appeared in the 1912-1913

catalogue:

PHYSICAL EDUCATION FOR MEN

Course One

Regular exercises in the gymnasium. Free developing exercises, marching, apparatus work, and games.

Course Two

Regular exercises in the gymnasium. Advanced work on the horse and parallel bars, advanced steps, and games.

Course Three

Regular exercises in the gymnasium. Advanced work and practice in teaching.

During the spring term the work will be out of doors and will include games and track work.

During the year lectures will be given on hygiene and kinesiology.²⁶

The men were required to take physical education two hours a week and to wear gym suits--sleeveless jerseys and long gym pants. This program carried through the 1913-1914, 1914-1915, and 1915-1916 academic years.

In the Summer of 1913, Mr. Lantz taught the same courses: Gymnastics and Athletics as in the Summer of 1912, only the course numbers changed to 51 and 52 respectively. There was no offering of physical education courses during the Summers of 1914, 1915 and 1916.

The 1916-1917 announcements of physical education for men revealed that course numbers changed, and 5, 6 Coaching for Men was added. The courses were:

PHYSICAL EDUCATION FOR MEN

- 1,2. Regular exercises in the gymnasium. Free developing exercises, marching, tumbling, apparatus work and games.
- 3,4. Regular exercises in the gymnasium. Advanced work on the horse and parallel bars, advanced steps and games.

During the spring and fall the work will be on the athletic field and consist of games and track work. During the year lectures will be given on hygiene and kinesiology.

- 5,6. Coaching for Men. This course will include coaching for foot-ball, basket-ball, base-ball, and track. It will be mainly class room work and will be for those who expect to have charge of athletics in high schools.

Mr. Lantz offered two different courses during the 1917 Summer. The courses were Athletic Coaching and Playground Management. These two courses were also taught during the Summers of 1918, 1919, and 1920. Detailed descriptions of the courses are listed below:

PHYSICAL EDUCATION (MEN) - 1. Athletic Coaching.

The course includes football, basket-ball and base-ball. It consists of class-room work, lectures, interpretation of the rules, the technique of the game. Notebooks are kept and an examination is given. This course is helpful for those who have charge of athletics and it is not necessary to have athletic experience to take the course, as there is very little practical or outdoor work. A base ball team will be organized. Credit, one-fifth of a unit, elective physical education. 11:20, Room 23, Mr. Lantz.

2. Playground Management

This course is for those who have charge of the play of children in city or country schools and is not intended for those who are expected to super-

intend city playgrounds. It includes lectures, the technique of play, outdoor and indoor games, tennis, soccer, and other games. Note-books are kept and an examination is given at the end of the term. Omitted 1917. Credit, one-fifth of a unit, elective physical education.²⁸

In 1917-1918, physical education became a requirement for men students. The new statement, which remained the same in 1918-1919, was:

PHYSICAL EDUCATION FOR MEN

Physical Education 1,2. Regular Exercises in the Gymnasium. Free developing exercises, marching, tumbling, apparatus work and games. Required of first year students in all courses. Two hours a week. Physical Education 1, offered first term, Physical Education 2, second term.

Physical Education 3,4. Regular Exercises in the Gymnasium. Advanced work on the horse and parallel bars, advanced steps and games. During the spring and fall the work will be on the athletic field and consist of games and track work. The course includes lectures on hygiene and kinesiology.

Prerequisite, Physical Education 1,2. Required of second year students in all courses. Two hours a week. Physical Education 3 offered first term, Physical Education 4, second term.

Physical Education 5,6. Coaching for Men. This course will include coaching for foot-ball, basket-ball, base-ball, and track. It will be mainly class room work and will be for those who expect to have charge of athletics in high schools.

Prerequisite, Physical Education 1,2,3,4. Elective in the eleventh, junior, and senior years. Three hours a week. Credit, one-half of a unit. Physical Education 5, offered first term, Physical Education 6, second term; partial equivalent offered in the summer term. Athletic Coaching I.²⁹

In 1919-1920 the Physical Education program was designed as elementary courses and advanced courses:

PHYSICAL EDUCATION FOR MEN

Elementary Courses

- 1,2,3. REGULAR EXERCISES IN THE GYMNASIUM. Free developing exercises, marching, tumbling, apparatus work, and games.

Required of first year students in all curriculums. Two hours a week. Course 1, fall term; Course 2, winter term; Course 3, spring term.

- 4,5,6. REGULAR EXERCISES IN THE GYMNASIUM. Advanced work on the horse and parallel bars, advanced steps and games. During the spring and fall the work will be on the athletic field and consist of games and track work. The course includes lectures on hygiene and kinesiology.

Prerequisite: Courses 1,2,3. Required of second year students in all curriculums. Two hours a week. Course 4, fall term; Course 5, winter term; Course 6, spring term.

Advanced Courses

- 30,31,32. COACHING FOR MEN. This course includes coaching for foot ball, basket ball, base ball and track. It is mainly classroom work and is for those who expect to have charge of athletics in high schools.

Prerequisite: Courses 4,5,6. Elective in the eleventh year and above. Three hours a week. One and a half credits. Course 30, fall term; Course 31, winter term; partial equivalent, summer term.³⁰

In 1920-1921, the program was revised relative to courses offered for the high school and those offered for the junior college. As previously mentioned, the Senior High School had been organized in the Fall of 1918 with an enrollment of 9 students.

PHYSICAL EDUCATION FOR MEN

High School

- 1,2,3. REGULAR EXERCISES IN THE GYMNASIUM. Free developing exercises, marching, tumbling, apparatus work, and games.

Required of first year students in all curriculums. Two hours a week. Course 1, fall term; Course 2, winter term; Course 3, spring term.

- 4,5,6. REGULAR EXERCISES IN THE GYMNASIUM. Advanced work on the horse and parallel bars, advanced steps and games. During the spring and fall the work will be on the athletic field and consist of games and track work. The course includes lectures on hygiene and kinesiology.

Prerequisite: Courses 1,2,3. Required of second year students in all curriculums. Two hours a week. Course 4, fall term; Course 5, winter term; Course 6, spring term.

Junior College

- 1,2,3. See above.

- 4,5,6. See above.

- 20,21,22. PHYSICAL EDUCATION FOR SECOND YEAR STUDENTS IN THE TWO-YEAR CURRICULUM.

Required. Two hours a week. Course 20, fall term; Course 21, winter term; Course 22, spring term.

- 33,34,35. ATHLETIC COACHING. First year.

Foot ball Practice (8 hours a week) Theory (1 hour a week)	Basket ball Practice (6) Theory (1)	Base ball Practice (8) Theory (1)
--	---	---

Gymnastics Practice (2 hours a week)	Gymnastics Practice (2)	Track Practice (4)
--	----------------------------	-----------------------

Elective. Three credits. No credit toward graduation for less than the full year's work.

36,37,38. ATHLETIC COACHING. Second Year

Foot ball	Basket ball	Base ball
Practice (8)	Practice (6)	Practice (4)
Theory (1)	Practice (2)	Theory (1)
		Organization and Administration of Physical Education (1)

Elective. Three credits. No credit toward graduation for less than the full year's work.³¹

This program carried through 1924-1925.

During the summers of 1921, 1922, 1923, and 1924, only one course, Athletic Coaching, was offered.

Mr. Lantz taught all of the physical education classes for men by himself from 1911 to 1924. Also, he coached the football team, basketball team, baseball team and track. In the Fall of 1911 he developed a physical education program which required all men students to take physical education. This physical education class met 2 hours a week. He also initiated a professional course in 1916 entitled Coaching for Men for the students who would seek coaching as a profession.

The football teams of 1912, 1913, and 1914 were the best teams Eastern had produced in the early years. Eastern joined the Illinois Intercollegiate Athletic Association in December of 1912. In 1913, as well as in 1914, the Eastern football team became the Illinois

Intercollegiate Athletic champions.³² The football team
of 1922 was undefeated.³³

CHAPTER II

INSTRUCTIONAL MEDIA MATERIALS USED IN THE PHYSICAL EDUCATION PROGRAM 1899-1984

Printed Matter: Teaching Materials

The earliest media materials used in the physical education program were printed materials and black and white photo pictures. The printed materials included teaching materials: Books, journals, magazines, periodicals and articles. Other printed materials included the Eastern annual catalogues, Senior Year Book, The Normal School News (later changed its name to Teachers College News in 1921), and W'apper, and Warblers.

According to the earliest records from the Textbook Library, teaching materials for teaching children's games, rhythms, and story-telling were provided on October 9, 1899. The following books were listed in Textbook Library records Book I, on page 293, 295, and 297: Songs and Games for Little Ones by Gertrude Walker and Harriet S. Jenkins (Oliver Ditson Co.); Kindergarten Chimes by Kate Douglas Wiggin, (Oliver Ditson Co.); Songs for Little Children for the Kindergartens and Pri-

mary Schools Part I, and Songs for Little Children for Kindergartens and Primary Schools Part II by Eleanor Smith (Thomas Charles Co.).

On January 11, 1901 Songs of the World by Gaynor (The John Church Co.), and Instrumental Characteristic Rhythms Part II by Clara L. Anderson were added. All of the above books were provided before physical education for women was started in 1902. It is possible that the teachers of the Practice School used the books to teach the children in the classrooms.

On May 29, 1906 the following books were recorded on the Textbook Library Book II, pp. 297-299: Arabella and Araminta Stories by Gertrude Smith (Small, Maynard & Co.): Just so Stories by Rudyard Kipling (Doubleday Page & Co.); Roggie & Reggie by Gertrude Smith (Harpers); Indian Child Life and Little Red People by E. W. Deming (F. S. Stokes Co.); Fifty Famous Stories Retold by James Baldwin (American Book Co.); Fancy Tales by Frank R. Stockton (Scribner); Baby's Own Aesop by Walter Crane (Routledge); In the Days of Giants by Abbie F. Brown (Houghton, Mifflin & Co.); Japanese Fairy Tales by Thresa P. Williston; The Nine Worlds by Mary E. Litchfield (Ginn & Co.); Finger Plays by Emilie Poulsson (Lothrop Pub. Co.); A Child's Garden of Verses by R. L. Stevenson (Scribner).

On July 23, 1906 the following books were added:
At the Back of the North Wind by George McDonald (E. P. Dutton & Co.); The Tale of Peter Rabbit by Beatrix Potter (F. Warne & Co.); The Book of Knight & Barbara by David Starr Jordan (Appletons); The Wonderful Chair & The Tales It Told by Frances Browne (D. C. Heath & Co.); Little Indian Folk by E. W. Deming (F. A. Stokes Co.).

The Textbook Library records Book III on Page Fl, on June 19, 1909 indicated the acquisition of Asgard - Tales from Norse Mythology by Mary H. Foster and Mabel H. Cummings (Siler, Burdett & Co.).

After Miss Alice M. Christiansen was hired in 1909 as Director of Physical Education, she wrote the book Schoolroom Gymnastics and Graded Games. It was a 115-page book published by Eastern Illinois State Normal School, Charleston, Illinois on October 1, 1911. It was bound between the Annual Catalogue 1910-1911 (the twelfth year), with the announcements for 1911-1912, and the Summer Term 1912.

Miss Christiansen wrote this book for the critic teachers in the Model School at Eastern, with the hope that it might also be useful to public school teachers. Various physical education textbooks were used at a later date. (The Textbook Library has no records after 1909.)

The Athletic Journal was furnished by the Normal School Library in 1921, and Journal of Health and Physical Education furnished by the Library in 1930. Those two were the most influential journals in the physical education field at the time.

Printed Matter: Black and White Pictures

The first Senior Year Book included the picture of Old Main, the school calendar of events happening every month, painting, drawing, picture cutting, and class signatures.

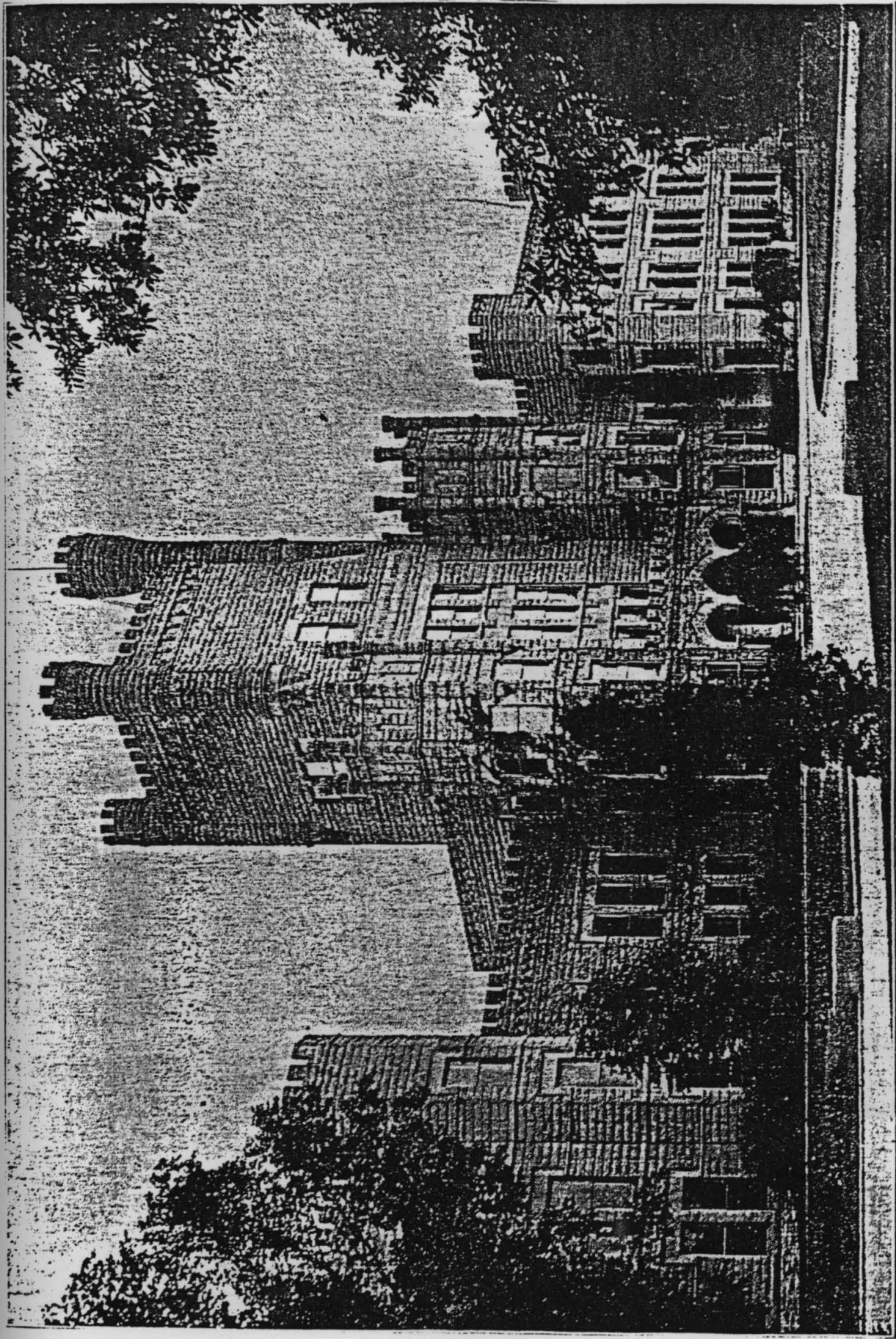
The Physical Education Program was started for women in 1902. The program was called "Physical Culture" and consisted of a normal kind of exercise, of a type which required no gym suits. Students were asked to wear comfortable clothing. The class was held in the west side of the third floor of Old Main. This place also served as a gymnasium for men students' ball games.

Pictures taken in the black and white photography available at the time played an important role in the early history of Eastern Illinois State Normal School. There were quite a number of excellent pictures which were taken by skillful photographers. The pictures may be classified into three categories: the

buildings, the people, and the physical education events.

The Buildings

There were many pictures of Old Main appearing in the catalogues, the Eastern Bulletins, student year books, and reference books. The pictures showed not only scenery, but also gave evidence of the construction, the lightness, and the use of distance utilized by the photographer. Although eighty-four years have passed, photographers still recognize that from the view at any angle, Old Main is still a grand building. Four of the magnificent pictures follow. Other pictures which were taken during the first decade of the 1900's included a gymnasium, completed in the fall of 1908, which was directly connected to Pemberton Hall, and Pemberton Hall itself, completed in January 1909.

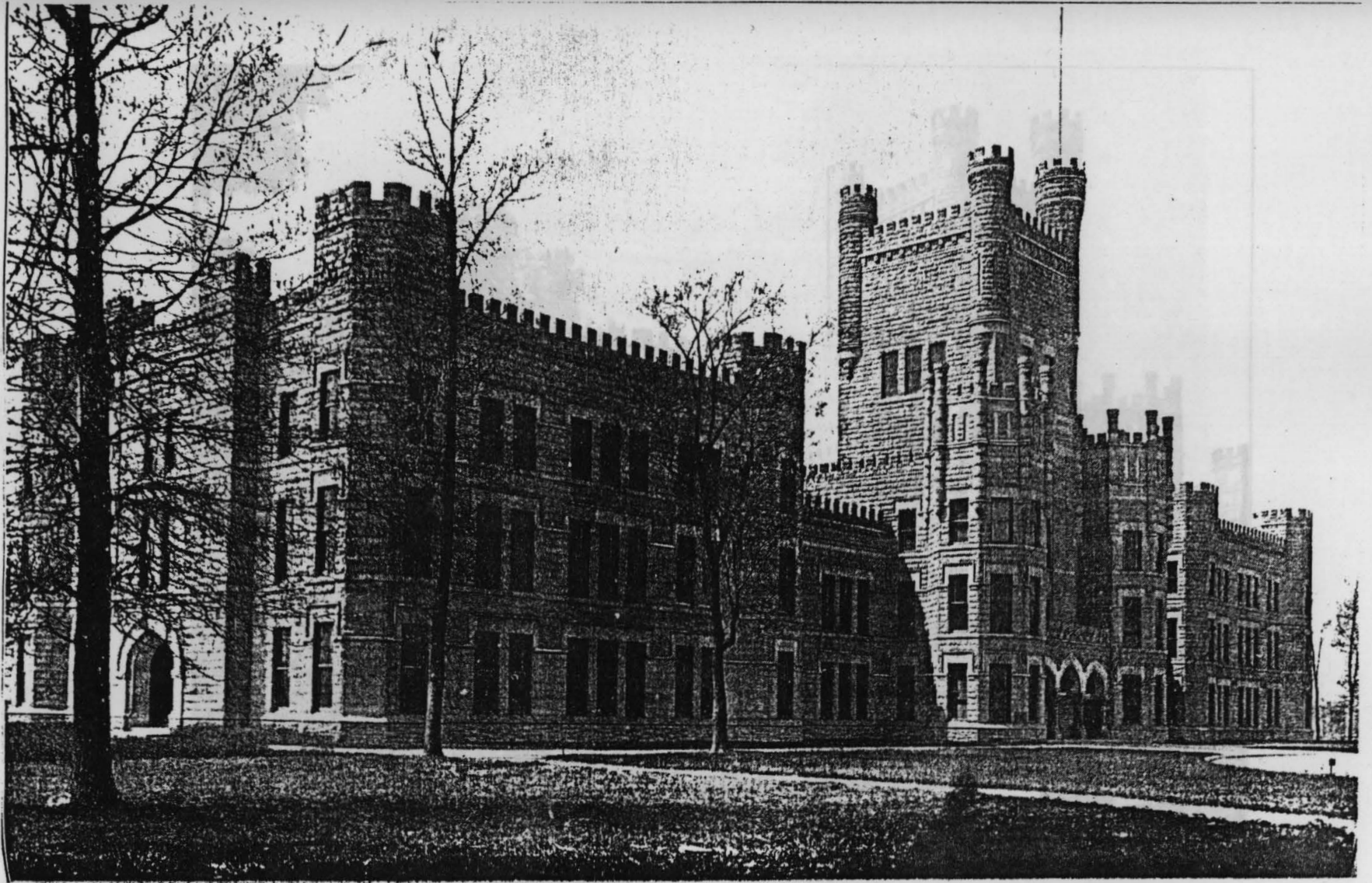


Old Main from Warbler 1922 p. 6



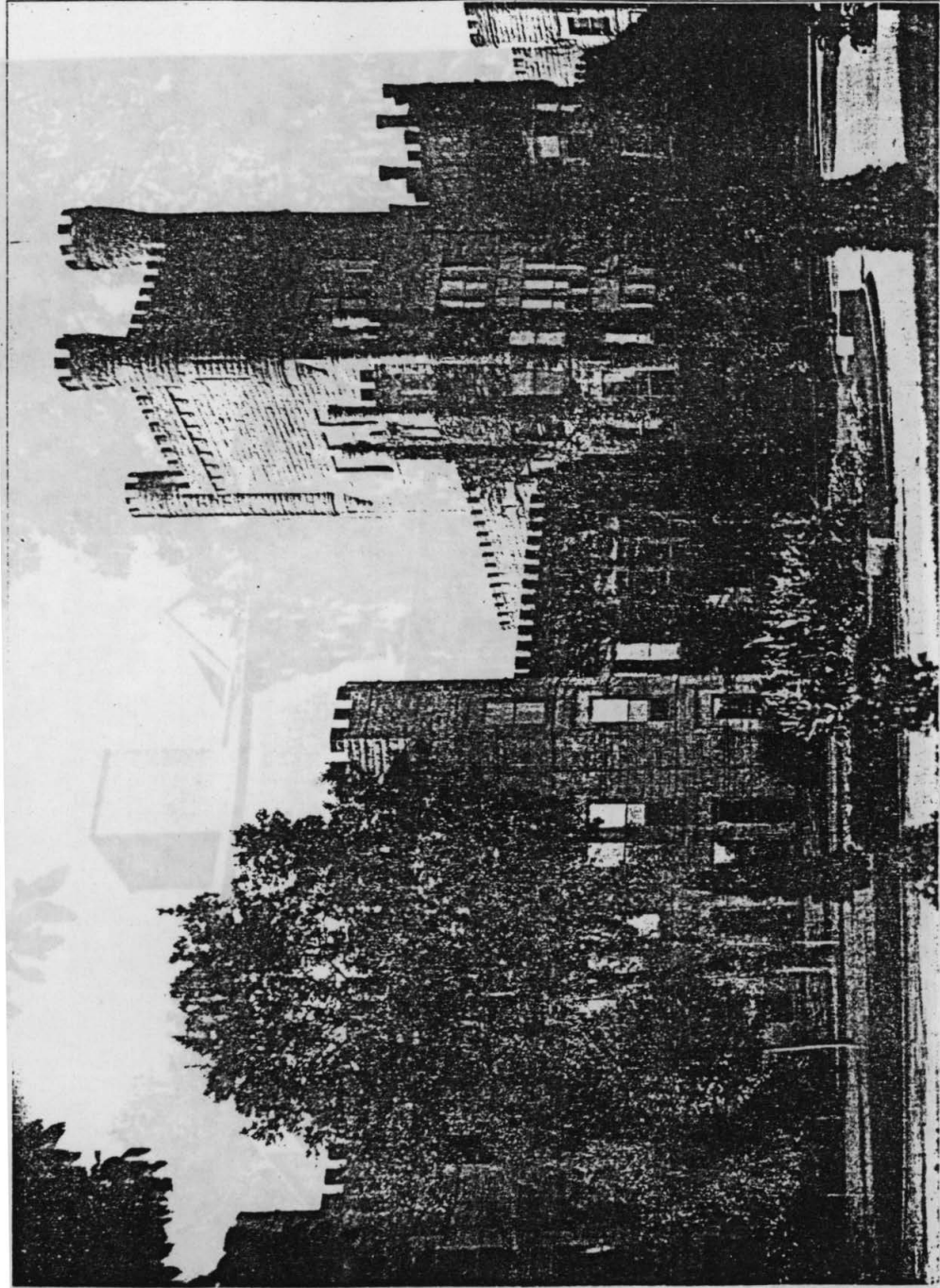
THE MAIN BUILDING
Completed in 1899

Coleman, Fifty Years of Public Service, p. 2

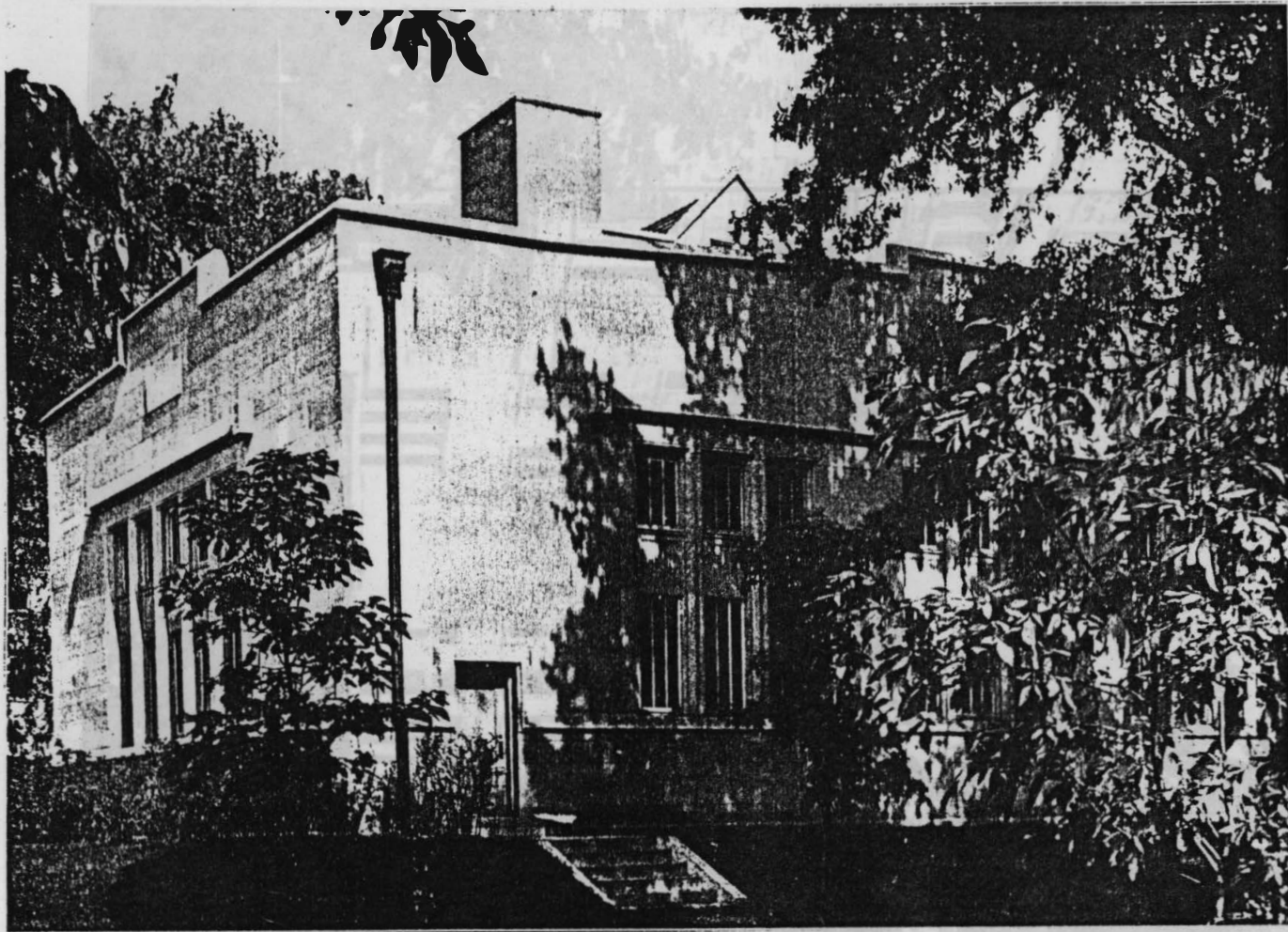


Eastern Illinois State Normal School

Appeared on 1900-1901 (Second Year) Annual Catalogue p. 1



OLD MAIN '13 W'apper p. 2

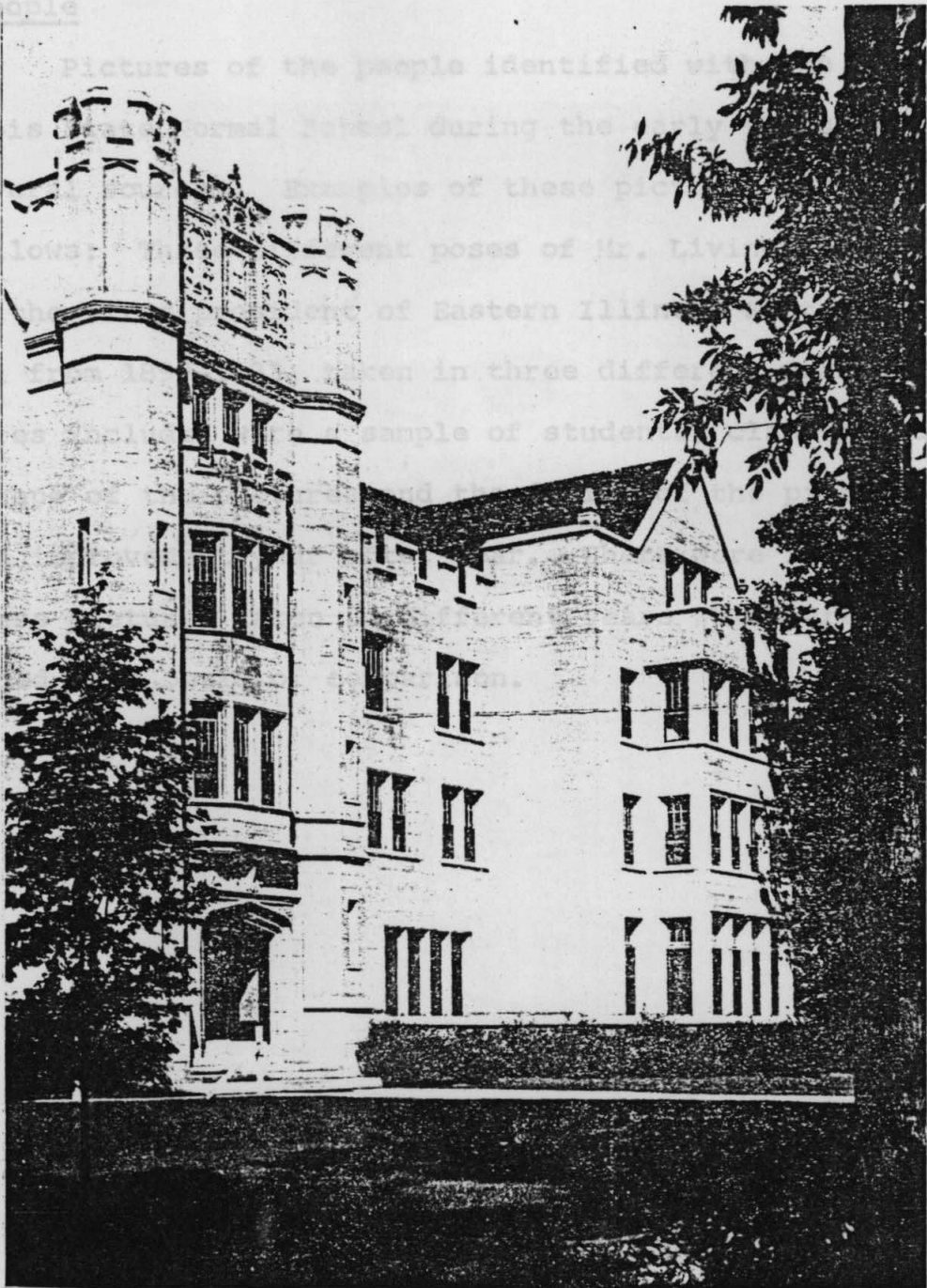


Pemberton Hall completed in January 4, 1909

'13 W'apper p. 106

A Gymnasium was connected with Pemberton Hall completed in 1908

'13 W'apper p. 93

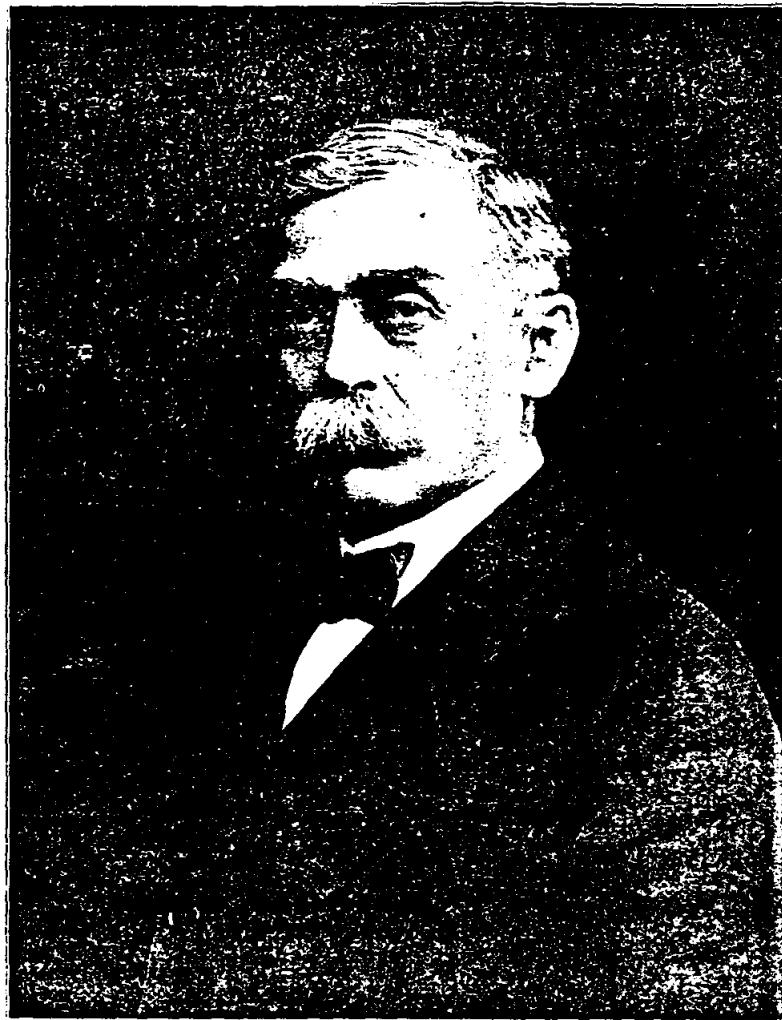


Pemberton Hall completed in January 4, 1909

'13 W'apper p. 106

The People

Pictures of the people identified with the Eastern Illinois State Normal School during the early years appear in several sources. Examples of these pictures are included as follows: Three different poses of Mr. Livingston C. Lord, the first president of Eastern Illinois State Normal School from 1899-1933, taken in three different years. Other pictures included were a sample of students' class pictures. The shape of the pictures and the design of the pictures showed improvement year after year. There were 13 examples of class pictures taken in different years which are included as a basis of comparison.



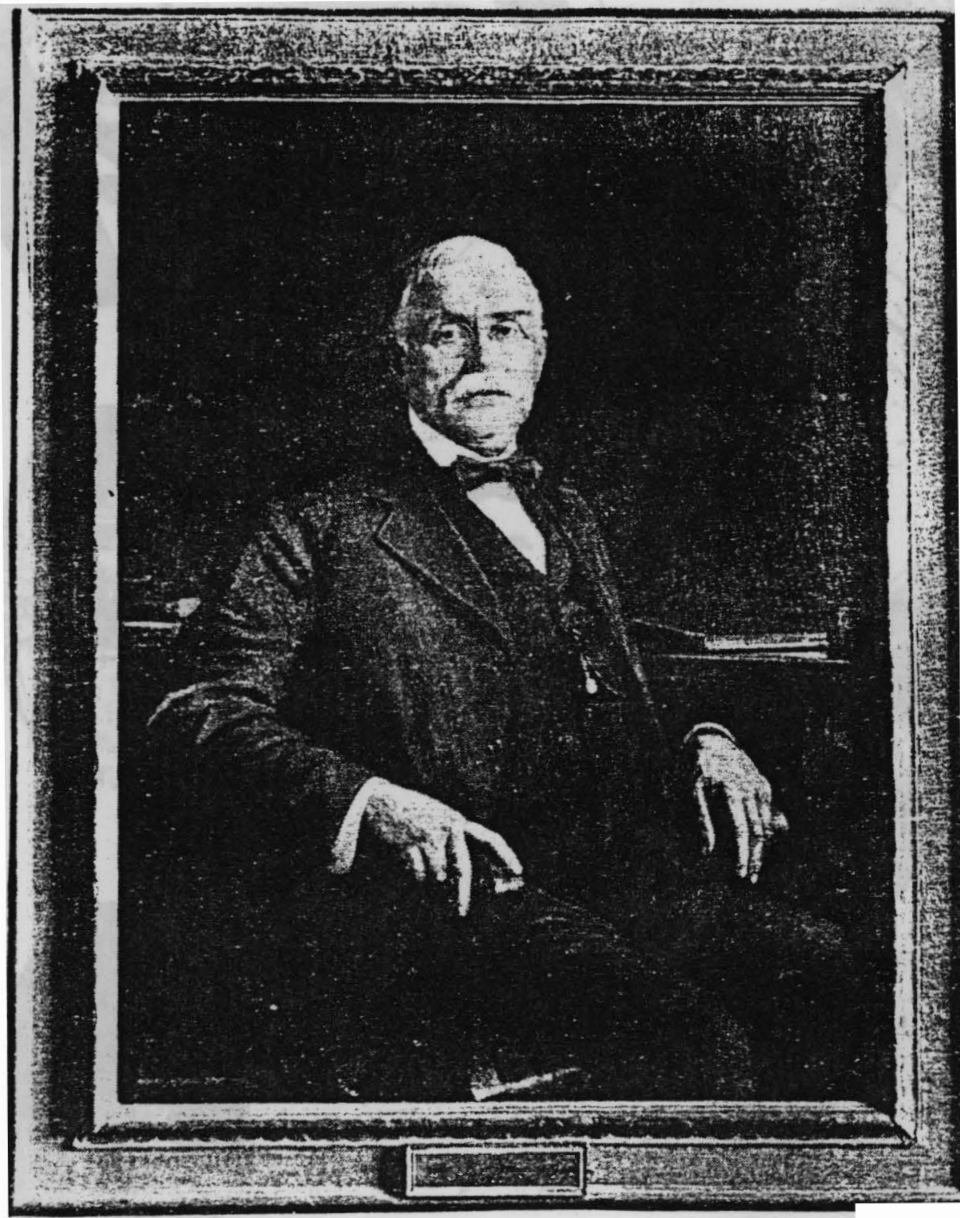
MR. LIVINGSTON C. LORD

From '13 W'apper p. 4



LIVINGSTON C. LORD - President
A. M., Harvard University; LL. D.,
University of Illinois

From Warler '19 p. 10



LIVINGSTON C. LORD - PRESIDENT

Let us now praise famous men,
Such as bear rule in their kingdoms,
Men renowned for their power,
Giving counsel by their understanding.

1905

1907

1908



Elna Burrieger



Lydia Carney



Edward Ekblavis





Charles Hill.
President.



Sigurd
Braxton.



Helen
Mathams.



Helen
Mason.



Mrs
Runch.



Anna
Coffey.



Blanche
Taylor.



Miss
Piper.



Hewitt
Stanberry.



Ruth
Gray.



Alma
Jennings.



Flossie
Henry.



Helen
Byers.



Emma
Bilchrist.



Ruth
Taylor.



Opal
Schriener.



'13 W'apper

Warbler 1921

Warbler 1923

Warbler 1933



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Bernita Amyx

Oliver Anderhalter

John Bingham



Helen Blank

Bob Bokenkamp

Allen Brent



Dorothy Ellen Brown

Irving Burt

Lee Cammon



Lester Carter

Ethel Cassida

Darrel Clark



John Cole

Herschel Collins

Virginia Combs



1953 Seniors

p. 51



E. Baltmeskis
J. Beagley
R. Beals
L. Blaase

G. Boldrey
M. Bono
C. Boyles
M. Briggs

J. Brubeck
B. Bryan
A. Buckley
H. Burgener

SENIORS

Janice L. Bailey
 Carroll F. Baird
 Van Kent Baird
 Darlene Baldwin



Judith Lee Baldwin
 Ralph Alan Bales
 Jack T. Ballinger
 Donn Barber



Inez Mae Barnett
 James E. Bauer
 Karol Baugh
 Jack Beason



Floyd A. Bee
 Edwin Jay Bell
 Sara Sue Bell
 Faye Bemis



Sherry Lou Bennett
 Sharon Marie Beyers
 Carolyn A. Bieritz
 Frederick L. Bingaman



Health, P.E. & Recreation

Judy L. Baird Martinsville
Physical Education; WRA, WPEC
Chris Barber Charleston
Physical Education; Delta Sigma Phi,
Football
Vranda Barclay Chicago
Physical Education; Gamma Delta Iota,
WPEC, WRA



Mary Bayles Mattoon
Physical Education; Delta Psi Kappa,
WPEC, WRA
Dohn Beard Mason City
Physical Education; Sigma Pi
Kenneth Beavers Newton
Physical Education
Terry Beckwith Des Plaines
Physical Education; Phi Epsilon
Kappa-Sec., Gymnastics, Varsity Club,
MPEC
Jane Begert Grayville
Physical Education; WRA, BSU,
Concert Band



Larry J. Bemont Olney
Physical Education
Peggy Berry Morrisonville
Physical Education; WRA
Debbie Bialeschki Tolono
Physical Education; Delta Psi Kappa,
WRA-Pres., WPEC
Kathryn Biggerstaff Wood River
Physical Education; WPEC, WRA
Kathy Bolsen Hammond
Physical Education



Roger Keith Bone Vandalia
Physical Education; MPEC
Barbara Britton Champaign
Recreation; WRA
Larry Brooks Charleston
Physical Education; Sigma Tau Gamma
Judith Brothers Oakwood
Physical Education; Kappa Delta
Peter Brown Burbank
Physical Education; Sigma Chi, MPEC



George F. Burckhardt Palmyra
Physical Education; Sigma Tau Gamma;
MPEC, EVA
Gaylord Burrows Kampala, Uganda
Physical Education; Pi Kappa Alpha,
Phi Epsilon Kappa, Golf, Soccer,
Football
Larry Carter Anna
Physical Education; Alpha Kappa
Lambda-Pres.
Linda Clough Hutsonville
Physical Education; WRA, WPEC
Virginia L. Correll Robinson
Physical Education; WRA



Martha Abbott
Mark Abendroth
Nicholas Actipes
Tope Adeyemi-Bello
Paul Aguilar*

McLeansboro
St. Elmo
Evergreen Park
Ikere Ekiti-
Nigeria
Mudelein



Judy Alcox
Grover Alexander
Pamela Alexander
Winona Alexander
Karen Alfino

Lombard
Mattoon
Decatur
Neoga
Waukegan



James Allee
Lauri Allee
Karen Allen
Kevin Alvis
James Ames

Mattoon
Mattoon
Westchester
Mt. Vernon
Fairview Heights



Leanne AmRhein
Greg Anderson
Kimberly Anderson
Layne Andes
Geoffrey Andres

Hoffman Est.
Byron
Robbins
Effingham
Springfield



Jonathon Andres
Teri Antoni
Julie Applebee
Terrance Archibald
Heien Arianoutsos

Springfield
Melrose Park
Marseilles
Rantoul
Park Forest



Suzanne Arlington
Carol Armstrong
Shari Arp
Deborah Ashe
Stephen Asmann

Highland Park
Abingdon
Milan
Waukegan
Palatine



Physical Education Events

Women's Physical Education Events

Physical Education for Women started in 1902. A description of the program appeared in the 1902 catalog with the following statement:

Physical Culture

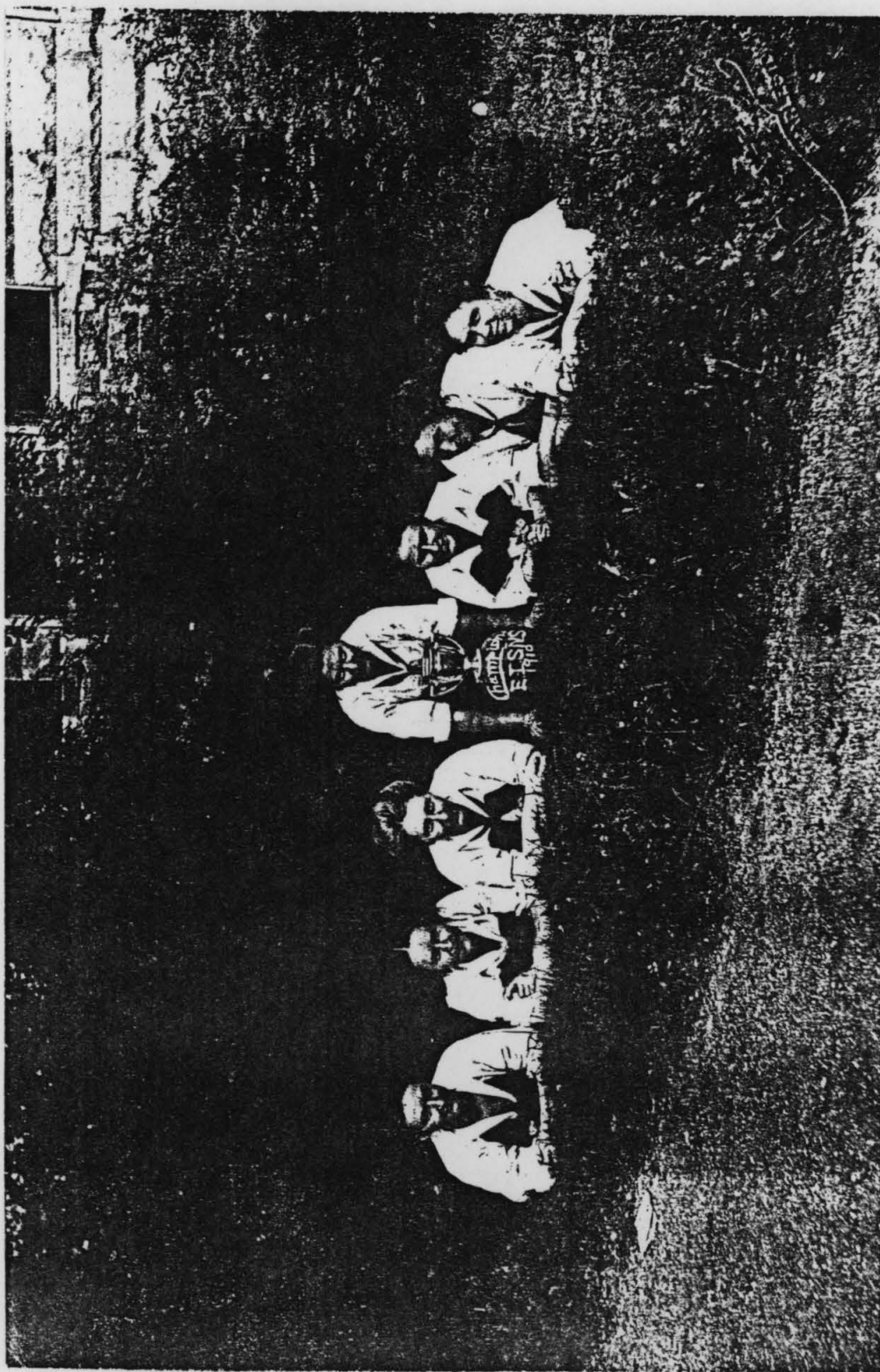
THE exercises given are those known as the "Emerson System," with the addition of marching and running exercises, and adapted movements from the Ling system of gymnastics.

The aim of the Emerson system is to give poise, strength, grace, and beauty to the body and all of its movements. In a comparatively short time results will be apparent, so that the student, after even a short course in this work, will feel that he has something definite to take away with him.

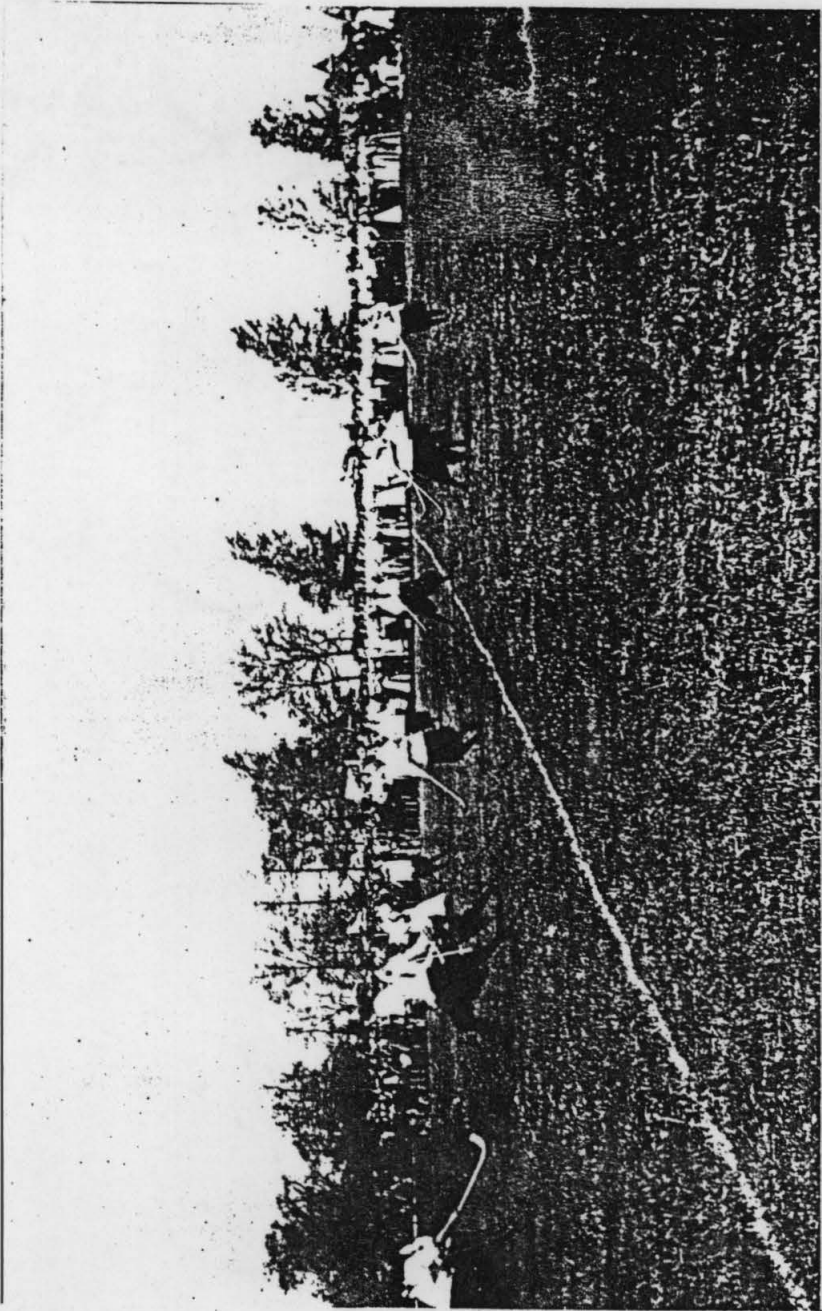
For this work no especial gymnasium costume is needed; the exercises may be taken in any comfortable dress.

These exercises were carried on from 1902 to 1909, until Miss Alice M. Christiansen came in 1909. Miss Christiansen graduated from the Boston Normal School of Gymnastics, which became the Physical Training Department of Wellesley College shortly after. Under Miss Christiansen's direction and instruction, a physical education program was set in 1909, and a Young Women's Athletic Association was organized in 1911. The association sponsored a fairly wide range of activities and recorded in 1911 that they bought tennis rackets, nets, and balls, basketballs and a fencing outfit for members' use. Field hockey was played before 1909,

as is evidenced by the picture inserted. Under Miss Christiansen's directorship, students had to take regular physical education classes and also had to do extra work during the Fall and Winter quarters. The freshmen were assigned to do folk plays and fancy dancing; sophomores, heavy gymnastics; juniors, Indian Club Swinging; seniors, aesthetic dancing. In the Spring, the girls played field hockey, baseball, out-door basketball and volley ball. A girls' basketball champion team picture of 1910 and a field hockey game in progress in 1911 are shown on the following pages:



Girls' Basketball Champion 1910



GIRLS OF THE NORMAL SCHOOL PLAYING HOCKEY.

From Normal School Bulletin #32 April 1911. P. 21

On March 18, 1911, the Department of Physical Education gave a PUBLIC DEMONSTRATION of the work of the department. Attached here is the program sheet of the demonstration.

**PUBLIC DEMONSTRATION
OF THE WORK**

OF THE

DEPARTMENT OF PHYSICAL EDUCATION

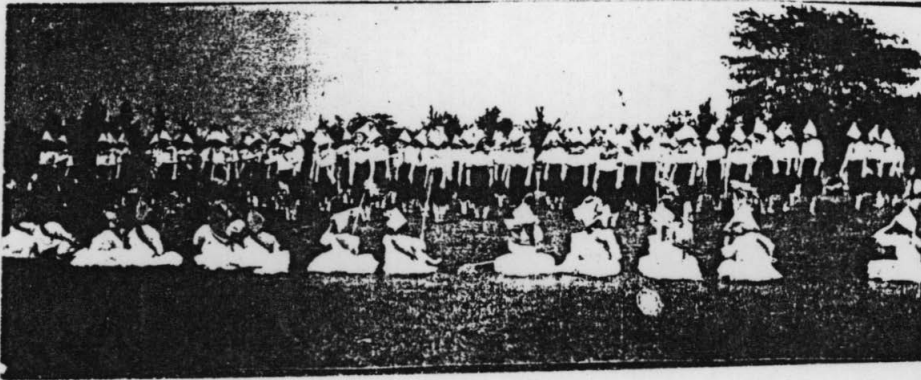
**EASTERN ILLINOIS STATE NORMAL SCHOOL
CHARLESTON, ILLINOIS**

Saturday Evening, March 18, 1911

At 8:00 O'clock

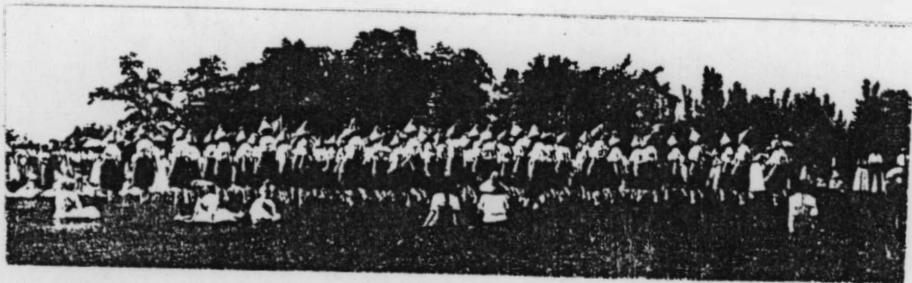
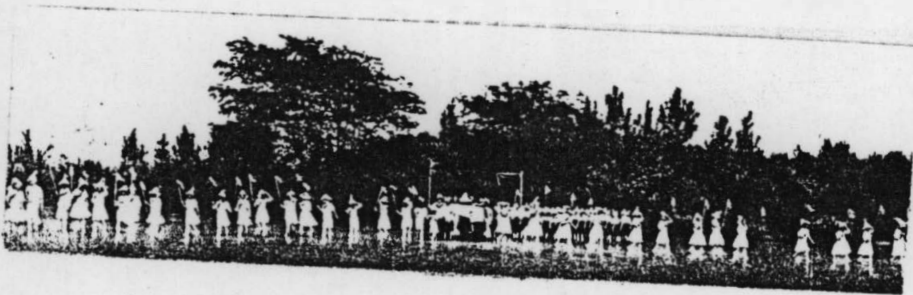
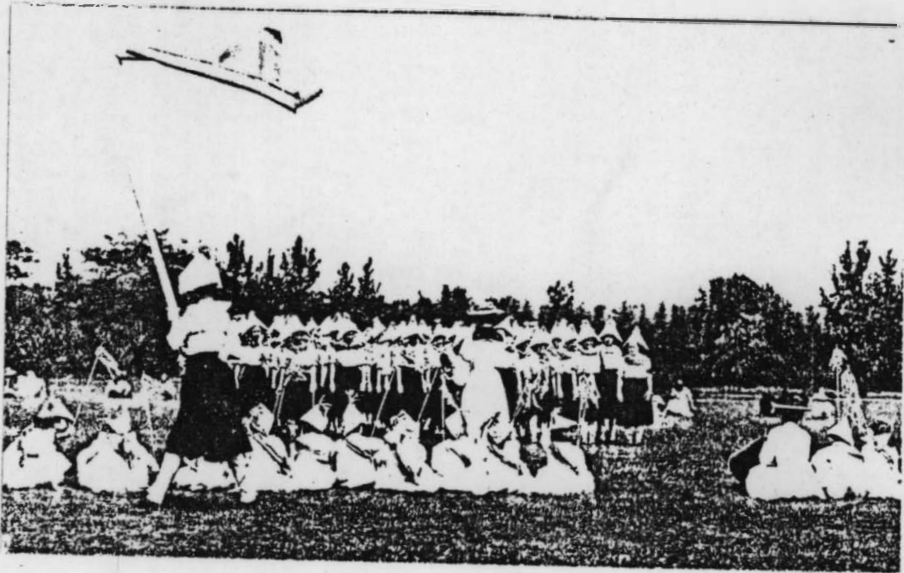
The Senior Year Book 1904-1911 also recorded another Girls Field Meet which was held in June 7, 1911 and included a number of pictures of field events:

Banner was won by Class of 1912 with 67 points

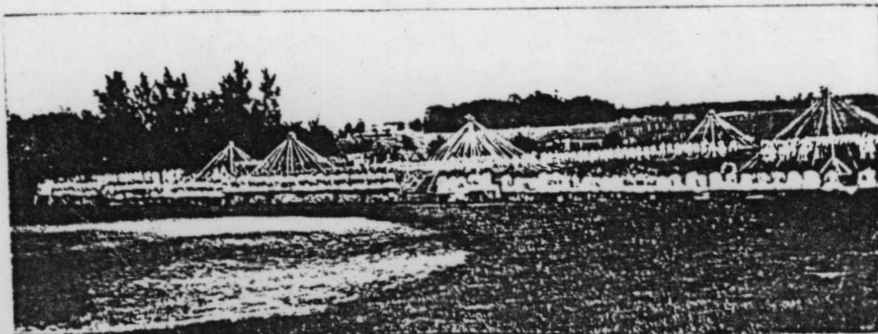
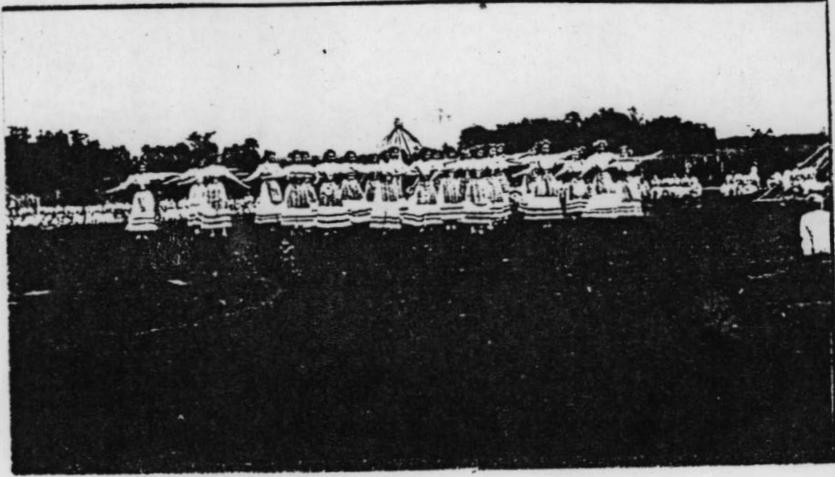


Pictures taken from the Senior Year Book
1904-1911

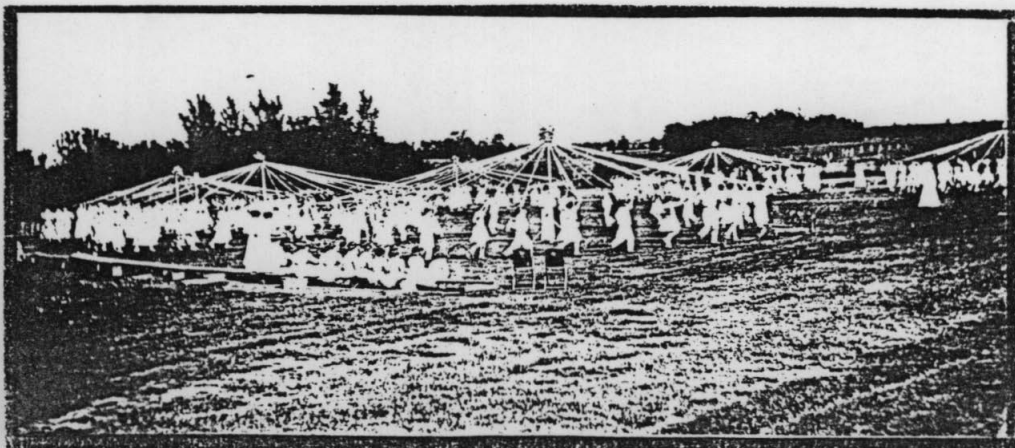
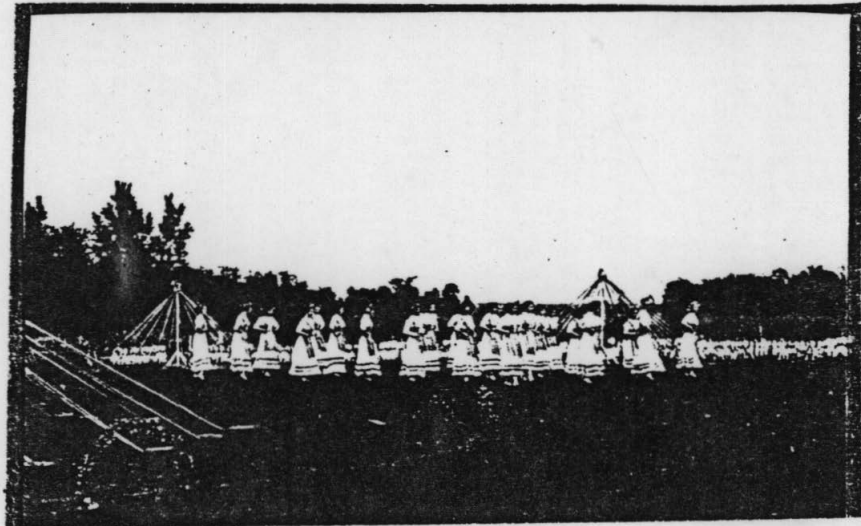
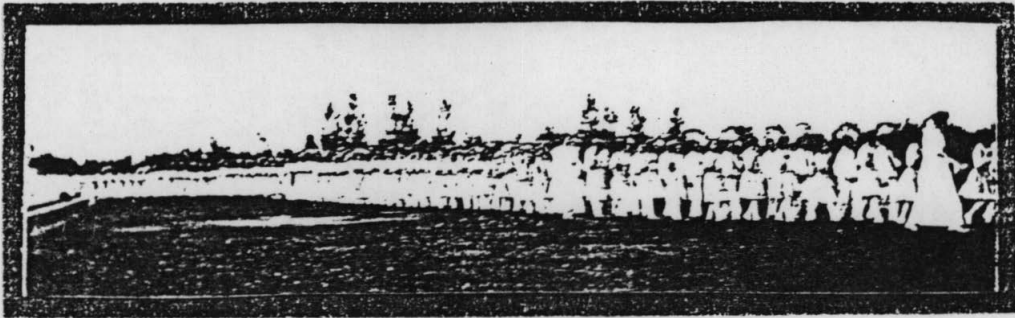
Field Meet 1911



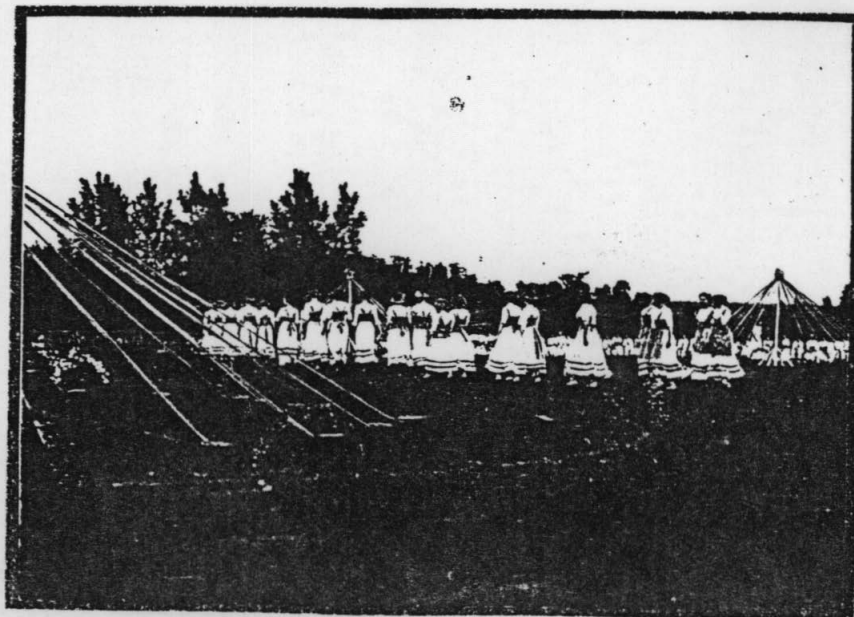
In May 13, 1912 there was another May Festival. Pictures which follow show the fantastic May Pole Dance:



May Festival 1912



May Festival 1912

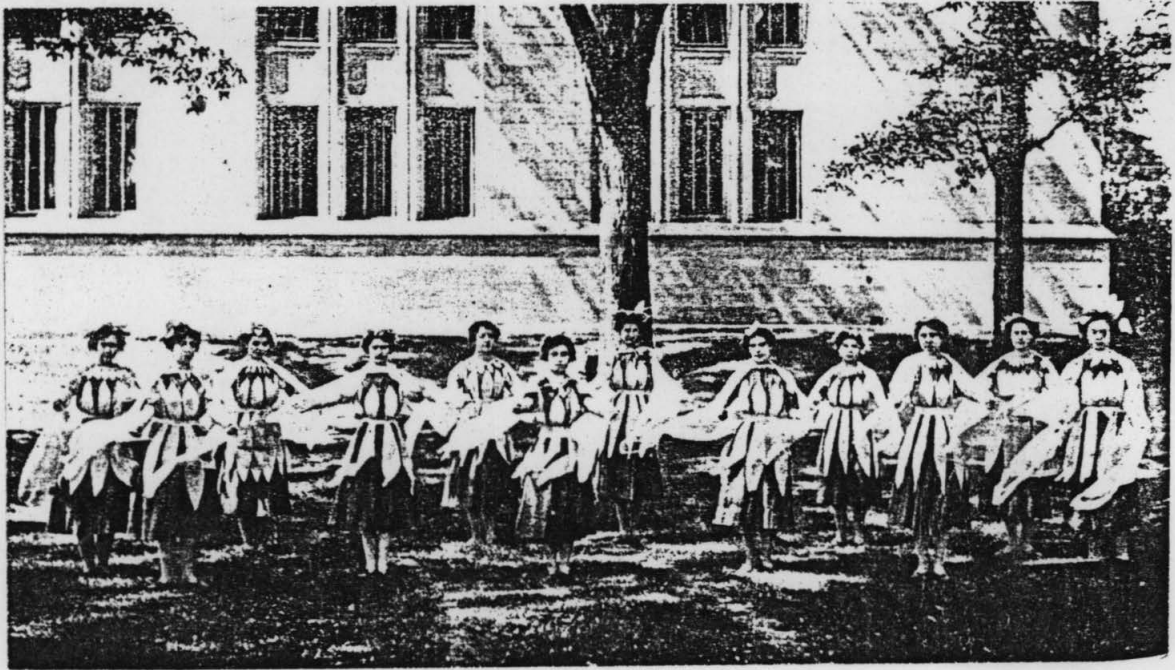


In the evening of May 18, 1912, the Second Annual Athletic Party was held in Normal School Gymnasium to show the grand march and fancy steps of dance. Below is the party Programme:

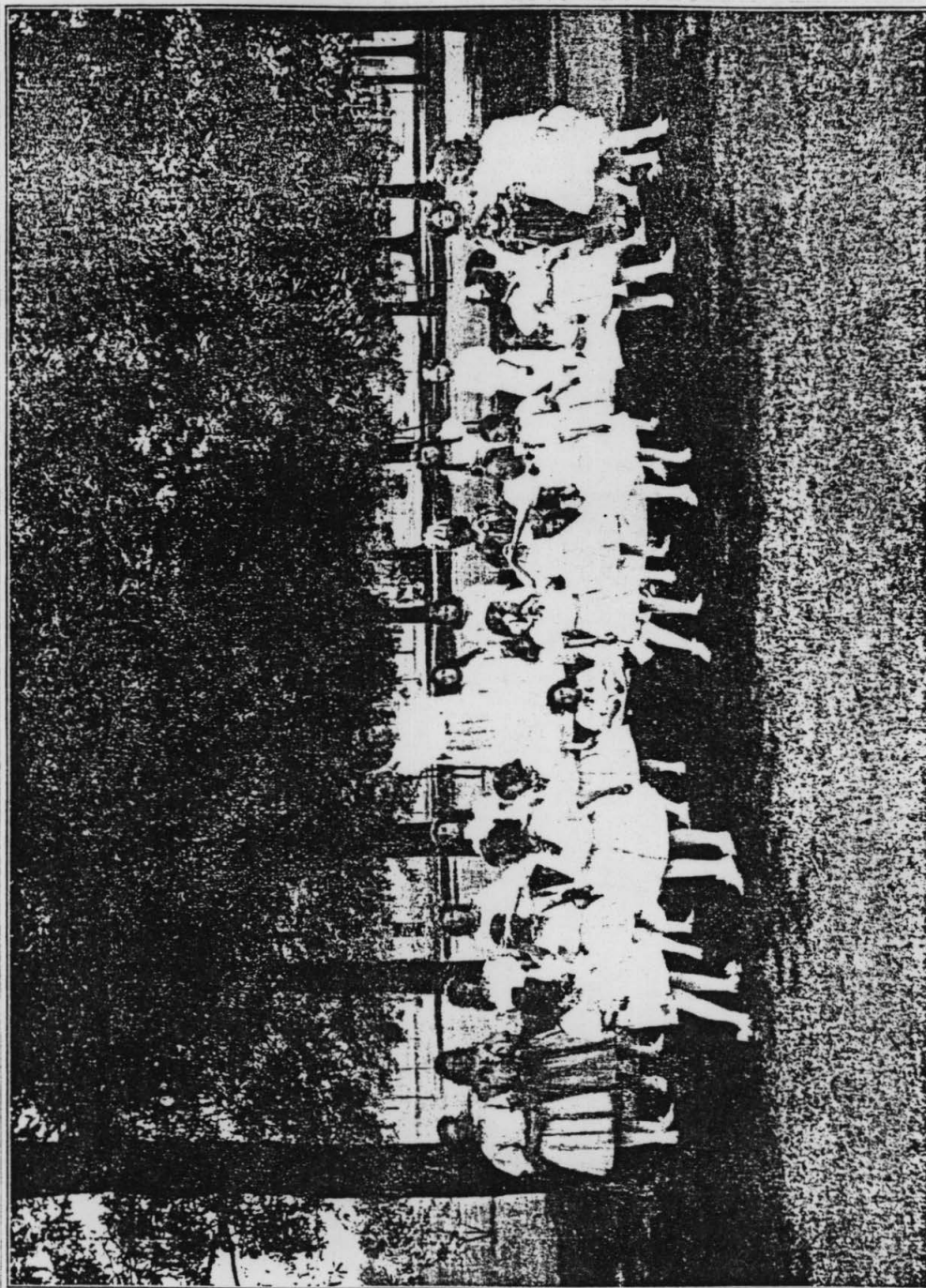
SECOND ANNUAL
ATHLETIC PARTY
NORMAL SCHOOL GYMNASIUM
SATURDAY EVENING, MAY 18, 1912
8 O'CLOCK

Other pictures of activities including the Junior and Senior Party Program and the Model School Play:

Junior-Senior Party Program



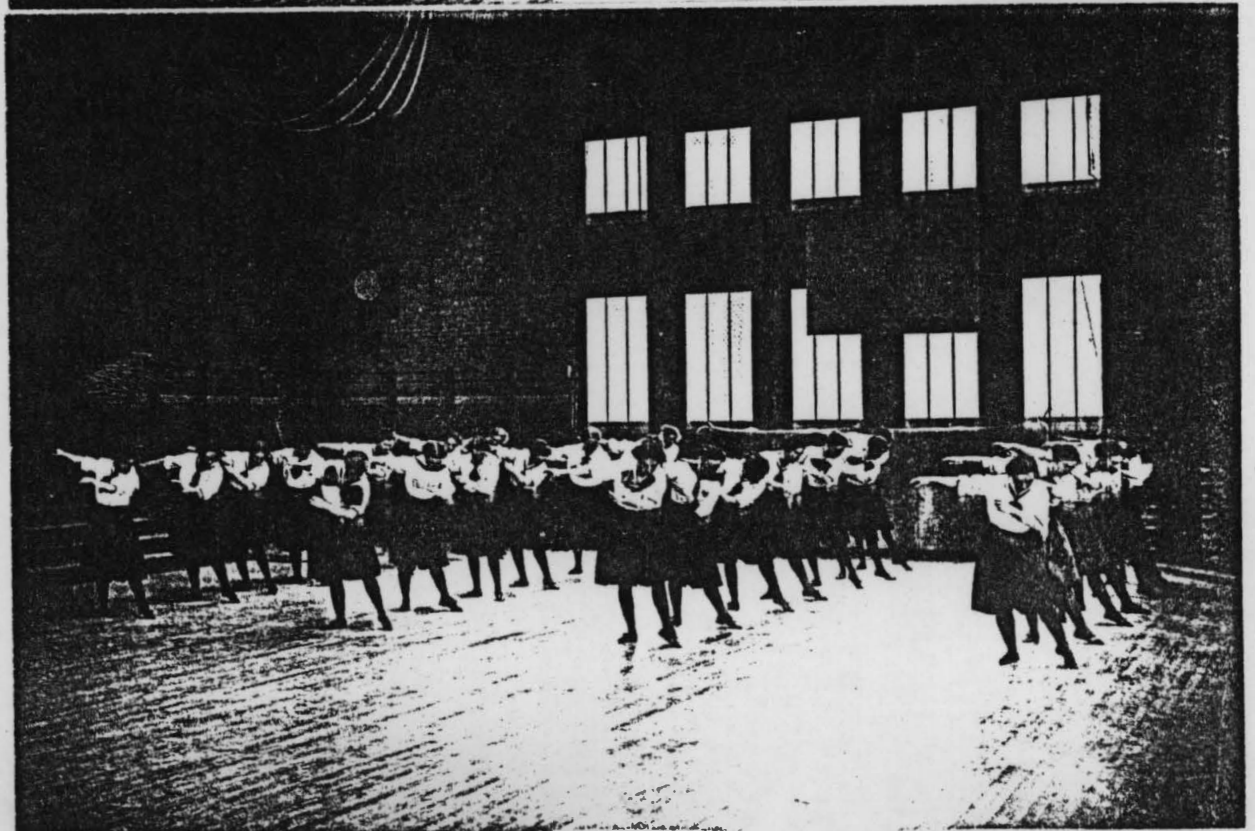
'13 W'apper p. 64



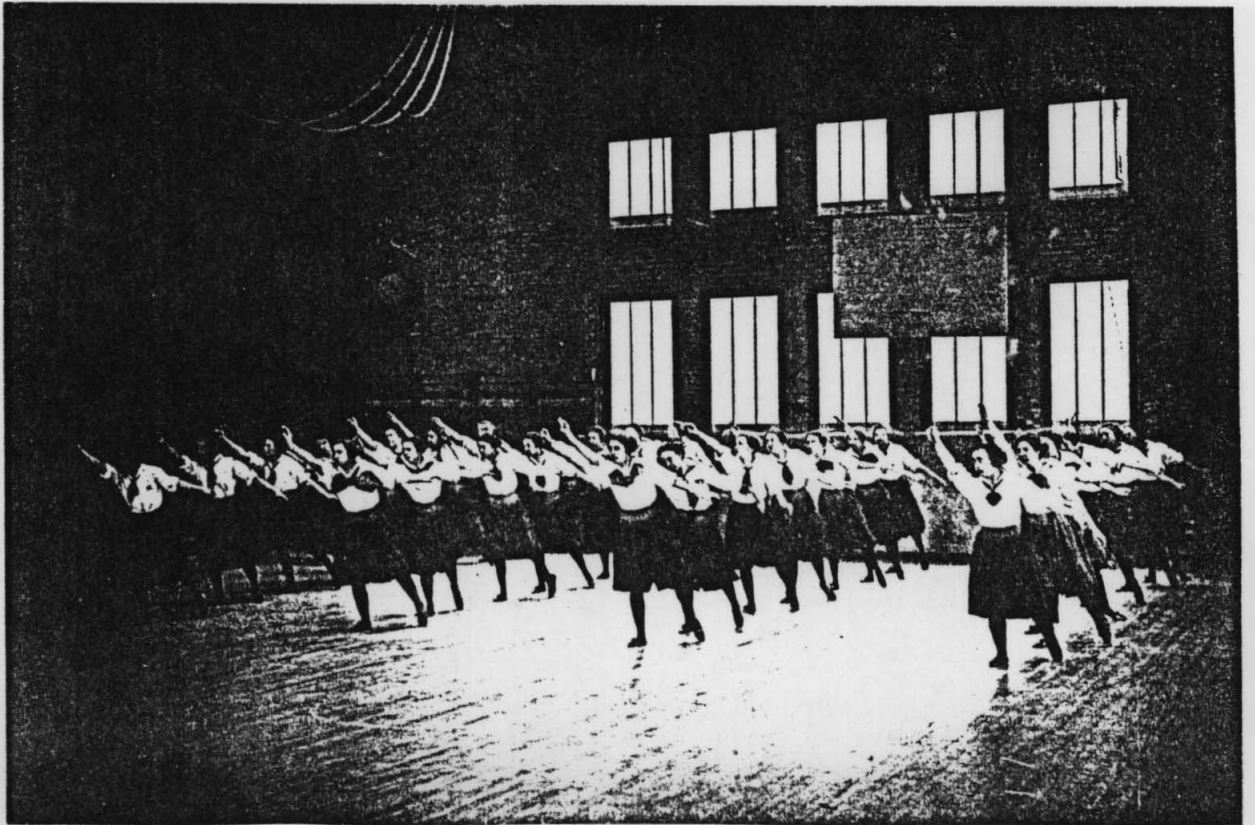
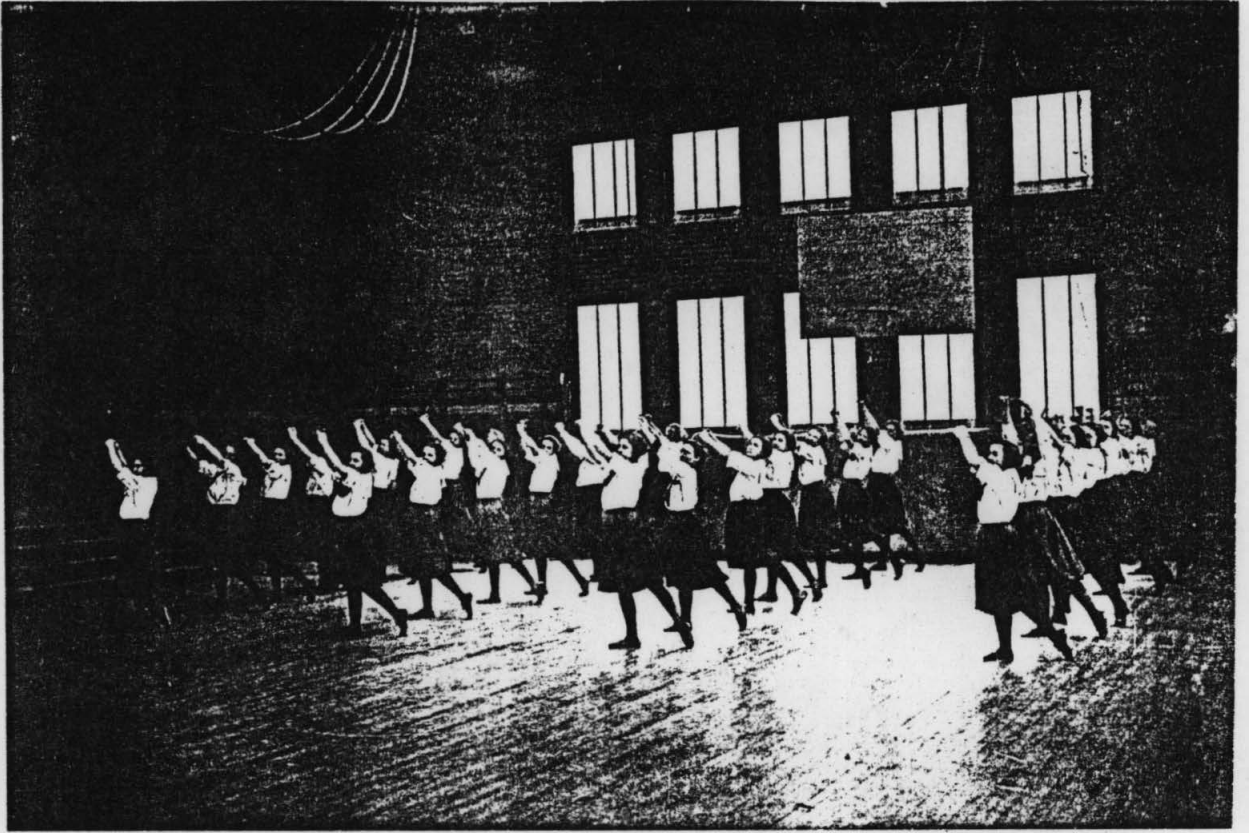
'13 W'apper p. 119

Model School Play

From the year book of class 1912, there were several aesthetic dance pictures to show how attractive the movements were:



Aesthetic Dance 1912



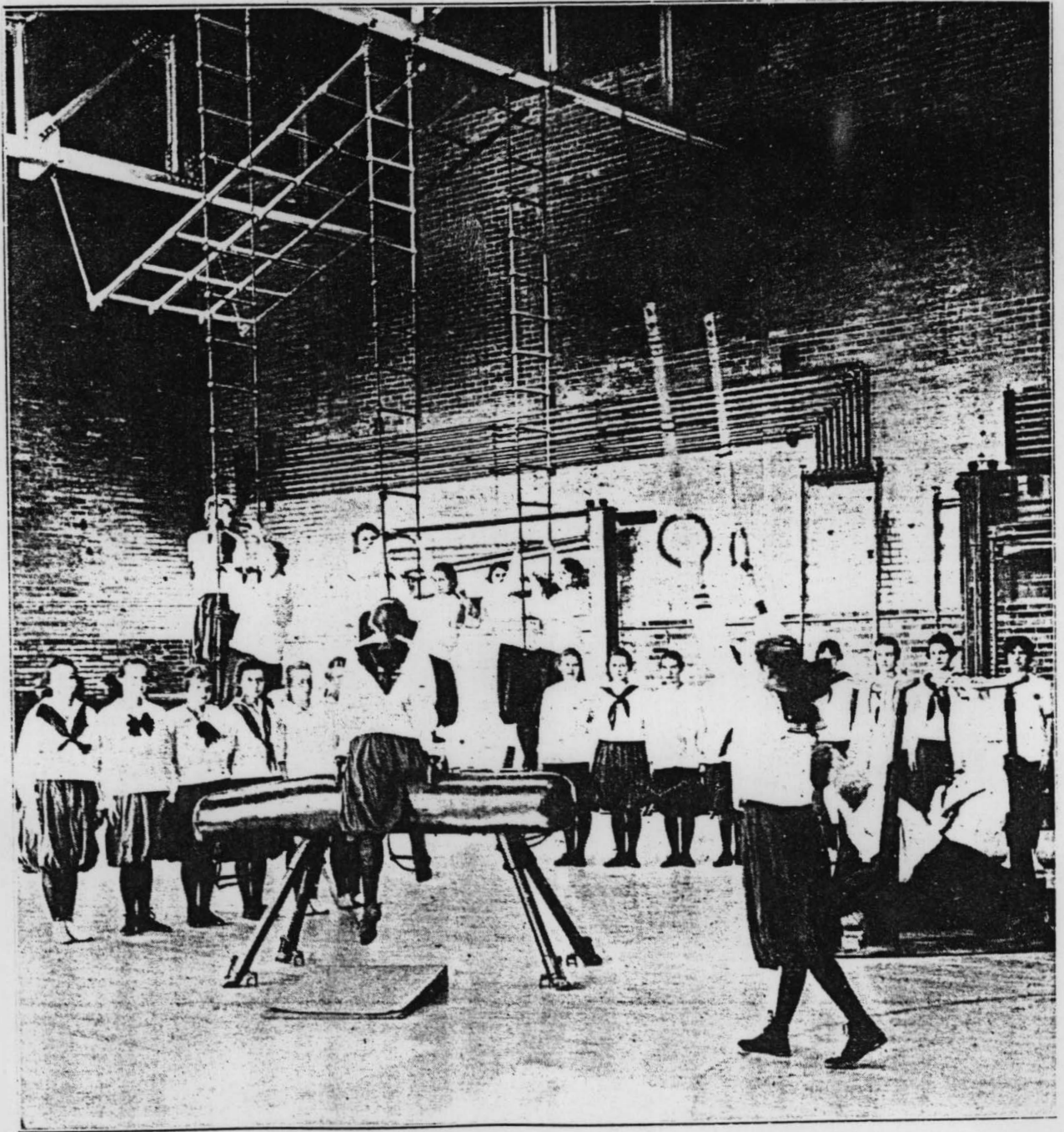
There were other pictures including those of the Girls' Basketball Team in 1913, the Girls' Gymnastic Class and the Gymnastic Equipment (Warbler '19), the attractive girls' uniforms, (Warbler '19), the College Hockey Team and the May Festival in 1923. (Warbler 1924)

Basketball Team 1913



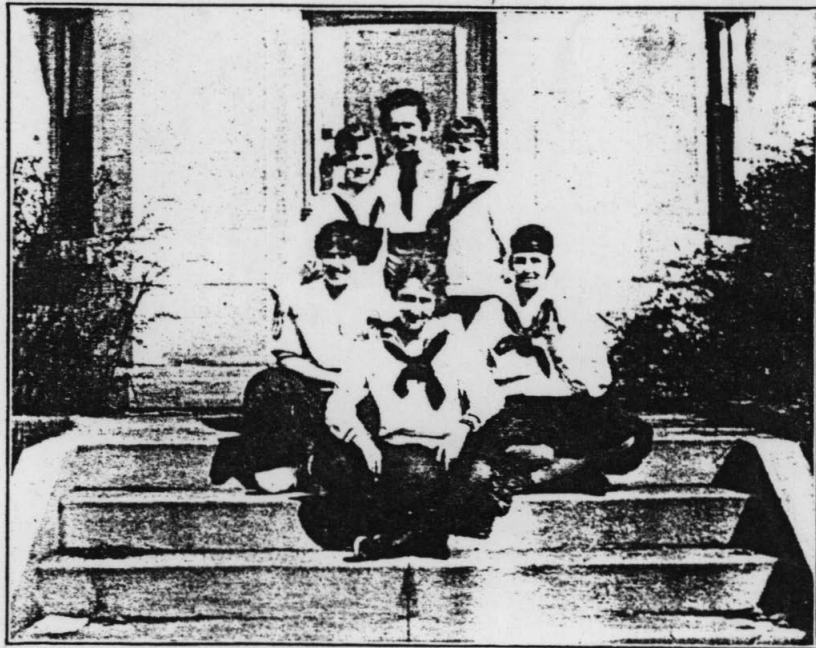
From '13 W'apper P. 99.

Girls' Gymnastic Class and the Gymnastic Equipment
from Warbler '19 p. 89.



Girls' uniforms were very attractive.

From Warbler '19 p. 88



SENIOR GIRLS' TEAM



College Hockey Team

From Warbler 1924 P. 73

May Festival - May 31, 1923

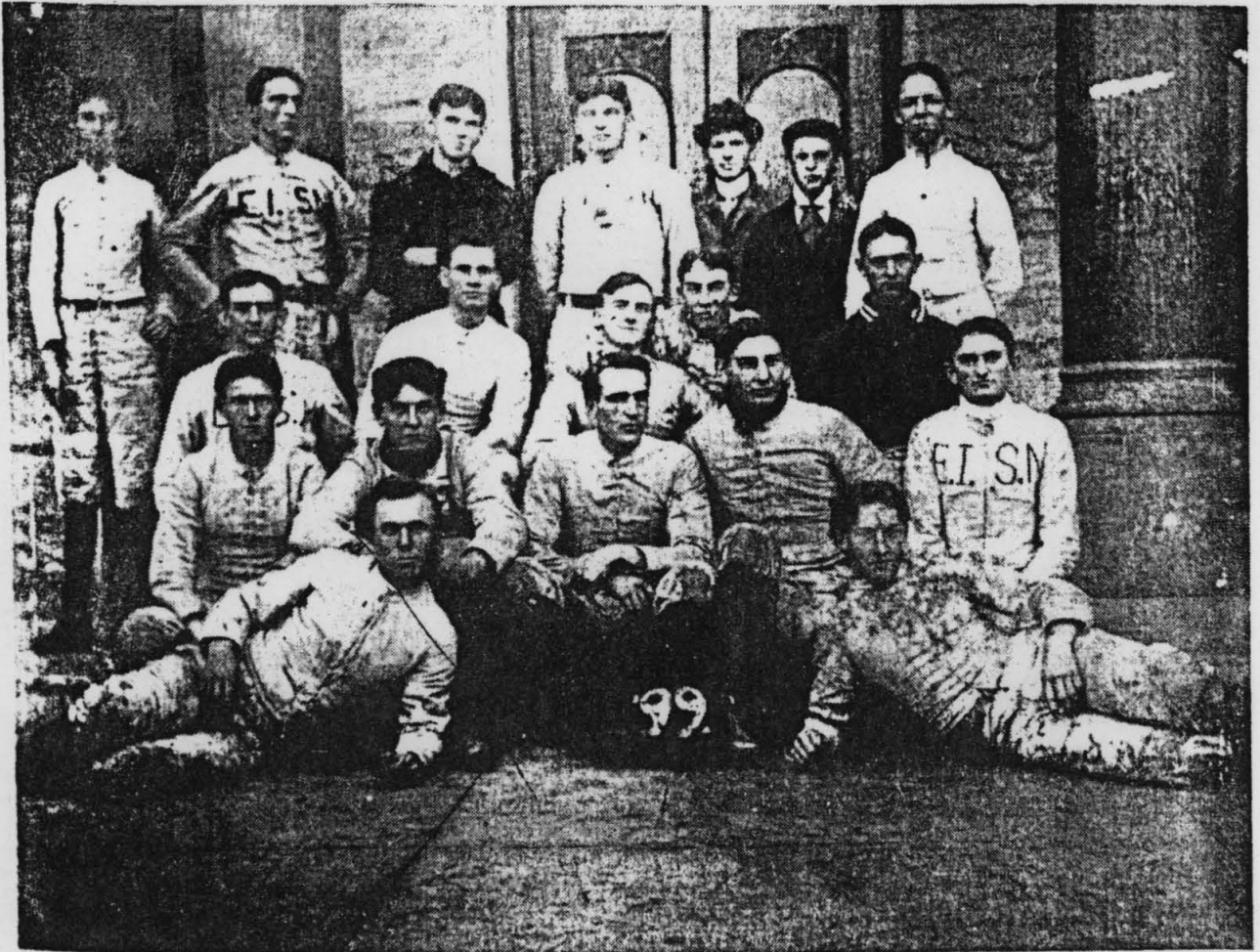
From Warbler 1924

Page 29.



Men's Physical Education Events

The first Athletic Association (for men) was organized in October 1899, and a football team was also organized in the fall 1899. Below is the first football team of Eastern Illinois State Normal School in 1899:



EASTERN'S FIRST FOOTBALL TEAM, 1899

Left to right:

First row—Charles Wallace, Melvin Behner

Second Row—Lloyd Goble, Orvis Jenkins, Guy Koons, Beral Moore, Ebner McGinley

Third row—Hugh Gregory, George McMichael, Guy Holsapple, John Wallace, Charles Tym

Fourth row—John Sargent, Louis McDonald, Everett Cooper, Charles Austin, Robert Logan, Frank Record, Ralph Burgess

Courtesy of Mr. Orvis Jenkins

The picture of the second football team of 1900--
from the Warbler 1924 enclosures:

TEACHERS COLLEGE NEWS

3



FOOTBALL TEAM OF 1900

Top Row—W. A. Caldwell, coach, Frank Henderson, Wade McNutt, John Wallace, William Miles, James Baker, George McMichael, ———, Ernest Freeman, ——— Smith.

Center Row—James L. Funkhouser, Henry McAdams, Paul Sargent, Arvis Jenkins, Edward Fiock, John Reeder, Alonzo Shoemaker, Wilbur Hickman.

Bottom Row—Fred Gearheart, Ebner McGinley, Ernest Holsapple, Charles Wallace, Joe Galbreath.

There was no physical education class for men students in the earlier years, but there was a football team, a baseball team, and a basketball team organized by interested students and faculty members under the Athletic Association. Mr. Charles P. Lantz was hired in the Fall of 1911. He formally organized the three teams which appeared in '13 W'apper, the first printed year book. Pictures shown in the following pages are:

1913 Football Team

1913 Baseball Team

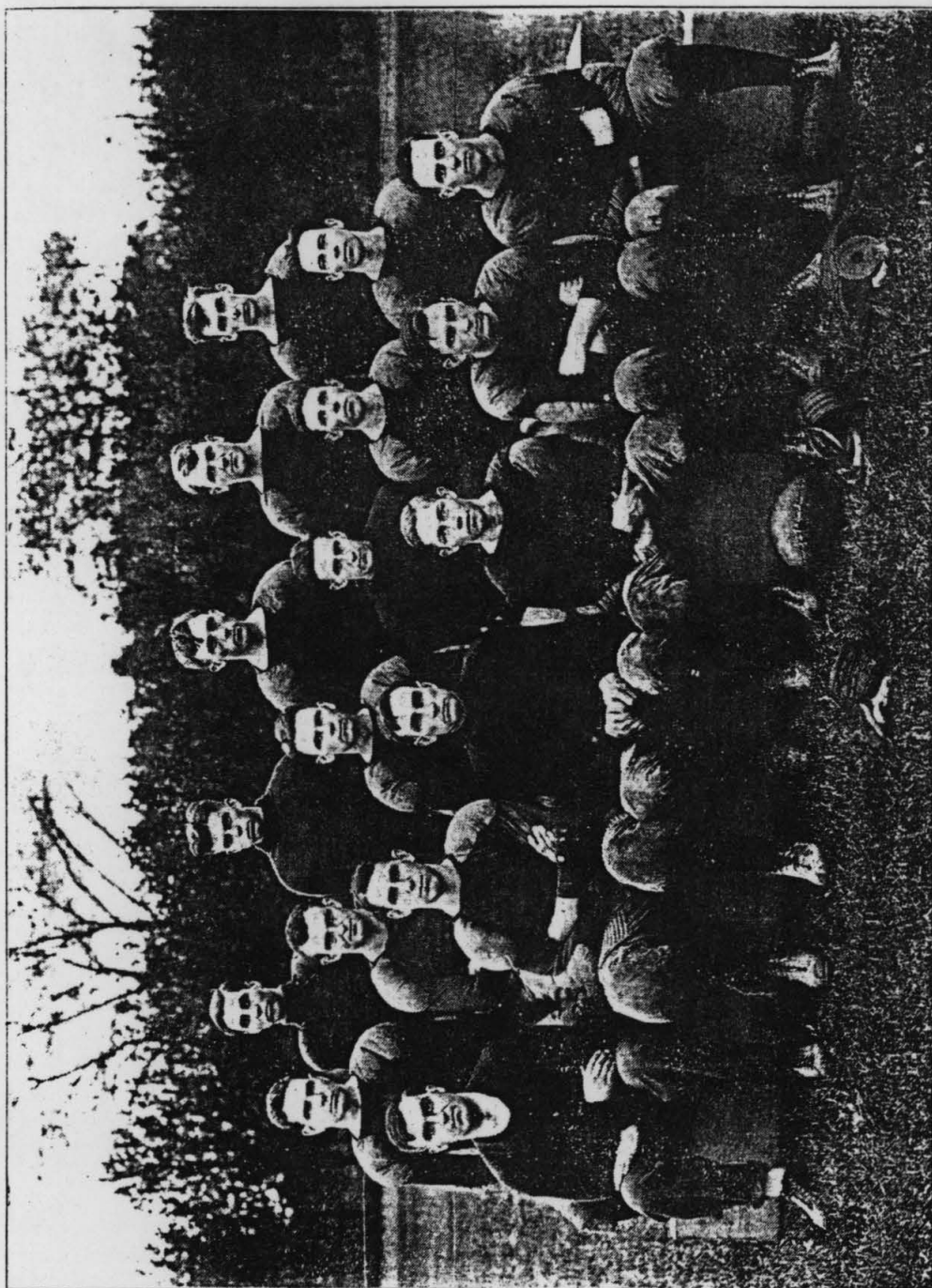
1913 Basketball Team

Men's Gymnastics Demonstration

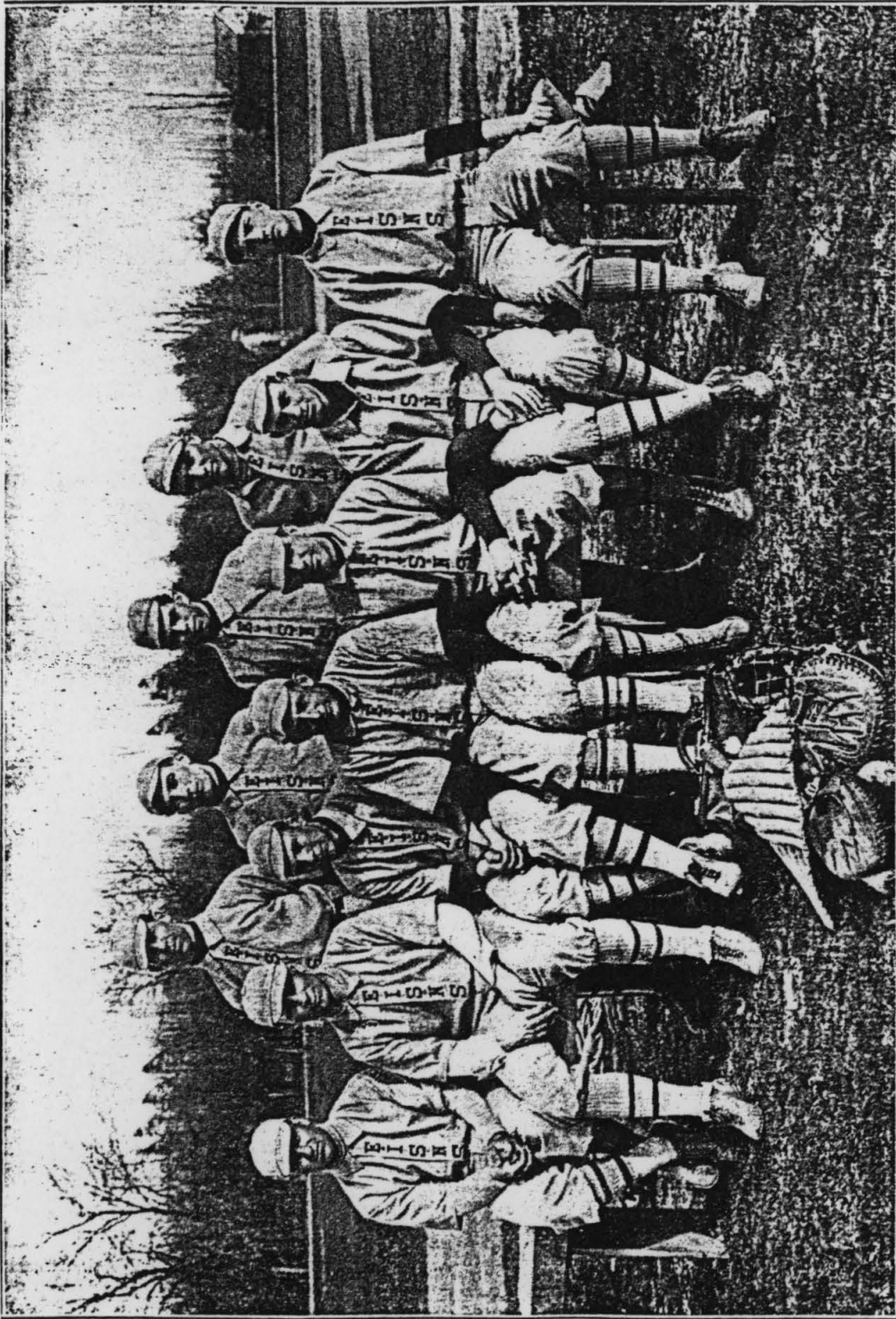
1924 Football Team

1924 Basketball Team

The Foot Ball Team

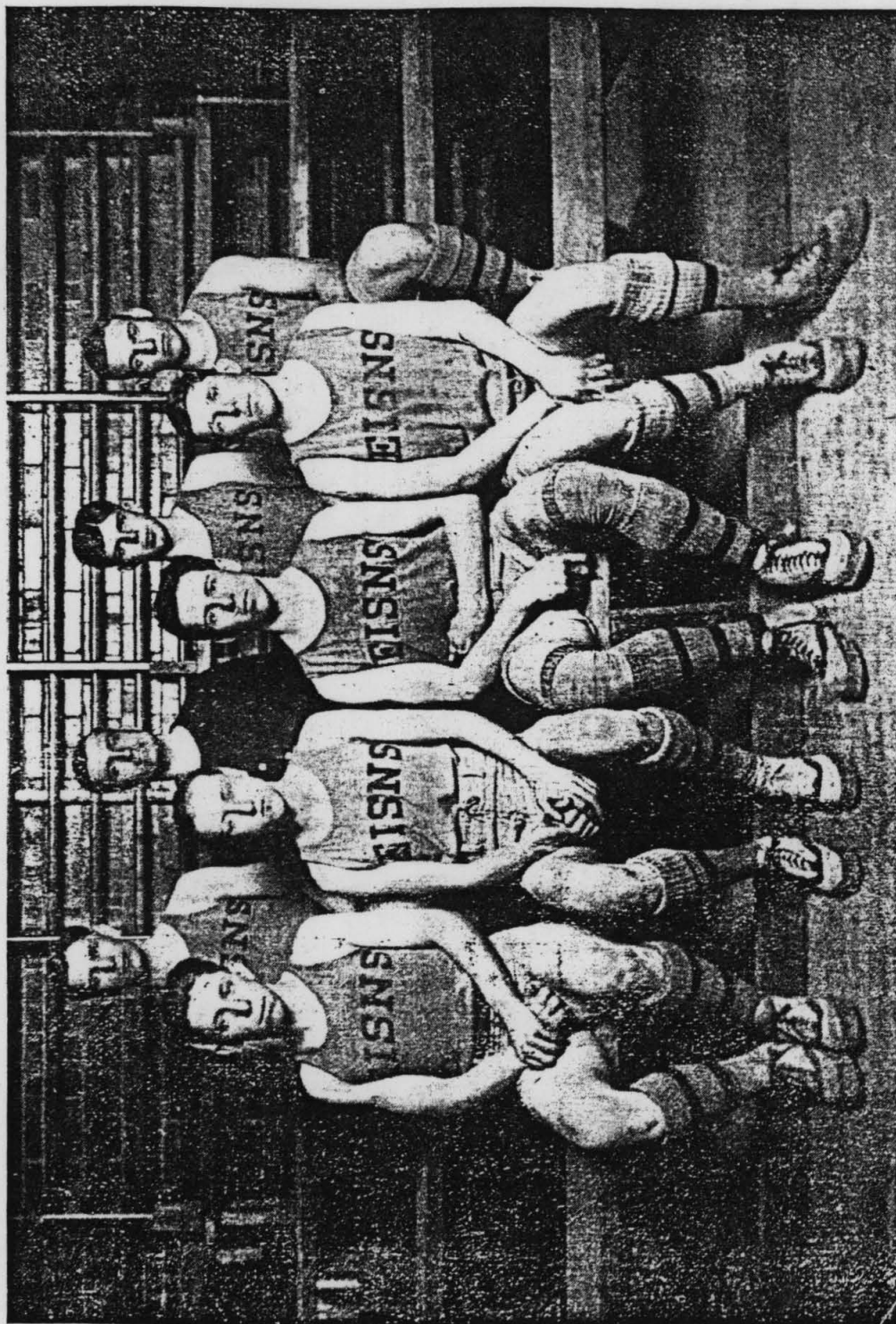


From '13 W'apper P. 74



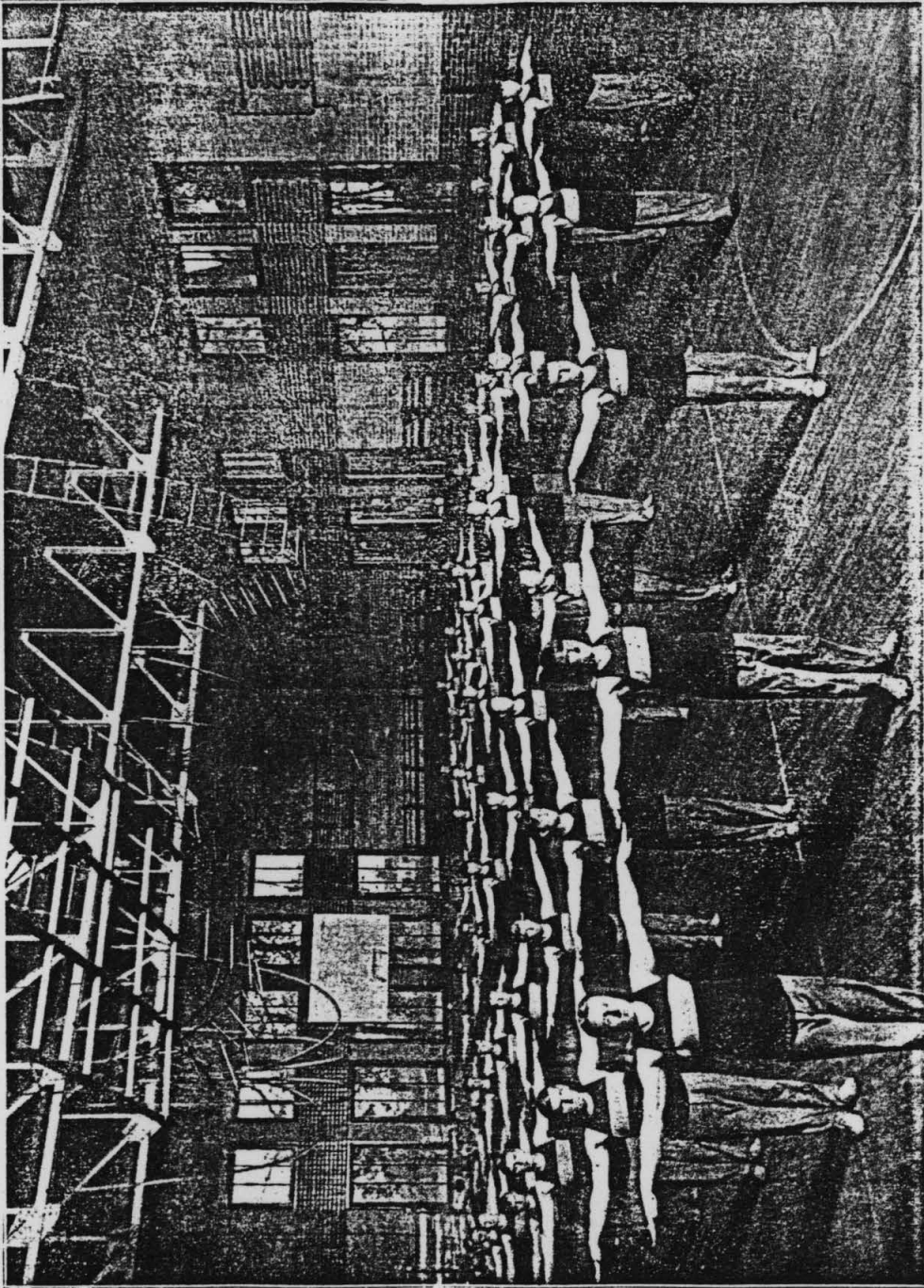
'13 W'apper P. 88

Baseball Team

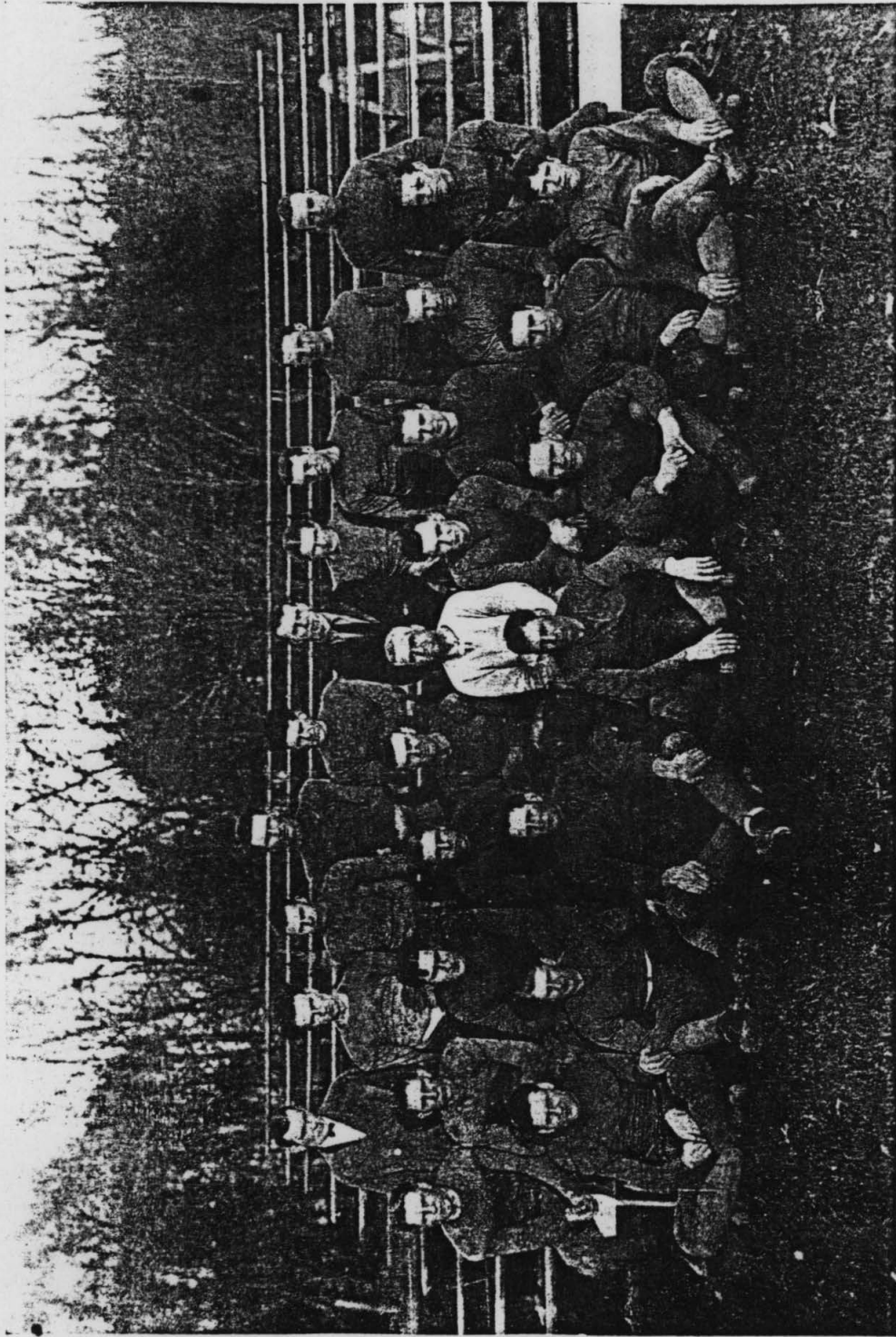


Basketball Team

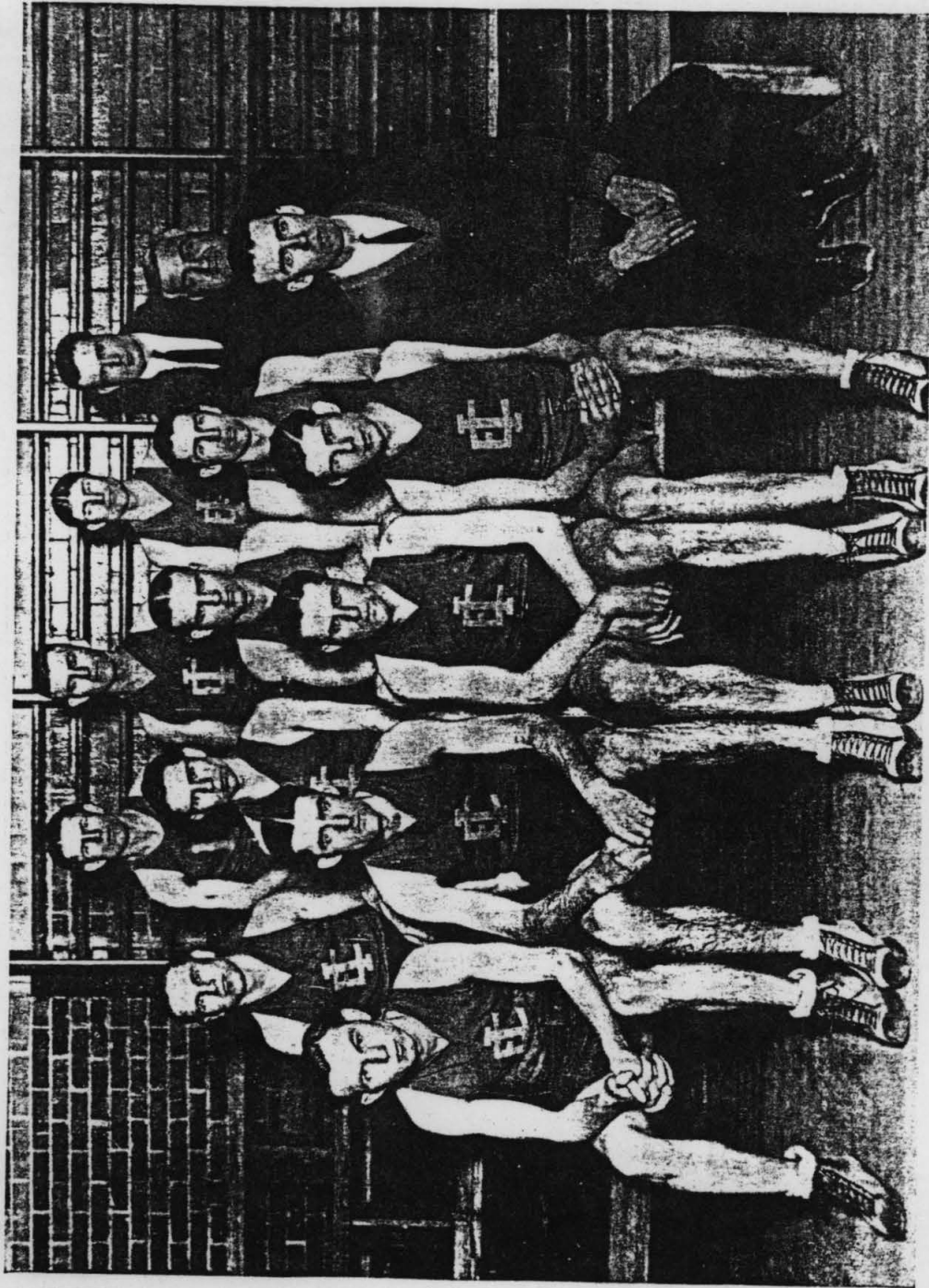
'13 W'apper p. 84



Men's Gymnastic Demonstration '13 W'apper P. 94



Top row—Stillions, business manager, Richman, Bison, Walton, Galbreath, Shoemaker, business manager, Dunn, Hessler, Osborn, Mock
Center row—White, Taylor, Gilbert, Miller, Warner, Lantz, coach, Edwards, Brown, Cochran, Benoit
Bottom row—House, Redden, Josseland, Funkhouser, Cornwell, Fringer, Hall



Top row—Dunn, Warner, Foreman, Stillons, business manager
Bottom row—Machumore, Towles, Osborn, Phipps, Shoemaker, business manager
Center row—White, McCall, Brown, Hall, Lantz, coach

Chalkboards and Bulletin Boards

Chalkboards have been furnished in every classroom at Eastern since 1899. Bulletin boards were used in every department. The physical education department used the bulletin boards extensively and frequently to present facets of physical education programs and to display matters of informational nature for students in the Physical Education Building Complex.

Below is a picture which illustrates the placement of these boards in a classroom.

Cameras

Cameras have been used since the school opened in 1899, by individuals, departments, and the school. Every department has taken pictures of their building, their classes, their students, and their activities. The Physical Education Department used the cameras extensively. Pictures were taken of most sports, of dance classes, and of dance recitals. In the earlier years there were only black and white pictures. The first colored pictures began appearing in the 1960's.

The Audio Visual Center at Eastern was established in 1955. Since the establishment of the Center, it has furnished better cameras for departmental use.

The Center serves the school, its faculty and also to some extent, students, in furnishing pictorial records of Eastern games, celebrations, and other special activities.

Opaque Projectors

Opaque projectors have been provided by the Audio Visual Center since May 1956. The writer interviewed Dr. Dorothy Hart, who was hired to teach physical education at Eastern in 1947 to the present. Now Dr. Hart is the Assistant Dean of the Health, Physical Education, and Recreation College. She recalled that the physical education department used the opaque projectors in the late 1950's. The opaque projector was among the first audio-visual devices to come into wide-spread use and is still used because of its unique ability to project a magnified image of two-dimensional materials and some three-dimensional objects.

Overhead Transparency Projectors

After the establishment of the Audio Visual Center, it began to furnish most audio visual equipment to all departments. According to their records they furnished the first overhead transparency projectors to the physical education department in the Fall of 1962. That same year Mr. McCabe used the transparencies for his sports classes. Since most of the classrooms were furnished with overhead transparency projectors, the majority of the faculty members in the physical education department take advantage of the transparencies for effective teaching.

Slide Projectors

The writer interviewed Mr. William McCabe, who was hired to teach at Eastern in 1962, and was the head of the Physical Education Department from 1977-1984. During his first years at Eastern, he was the baseball coach. In 1965 he made four sets of baseball slides: one set for the pitcher, one set for the catcher, one set for the in-fielders, and one set for the out-fielders. These slides proved very helpful for teaching and coaching baseball.

Other faculty members have from time to time, developed slides and slide presentations for instructional use.

Record Players

The writer interviewed Dr. Dorothy Hart. She recalled that when she first came in 1947 there was a pianist who accompanied the dance classes. In addition, the department maintained an excellent record collection and a number of record players. The record players were used for folk dancing and social dancing classes. The pianist played for the rhythm and modern dance classes. There were other musical instruments such as tambourines, maracas, drums, and gongs which were used for dance and rhythm classes.

Care was taken to select record players suitable for use in large areas and with features such as speed and volume control in order to create the best teaching environment.

Tape Recorders

The writer used her own tape recorder (Reel) in 1966. It was used for recording some music for dance when the records were no longer available. Mrs. Alice Stoughton has used tape recorders for all of her modern dance concerts since 1971. Mr. McCabe used the tape recorder for his baseball games in 1965. He transcribed it into his notebook and discussed the games with the students during his class period. Most of the student physical education majors have used their own cassette tape recorders in the dance classes since the 1970's.

Slidefilms and Filmstrips

The Athletic Institute was founded in Chicago in 1934. It is a non-profit organization devoted to the advancement of athletics, physical education and recreation. In 1951, the Athletic Institute produced a series of 35 mm slidefilms accompanied by explanatory records as an audio visual aid for physical education teachers. This series included nine sports of archery, badminton, baseball, basketball, bowling, golf, softball, tennis, and tumbling. Later this series was expanded to include thirty-three different sports.

Each slidefilm kit contained from 1 to 9 units, sound records, instructors' guide, and beginner's booklets. It was a revolutionary leap for physical education teaching. It was economical. It was the greatest aid at the time, and is widely used even today.

Each sport has a different number of units. For example, archery has 5 units, and badminton has six. Below is an outline of the two sports, followed by copies of a few pages of the original booklets: (pp. 89-92)

Archery:

- Unit 1 - The History of Archery
- Unit 2 - Shooting
- Unit 3 - Aiming
- Unit 4 - The Rules Simplified
- Unit 5 - Field Archery

Badminton:

- Unit 1 - The Game
- Unit 2 - The Service
- Unit 3 - Overhead Strokes
- Unit 4 - Forehand Strokes
- Unit 5 - Backhand Strokes
- Unit 6 - The Rules Simplified

The record shows that the Women's Physical Education Department ordered the archery slidefilm kit in 1949; however, the Instructor's Guide was not copyrighted until 1951.

Some of the other faculty members made their own filmstrips for teaching and instructional purposes.

UNIT ONE

IMPROVE YOUR

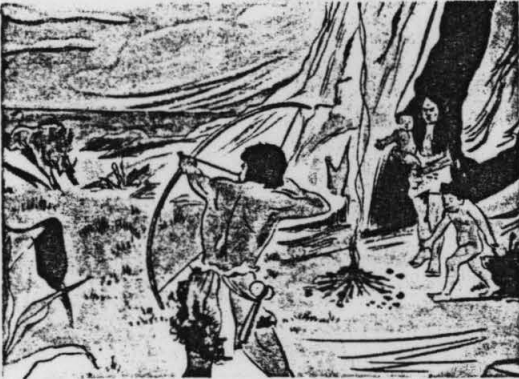
SPORT

When modern archers meet with bow and arrow for fun and recreation, their satisfaction comes from a skill that has been part of man's life far back beyond the records of his history.



The drawings the cave man left in the rocks of the Spanish Peninsula show people of that early period with bow and arrow. As man developed through thousands of years, archery became more and more deeply associated with all his activities and endeavors—all his moods and emotions.

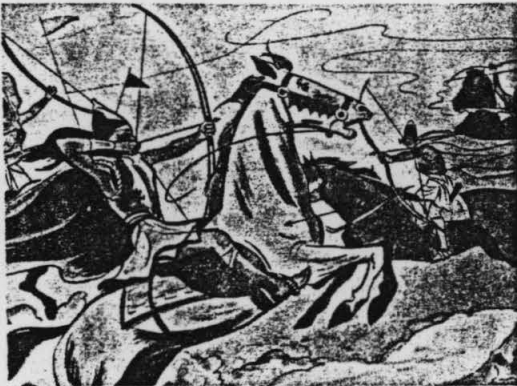




First, it was his weapon of survival—the one tool that, more than any other, established his superiority over the animals. With it, he no longer had to meet his wild foe in physical combat.



The twang of the bowstring inspired man's love of music. He added more strings to his bow and made a harp. Thus, David's harp developed from the bow, and archery further entwined itself with our culture.



In the Greek legends, the Amazons proved archery was not solely a masculine skill and many a Greek warrior fell to their arrows. While these women made the bow and arrow a weapon of conquest...



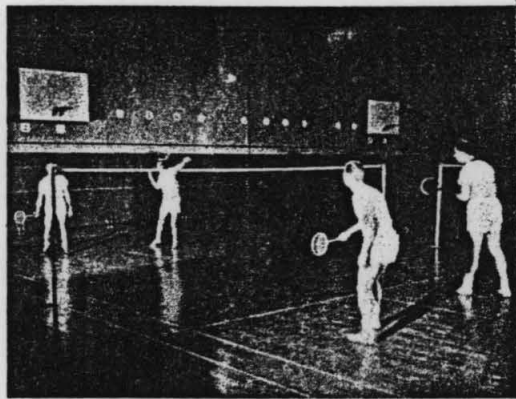
... back across the Mediterranean—the beautiful bow the Greeks designed became a symbol of love—associated then with Diana and Cupid.

UNIT ONE

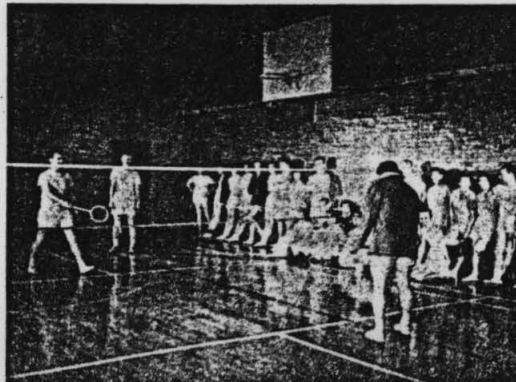
IMPROVE YOUR

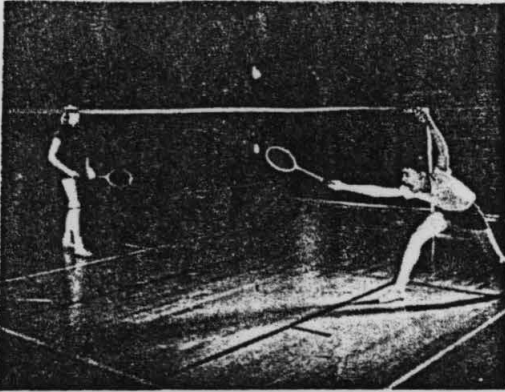
GAME

One of the fastest growing sports in America these days is badminton — a game that started in India, became popular in England, and came to this country via Canada within the past twenty-five years.

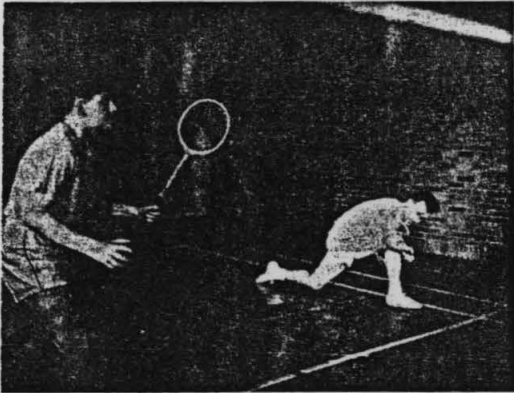


Few games have caught hold as quickly and as permanently among such a wide range of people. And there are very good reasons for its rapid rise to popularity.

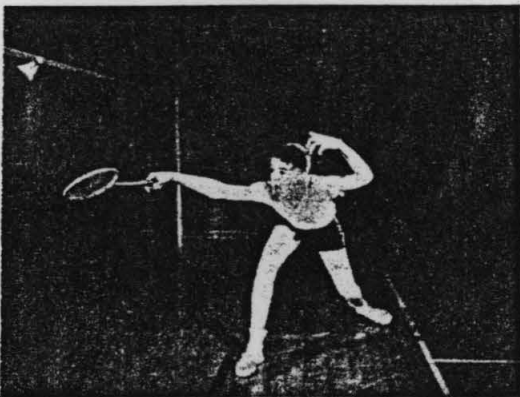




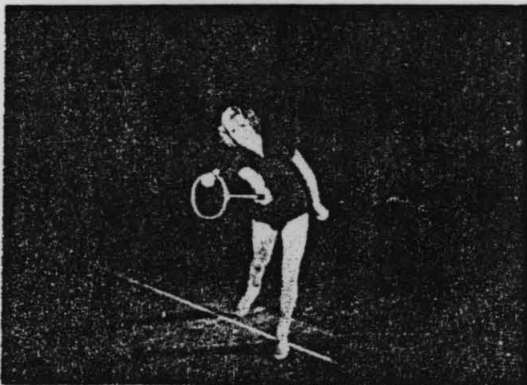
One reason is that strength is not such a decisive factor in badminton ability. It is pure skill, timing, and strategy that counts and thus girls, boys, men and women, can compete on a reasonably equal basis.



For the some reasons, badminton allows good competition between widely different ages.



The game can be fast and energetic—a test of speed and stamina.



For a change of pace, it can be a game of finesse, relying more on strategy or control than on speed. Because badminton has many speeds, you adjust tempo to your mood.

Motion Pictures and Projectors

The writer interviewed Dr. Maynard O'Brien, who was hired to teach at Eastern from 1946 to 1974. He was the department head of the Men's Physical Education Department before his retirement in 1974. According to his statement, in the late 1940's there was not enough money to buy the movie pictures of games from the department budget. They first bought a very inexpensive camera to make their own films for the purpose of skill development. Then in the early 1950's the department bought a sequence camera. It shot 8 frames in a sequence for the purpose of analysis of the movements. The Audio Visual Center has furnished the projectors since 1955.

Videotapes and Videotape Recorders

The writer interviewed Mrs. Alice C. Stoughton who was hired to teach modern dance at Eastern in 1970. She recalled that she had access to a whole set of videotaping equipment in the Dance Studio in 1970 with many videotapes of dance. She has used them ever since. Mr. McCabe has used the video tape recorder in his sports classes since 1971. The writer made a videotape of the Annual Christmas Dance Concert in 1982 for the purpose of letting the students view the concert and learn the skills.

Television and Television Broadcasting

The Department of Information Service and Technology offers a course in Instructional Television. The writer and other faculty members have been greatly aided by this program. The course introduces students to the basic operational procedures of Television relay, along with familiarizing them with TV, VTR, and sound equipment. This experience in audio and video media opens a whole new horizon for teachers and students alike. The course shows the widespread application of television in instructional and also recreational settings.

The building facilities, the television equipment, and the staff of the Radio and Television Center were provided at Eastern Illinois University in 1981. The Studio for the Television Center was finished in April 1983 and the facility was cable-connected to Liberty Telecommunication Inc. in the same year. The Highlights of Football and Basketball have been produced since 1983. Those games were for "Coaches Corner" which is a program produced at Eastern weekly. The tapes of the games were erased after the season was over. From the tapes of those games the best plays of every year are selected and added to the current ones, so that they can be used for coaching purposes the following year. Currently, we have the "Highlights of Football 1984", and a record of the 1984 basketball games has just

begun. The coaches of football and basketball are also using the tapes for recruiting players. At the present, Eastern programs about 14 hours a day, broadcasting from 7:00 A.M. to 7:00-9:00 P.M., five days a week. The University has applied for a permit for channel 51 which will be a non-commercial, educational UHF station. The Radio Station originally was housed on the campus in Coleman Hall. It was moved to the Buzzard Building in August 1984. The Radio Station has also applied for a construction permit for a 3000 watt non-commercial, educational FM Radio Station. It is hoped that the permit will be granted in the near future and will be aired on FM 88.9 on the dial.

Computer

The School of Health, Physical Education and Recreation bought an IBM computer in 1983. Dr. Walter Lowell, Dean of the school, has encouraged faculty members to take a computer course in order to utilize the computer effectively. It is expected that eventually each department will furnish one for their own use.

CHAPTER III

SUMMARY AND CONCLUSION

This study was designed to research the development of the physical education program at Eastern Illinois University relative to its use of audio visual materials. The period covered was 1899-1984. The physical education curriculum was researched from 1888-1924 to lay the background for the reporting of early use of audio visual materials by this particular department. Also the writer checked the inventory records of the Audio Visual Center at the University to trace the development of the Availability of the audio visual materials for instructional use.

In the course of the study it was ascertained that the earliest form of audio visual materials consisted of simple chalkboards, bulletin boards, books, pamphlets and printed materials. As movie films, loop films, slidefilms, filmstrips etc., became available they were acquired in limited quantities by the Department. Later, when the Audio Visual Center was established, the Center, in turn, made its inventory available to the Physical Education Department for instructional use.

The Audio Visual Center at Eastern Illinois University was established in 1955. All kinds of audio visual aids are furnished by the Center to facilitate the instructors' teaching in the various departments of the University. Items which were furnished included opaque projectors, overhead transparency projectors, filmstrip projectors, slide projectors, film projectors, tape recorders, cassette recorders, videotape recorders, slides, films and filmstrip rentals.

As a result of interviews with staff, of checking Physical Education Department records and of reviewing the inventory of the Audio Visual Center, it was determined that instructional media materials were used extensively in athletics and in the Physical Education Department.

Physical education instructors use films, loop films, slidefilms, and filmstrips for lecture and classroom instruction. Coaches utilize films for game analyses and coaching procedures. Also the Physical Education Department developed promotional materials through the use of pictorial presentations.

In studying the reasons for the extensive use of audio visual materials by the Physical Education Department, it became clear that since all the courses of that department are related to physical activities, The

first step in learning any sport is to watch and observe the sport closely as it is being performed. The observing is a visual experience. To correct a student's performance; one has to analyze the movements. Physical education is also an audio oriented discipline. In learning any dance movement accompanied by music or sound, the dance movement becomes both audio and visually oriented. The faculty members of the Physical Education Department utilize the audio and visual aids more frequently and extensively than many other departments because of the skills that are to be mastered in its various courses.

In recent years video/audio technology has developed in enormous dimensions, especially in the field of sports, cultural entertainments and performing arts. The use of special techniques in presenting games gives a much better perspective to both coaches and sportsmen to better understand the subtleties that are involved in particular sports, thereby helping them to improve, change strategies or just learn more about the sport. Also there are video presentations of sports that are strictly of instructional nature. To access to such a medium has become so commonplace that in the next decade we will obviously notice a significant improvement in the effectiveness of coaches, athletes, players and performers.

FOOTNOTES

¹ Eastern Illinois State Normal School, Circular of Information (Charleston, Illinois: Eastern Illinois State Normal School, 1899), pp. 1-20.

² Eastern Illinois State Normal School, A Catalogue of the Eastern Illinois State Normal School 1901-1902 (Third Year) (Charleston, Illinois: Eastern Illinois State Normal School, 1901), pp. 21-22.

³ Eastern Illinois State Normal School, A Catalogue for the Tenth Year With Announcements for 1909-1910 (Charleston, Illinois: Eastern Illinois State Normal School, 1909), p. 76.

⁴ Eastern Illinois State Normal School, A Catalogue for the Fourth Year 1902-1903 (Charleston, Illinois: Eastern Illinois State Normal School, 1902), p. 40.

⁵ Eastern Illinois State Normal School, A Catalogue for the Tenth Year With Announcements for 1909-1910 (Charleston, Illinois: Eastern Illinois State Normal School, 1909), pp. 75-76.

⁶ Eastern Illinois State Normal School, A Catalogue for the Eleventh Year With Announcements for 1910-1911 (Charleston, Illinois: Eastern Illinois State Normal School, 1910), pp. 70-73.

⁷ Eastern Illinois State Normal School, The School Calendar 1911 Summer Term (Charleston, Illinois: Eastern Illinois State Normal School, 1911), p. 24.

⁸ Eastern Illinois State Normal School, A Catalogue for the Fifteenth Year With Announcements for 1914-1915 (Charleston, Illinois: Eastern Illinois State Normal School, 1914), pp. 60-61.

⁹ Eastern Illinois State Normal School, The School Calendar 1915 Summer Term (Charleston, Illinois: Eastern Illinois State Normal School, 1915), pp. 45-46.

¹⁰ Eastern Illinois State Normal School, A Catalogue for the Seventeenth Year With Announcements for 1916-1917 (Charleston, Illinois: Eastern Illinois State Normal School, 1916), pp. 51-53.

¹¹ Charles H. Coleman, Eastern Illinois State College: Fifty Years of Public Service Eastern Illinois State College Bulletin No. 189 (Charleston, Illinois: 1950), p. 342.

¹² Eastern Illinois State Normal School, Annual Catalogue Number for the Eighteenth Year 1916-1917 With Announcements for 1917-1918 (Charleston, Illinois: Eastern Illinois State Normal School, 1916), pp. 48-50.

¹³ Eastern Illinois State Normal School, Announcement of the Summer Session 1919 (Charleston, Illinois: Eastern Illinois State Normal School, 1919), p. 31.

¹⁴ Eastern Illinois State Normal School, Annual Catalogue Number for the Twentieth Year 1918-1919 With Announcements for 1919-1920 (Charleston, Illinois: 1919), pp. 63-64.

¹⁵ Eastern Illinois State Normal School, Annual Catalogue Number for the Twenty-first Year 1919-1920 With Announcements for 1920-1921 (Charleston, Illinois: Eastern Illinois State Normal School, 1920), pp. 81-82.

¹⁶ Coleman, Fifty Years of Public Service, p. 354.

¹⁷ Ibid., pp. 143-147.

¹⁸ Ibid., pp. 147-148.

¹⁹ Ibid., pp. 148-149.

²⁰ Ibid., p. 150.

²¹ Eastern Illinois State Normal School, A Catalogue for the Fourth Year 1902-1903 (Charleston, Illinois: Eastern Illinois State Normal School, 1902), p. 41.

²² Eastern Illinois State Normal School, A Catalogue for the Eighth Year With Announcements for 1907-1908 (Charleston, Illinois: Eastern Illinois State Normal School, 1907), p. 68.

²³ Coleman, Fifty Years of Public Service, p. 150.

²⁴ Eastern Illinois State Normal School, A Catalogue for the Tenth Year With Announcements for 1909-1910 (Charleston, Illinois: Eastern Illinois State Normal School, 1909), pp. 75-76.

²⁵ Eastern Illinois State Normal School, The School Calendar 1912 Summer Term (Charleston, Illinois: Eastern Illinois State Normal School, 1912), p. 24.

²⁶ Eastern Illinois State Normal School, A Catalogue for the Thirteenth Year With Announcements for 1912-1913 (Charleston, Illinois: Eastern Illinois State Normal School, 1912), p. 73

²⁷ Eastern Illinois State Normal School, A Catalogue for the Seventeenth Year With Announcements 1916-1917 (Charleston, Illinois: Eastern Illinois State Normal School, 1916), pp. 52-53.

²⁸ Eastern Illinois State Normal School, Summer Session 1917 (Charleston, Illinois: Eastern Illinois State Normal School, 1917), pp. 41-42.

²⁹ Eastern Illinois State Normal School, Annual Catalogue Number for the Eighteenth Year 1916-1917 with Announcements for 1917-1918 (Charleston Illinois: Eastern Illinois State Normal School, 1917), p. 50.

³⁰ Eastern Illinois State Normal School, Annual Catalogue Number for the Twentieth Year with Announcements for 1919-1920 (Charleston, Illinois: Eastern Illinois State Normal School, 1919), p. 63.

³¹ Eastern Illinois State Normal School, Annual Catalogue Number for the Twentieth Year 1918-1919 with Announcements for 1919-1920 (Charleston, Illinois: Eastern Illinois State Normal School, 1919), pp. 80-81.

³² Coleman, Fifty Years of Public Service, p. 377.

³³ Eastern Illinois State Teachers College, Warbler 1924 (Charleston, Illinois: Eastern Illinois State Teachers College, 1924), p. 67.

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