

A comparative analysis of the theory of applies gymnastics (sports and games, etc.) in general : arranged with a view to classifying the special types as auxiliaries to physical education / by the Baron Nils Posse, K.G.V.

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A Comparative Analysis of the Theory of Applied Gymnastics (Sports and Games, etc.), in General,
Arranged with a view to classifying the Special Types as Auxiliaries to Physical Education. By the Baron Nils Posse, K.G.V.

Type of Exercise.	Mechanics.		EFFECTS.						Gymnastic Bearing.
	Apparatus.	Execution.	From Moderate and Correct Use.			From Excessive, One-sided, and Incorrect Use.			
Running.	Running-track, or other suitable ground.	Spring from ankle. Fall forward from one foot and rebound. Both feet at one time off the ground. Arms steady the chest.	Elasticity. Strength of leg. Increased peristalsis.	Increase of Endurance. Heart beat. Arterial pressure. Respiration. Metabolism.	Exhalation. Sense of rhythm.	Narrow chest. Overdeveloped calf.	Viscous congestion of the lungs. Excessive desire for exhalation.	Not as yet demonstrated.	1. Preparatory to jumping and vaulting. 2. Essential to cultivate endurance. 3. Exercise for special muscular development. 4. Exercise to reduce weight.
Dancing (Aesthetic, Conversational).	Hoops, cymbals, flower-wreaths, — artistic music. Smooth ground, a partner, — mechanical music.	Springing from one foot, body and arms working in harmony, one rhythm. First slide or lift in fancy steps. Series of knee-flexions and rapid rotations of body. The feet slide.	Elasticity. Grace.	Similar to running (though of a less degree).	Co-ordination. Animation. Unity of expression.	Same as running, though in a lower degree.	Constriction of brain, pelvis, lungs. Violent shaking of viscera.	Heart failure. Diminution of chest capacity.	Practised for grace, aesthetic co-ordination and harmony of action, as preparatory to physical expression. None.
Swimming.	Water, or other buoyant liquid of fairly high temperature.	Breath. One negative movement of extension. One positive movement of extension. Paddle stroke. All relative.	Smooth muscles. Rounded form. Elasticity. Correct general posture. (Continuous arch-flexion.)	Increased respiratory capacity.	Combustiveness. (Mastery of Nature.) Courage. Self-reliance.	Overdevelops shoulders.	Heart failure. Muscular rigidity. (Cramp).	Diminution of attention: "Stupidity."	The ideal all-round exercise. Includes the effects of relative arch-dex, shoulder blade, heaving, abdominal, and slow-leg movement.
Skating (On Ice, On Rollers).	Smooth ice. Fancy or speed skate. Polished floor or asphalt. Roller-skates (Leopards).	Speed. Long strokes of strong rubber (spurs) to body incline well forward. Sliding by pushing along one foot as a time by lifting the heel and dropping it quickly; balance assisted by pole.	Excellent equilibrium in ordinary positions — smart posture. Elasticity — grace. Flexion of calf and thigh. Endurance. Strength of leg and back.	Same as running, though in higher degree.	Exhalation — gladness of mastery of self, in excess over effects from educational gymnastics. Exhalation and recreation in excess of those any other exercise, except fancy skating.	Same as running, though in a higher degree.	Has repeatedly produced consumption, dilatation of the heart, and, in women, pelvic congestion.	Diminution of progressive action — thought in concrete circles rather than straight line to a distant goal. Similar to cycling, though in a less degree.	As applied and exaggerated balance movement for co-ordination, precision, and to cultivate self-control (— judgment). Substitutes running and running games. For endurance and to stimulate competitive ambition.
Snow-shoeing (Swedish, Canadian).	Lapland snow-shoes. Roller-skates (Leopards). Canadian snow-shoes. Loose snow (or crusted).	Sliding by pushing along one foot as a time by lifting the heel and dropping it quickly; balance assisted by pole. Walking on the snow by lifting one foot as a time. (Occasional sliding).	Strength of leg. Equilibrium.	Same as running, though in a much lesser degree.	Exhalation. Sense of man's superiority over and intimacy with Nature.	Same as running. Bow-leg. "Pigeon-Toe."	Same as running. (Pelvic congestion.)	Not as yet demonstrated.	1. Substitute for running and running games. 2. For competitive purposes. 3. Substitute for walking and running. 4. As exercise of endurance.
Rowing.	Boat or "shell," with sliding or fixed seat. Oars.	Horizontal stroke from behind forward, body moving backward. Power at hand. Weight at toe back. Follow on the water.	Development of back-muscles. From sliding start also of abdominal muscles.	Great increase of arterial pressure. Increased respiration, digestion, and metabolism.	Combustiveness. Patience. Perseverance. Anticipation. Rhythmic.	Round shoulders. Protruding chin. Lordosis.	Dyspnea. Heart failure. Cerebral anemia.	Diminution of attention. Obtuseness.	1. Shoulder blade movement of localization. 2. To develop progressive spine and combinations. 3. To improve digestion and respiration. 4. To cultivate sense of equilibrium. 5. To cultivate symmetry of mind.
Canoeing.	Canoe; narrow boat. Single or double paddle.	Vertical stroke of paddle from before backward, body moving forward. Attachment of weight not fixed.	Sagittal. Chest-expansion.	Thoracic aspiration. Increased tidal volume.	Courage. Repose. Power of observation. (Wind, observation, shore).	Scoliosis. Loss of sense of equilibrium.	Thoracic congestion. Loss of motor irritability of leg.	Not demonstrated.	1. For chest-expansion. 2. To develop the arm. 3. For self-reliance: — independence.
Cycling.	Bicycle; monocycle; Safety wheel.	Wheel and axle movement, run by foot; steering by hand and body.	Development of muscles of calf and anterior thigh.	Afflux in leg. Efflux in brain. Removes nervous fatigue.	Exhalation. (Nonexpectant attention.)	Overdevelopment of posterior thigh. Narrow chest. Round shoulders. "Rigidity." Loss of fundamental position.	Softening of spinal cord. Pelvic congestion.	Stupidity. Diminution of subconscious attention. Fixed attention (in a straight line), bordering on hypnosis.	Lat. T. movement. Balance movement. Slow-leg movement. For exercise and pleasure.
Horseback-riding. (Not "driving," but true riding — mastery of the horse).	Horse. English saddle, and stirrups (or no saddle at all). Bridle, spurs, and whip.	A close seat so as to follow the movements of the horse. Direction and speed determined by leg, body, and hand (whip and spur).	Increases peripheral circulation. Develops perineum.	Increased activity of liver, lungs, and heart.	Automatic adjustment of movement to another's. Repose — patience with tact and discipline.	Prostatitis, arteriosclerosis, scoliosis. Aggravates retroversion, and pelvic congestion. Loss of fundamental position.			As applied gymnastics for exercise and pleasure.
Tennis and other running and ball-games.	Balls, rackets, bats, nets, etc.	To catch or avoid a body whose movements are determined by another.	Same as running.	Same as from running.	Non-expectant attention. Co-ordination — a higher type than from fencing.	Extremes posture. Scoliosis.	Heart failure. Pulmonary congestion. Pelvic congestion. Excessive peristalsis.	Lack of repose. Mental connectivity.	Substitute for Lat. T. movements and leaping. To develop non-expectant attention. For recreation.
Archery. (Differs totally in effects from marksmanship gotten by hunting).	Target, longbow, arrows, belt/quiver, wrist, hand, and finger guard.	One hand holds bow at arm's length, the other draws the arrow and directs its flight.	Develops dorsal region. Expands chest. Straightens body.	Cerebral afflux.	Sense of direction. Prehensible connection between man and his distant surroundings.	General error of posture. Scoliosis. Straining of hand.	Diminished respiration. Pelvic congestion.	Laziness. Nervous-mindedness. Gambling-inclination.	Shoulder and Lat. T. movement. To develop sense of direction. To cultivate steady hand and eye.
Throwing the javelin, pitching ball, etc.	Target, javelin, or spear; ball or stone.	Throwing an object by swinging one arm from behind forward, the other arm used for aim; one foot supports, the other leaves the body.	Increased lateral chest-capacity. Good equilibrium.	Similar to ball-games and running.	Sense of direction. Combustiveness — that type which consists in powerful repartee with maintenance of balance.	Overdevelopment of arm and shoulder. Flattened pectoral region. Scoliosis.		Argumentativeness. Obtuseness.	A preliminary to ball-games, a stronger exercise than archery. Strong Lat. T. movement.
Combative exercises. (Fencing, boxing, wrestling).	Foils, masks, gloves, bells, plastrons, etc.	To conquer an opponent by physical resistance or by yielding.	Develops good general posture; elasticity and grace; muscular arm, leg, and back.	Thoracic aspiration. Central afflux. Increased respiratory power. Emotion. Sensory irritability.	Unity of co-ordination. Speed of association. Perseverance. Combustiveness. Exhalation. Patience, self-reliance.	Overdevelopment of leg and shoulder. Scoliosis.	Heart failure. Pelvic congestion. Viscous veins.	Average. Quiescentness. Loss of moral equilibrium.	To develop combativeness. To develop quickness of attention. To develop discipline — the highest type of self-control. To train man, the combatant.

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