

PHYSICAL EDUCATION FOR HEALTH

Radio Program

February 2, 1939

(Mr. Herbert G. Allphin, Instructor in Physical Education; Mr. Frank Anneberg and Mr. Leonard Wolfe, students at the University of Kansas.)

Mr. Anneberg I would like to ask you, Mr. Allphin, what are the benefits derived from Gymnastics?

Mr. Allphin Gymnastics promote muscular coordination, strength, judgment, courage, and grace of movement. These develop muscle and nerve to a notable degree. The more formal methods of gymnastic drills and apparatus work have of late years been replaced largely by informal work, games and plays in the physical education programs of the various educational institutions. While educational values of play and recreation are undoubted, it must not be forgotten that much of the value is to be gained from the type of exercises afforded by tumbling and gymnastic exercises.

Mr. Anneberg How do you instill confidence in a group when you begin to teach a gymnastic class?

Mr. Allphin In any well organized and efficiently managed course in apparatus and tumbling stunts, much emphasis is placed upon the provision of adequate protection for the performer as he works. The success of a teacher in this phase of the program of physical education depends greatly upon his ability to build up self-confidence in the beginner. Serious falls may be prevented if each member of the class recognizes a personal responsibility toward his classmate, and efficiently guards or "spots" him as he performs. "Spotting" is the art of using oneself and available safety equipment in the most advantageous manner so that misfortune may not befall the performer.

Why did you become interested in gymnastics, Mr. Anneberg?

Mr. Anneberg Well, Mr. Allphin, I guess like little Topsy, I just grew into it. My granddad has told me many times that he was one of the most active and agile kids of his time. He is now 76 and can walk on his hands in the water. My dad built a chinning pole for my brother and me before we had started to school. He was always interested in our development. One of the stunts that I now astound people with on the high bar I learned from my dad when I was in the first grade. It is the muscle grind and is done by placing the arms behind the high bar with the back of the body towards it and then swing in a large arc over and over the bar. But you asked me how I became interested in gymnastics. I really became interested in gymnastics after I came to college and saw the well-equipped gym and some older boys doing stunts that I had never seen. The course of study I chose would not permit me to go out for a major sport, so I naturally drifted into the gym where I found plenty of activity. It was here at K. U. where I learned to walk on my hands.

Mr. Allphin And may I ask when you became interested in this phase of physical education?