



Pioneers of Modern Physical Training (Classic Reprint) (Paperback)

By Fred E Leonard

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Pioneers of Modern Physical Training Denmark was the first European state to introduce physical training into its schools as an essential part of the course and to prepare teachers of that subject by offering systematic instruction in theory and method of gymnastics. The leader in this movement, and its director for forty years, was Franz Nachteggall (1777 - 1847) whose whole life was passed in Copenhagen. As a student in the university there he had applied himself to fencing and vaulting, and after his father's death undertook to support himself by giving instruction in gymnastics, at first in a private school. In 1799 he organized a gymnastic club composed of students and young merchants, and on November 5 of the same year opened a Private gymnasium, the first institution in modern times devoted exclusively to physical training. The venture was successful from the start. When five years later the government established a Military Institute for training non-commissioned officers to teach gymnastics in the army, its management was entrusted to Nachteggall, who received the title Professor...



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An exceptional book and also the font utilized was intriguing to read. This is for all who state there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

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