- Circa 1750
- 1787 the Marylebone Cricket Club was founded (MCC)
- It had governing rules and quickly standardized the sport
- The Royal Ancient Golf Club at St. Andrews Scotland was founded in 1754
- Standardizing the game at 18 holes in 1764

**Friedrich Ludwig Jahn**
- Father of gymnastics
- His development later became known as the turner movement
- 1810 began using an open area which he named *turnplatz* or exercise group
- Basically a playground

**9/24/12**
**Turnplatz**
- Friedrich Ludwig Jahn later became known as the turner movement
- 1810 began using an open area which he named *turnplatz* or exercise group
- Outdoors exercise area

**Adolph Spiess**
- Greatest impact on German Educational Gymnastics
- Applied movement to a formal classroom setting
- Devised a system of free exercises
- He used music to accompany those exercises
- He stressed gymnastics for girls

**PE and Colonial America**
- Originally no PE
- Education was basic
- Learning to read, write and math most important
- Schools in the colonies were copies of Europe

**PE and National Period**
- 1820s-30’s first real attempt to have PE
- The German gymnastic system was also brought to the US in early 19th century

**Early PE and Gymnastics  *Know dates***
- Construction of gymnasiums increased gymnastics learning
- 1820 1st College Gymnasium was at Harvard
- By the 1850s many colleges had gyms
- Period also saw an increase in swimming and construction of swimming pool
- 1827 in Boston First public swimming pool

**Public Schools  *Know dates***
- 1818 First public school established in Boston
-Muscular Endurance
-Muscular Strength
-Flexibility
-CR endurance

Body Comp
-Ratio b/w lean body mass to body fat (usually expressed in terms of percentage of body fat)
-Testing – BMI
-Weight VS Height
-Doubled in ages 6-12
-Tripled in ages 12-19
-Below 25 healthy, above 25 overweight
-Over 30 obese
-Hypokinetic diseases

Obesity
-Males 10%-25% healthy, Over 25% is obese
-Women 17-32% healthy, Over 32% is obese
-Obesity – second leading cause of preventable death
-Type II diabetes, Heart Disease and stroke, can ...n

Muscular Strength
-Ability of muscle of a muscle group to exert force against a resistance 1RM
-Ex Bench Presses 1RM
-Use max as a base and then % percentages

Muscular Endurance
-Ability of a muscle or muscle group to apply force repeatedly
-In exercise your endurance is repetitions
-Ex how long can you carry a suitcase?
-If muscles are always sore during workout (Probably indicates you need more muscular endurance)

12/10/12

Flexibility
-The capacity of a joint to move freely through a full range of motion without undue strain
-The amount of movement can be determined by the length of the muscle
-Testing – Sit and reach

Cardiovascular Endurance
-The ability to perform heavy physical activity with large muscle groups continuously for an extended period of time