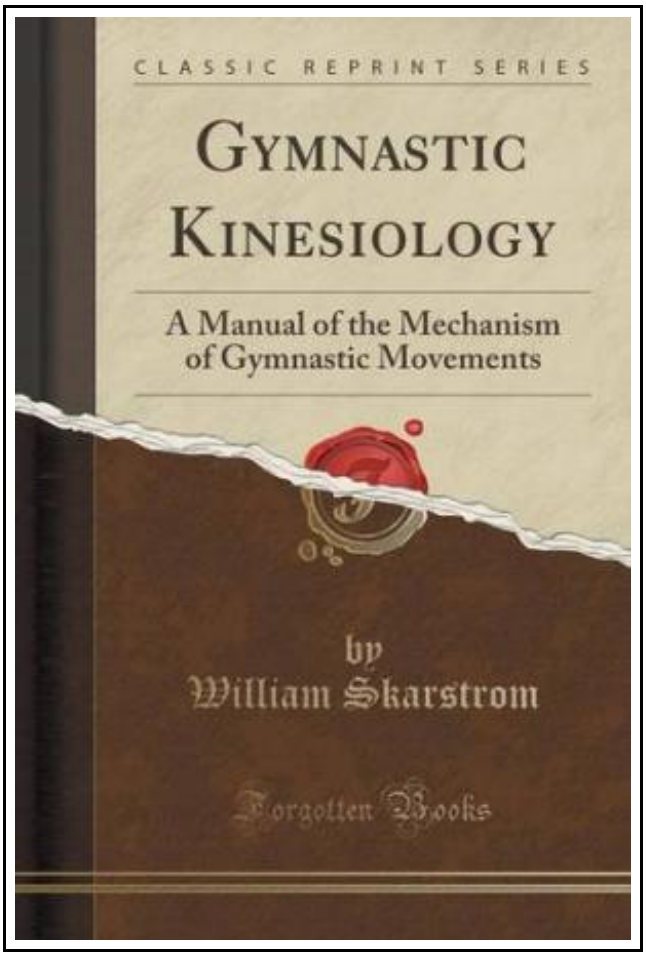
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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Gymnastic Kinesiology: A Manual of the Mechanism of Gymnastic Movements The favorable reception accorded the first edition of the manual was most gratifying. The gradual but steady increase of its use seems to warrant the assumption that it is filling a real want and to justify me in venturing the publication of a second edition. A number of minor changes in phrasing and construction have been made in an endeavor to make the text clearer. But aside from the correction of a few errors, the addition of three illustrations, and of three titles to the bibliography, no important changes or additions have been made. The subject-matter in the following pages appeared, substantially in its present form, in the Physical Education Re- View during 1908 and 1909. This series of articles was planned with a view to present, in a non-technical manner, the application to gymnastics of generally known anatomical facts in conjunction with a few elementary mechanical principles more or less familiar to everyone; and also to correlate such application with certain fundamental conceptions regarding the effect of different uses of the motor organs on their structure as well as on their functional power and control. The larger part of the subject-matter, therefore, is devoted to the analysis of representative types of exercises for the purpose of ascertaining their mechanism and determining, as far as possible, their immediate and permanent effects or tendencies. The aim was to establish in this way a basis for estimating the value or effectiveness of different styles of gymnastic work as regards posture and motor education, and in general to influence gymnastic teaching in the direction of greater definiteness of...

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