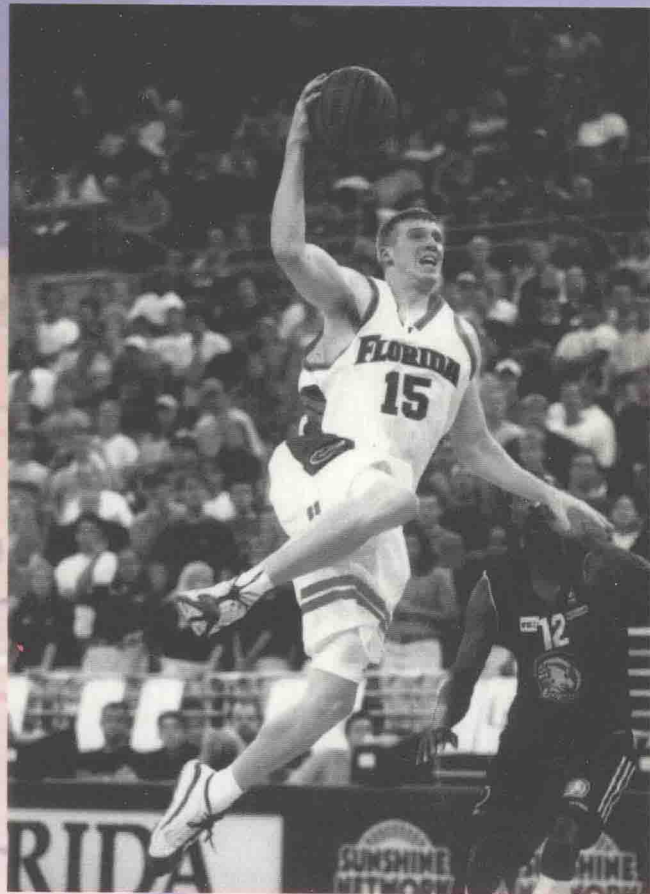


Third Edition

HISTORY OF AMERICAN PHYSICAL EDUCATION AND SPORT

PAULA D. WELCH



A contrast in style: basketball in the 1970s and 2000s.

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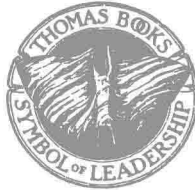
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*To Mike and Steve Lineberger
Dan Rosenthal*

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Although history does not change, opportunities to read previously unavailable primary sources provides a more complete and objective view of the past. Since the second edition, I have learned more about intercollegiate sport and its influence on the academy, the emergence of sport management as an academic discipline, the Olympic movement, Title IX, and governance of national and international sport organizations.

Others who have assisted in this project include my colleagues from the College of Health and Human Performance, Dr. Ruth Alexander and Dr. Sue Whiddon. They readily offered their time and expertise. Dr. Julie Dodd, College of Journalism and Communication and Colonial Jeanne Picariello, US Army (retired) sent numerous journal articles and recommended pertinent data. Kane Alexander's meticulous review of the manuscript was especially beneficial. Finally, I am thankful for my friends, family, and colleagues who expressed their interest and encouragement in this project.

PAULA D. WELCH

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**HISTORY OF AMERICAN
PHYSICAL EDUCATION AND SPORT**

Chapter 1

A PRELUDE TO AMERICAN PHYSICAL EDUCATION AND SPORT

During the latter years of the nineteenth century physical education was known as gymnastics, physical training, and physical culture. Early physical activity experiences in school settings were limited in scope and not accessible to a large portion of the populace. In contrast, twenty-first century physical educators apply the dynamics of human movement to games, sport, and dance. Students in kindergarten through grades 12 and those in post-secondary institutions benefit from varied activities.

Athletic programs in the United States involve varsity competition between schools, with most contests occurring at the secondary and college or university levels. Athletic programs were the invention of male college students in the 1850s and became securely ingrained in institutions of higher learning. As the turn of the century approached, female students were briefly introduced to athletics, but it was not until three quarters of the twentieth century had passed that women's athletics were a visible entity in society.

Physical activity as characterized in games, sports, and dance has been an integral part of American culture since its beginnings. The nation's exercise heritage has assumed diverse forms with origins from native Americans and immigrants who came to the New World. Early exercise as a part of human expression was influenced by the will to survive in a hostile environment which once tamed, gave way to less utilitarian and more pleasure-seeking forms of amusement. As with any social institution in a highly complex society, games, sports, and dance have been directly influenced by other institutions such as religion, education, government, and industry. To more fully comprehend the scope of contemporary programs and practices, one must be familiar with their origins and development. Knowledge of the history of physical education and sport can enhance one's understanding of current trends in society and provide a proper perspective as a guide for present and future program direction. An overview of sport and physical activity in the United States completes the remainder of Chapter 1 with subsequent chapters containing specific topical material.

CHANGES IN SPORTING INTERESTS AND STYLES OF PLAY

The Indians or native Americans who first settled in what is presently the United States viewed physical activity as an inherent part of their life-style. Their games had deep religious overtones which were neither understood nor fully appreciated by early Caucasian observers. The game of lacrosse has remained one lasting contribution to the nation's sports scene provided by native Americans. The colonists who later settled in America ushered in the colonial era beginning in 1607. In spite of severe hardships they found time for their own unique forms of expression through games and dances of European ancestry. Hunting skills were at first used out of necessity and later became a source of enjoyment. Contests such as hammering a nail by firing a rifle provided both entertainment and practice of hunting skills for frontier pioneers. As hunting became less pertinent for both urban and western dwellers other activities were substituted. The interaction between people of geographic settings produced differing styles of play and rules often varied from region to region. In general, the sports that became the rage in the east spread west and south.

AMERICANS BECOME ENAMORED WITH SPORT

Horseracing was the most organized sport before the Civil War, but its growth did not proceed without criticism. It appealed to all classes of people and to both men and women. Other sports which attracted a large segment of the citizenry after the war between the states included boxing and baseball. Some sports became professional enterprises. Both amateur and professional sports consumed the interest of Americans and they became enamored with them as evidenced by early newspaper accounts of their spectatorship and participation. *The National Police Gazette*, first published in 1845, recounted crimes and devoted space to numerous sports events. A writer for the *Gazette* described the prevailing feeling toward sports in 1867:

The powerful impetus which Out Door Sports of every kind have received within the past few years in this country, and their rapid extension, evinces the deep interest which the American people feel in all those manly and athletic exercises which conduce so materially to physical and mental development. Athletic amusements are coeval with the world's earliest days. Leading to health, and promotive of cheerfulness, they supply to friendly intercourse a generous warmth and manly spirit they have often ennobled the social attributes of a people. They are important, viewed merely as a medium of pleasure; but to appreciate them in all their effects, is to give them a still higher position. They have formed the characteristics of nations, and they share with literature and art the classical pages of history. It is a plain axiom of experience that the just blending of labor and recreation produces the highest order of longevity.¹

The American public has spent large sums of money on sport which encompasses both amateur and professional competition. Although profes-

sional sports helped to establish America as a "sporting nation," the text does not extend the coverage of professional sports into the twentieth century. It is the intent of the author to use them only to show how they contributed to America's enthrallment with sports.

ETHNIC INFLUENCE

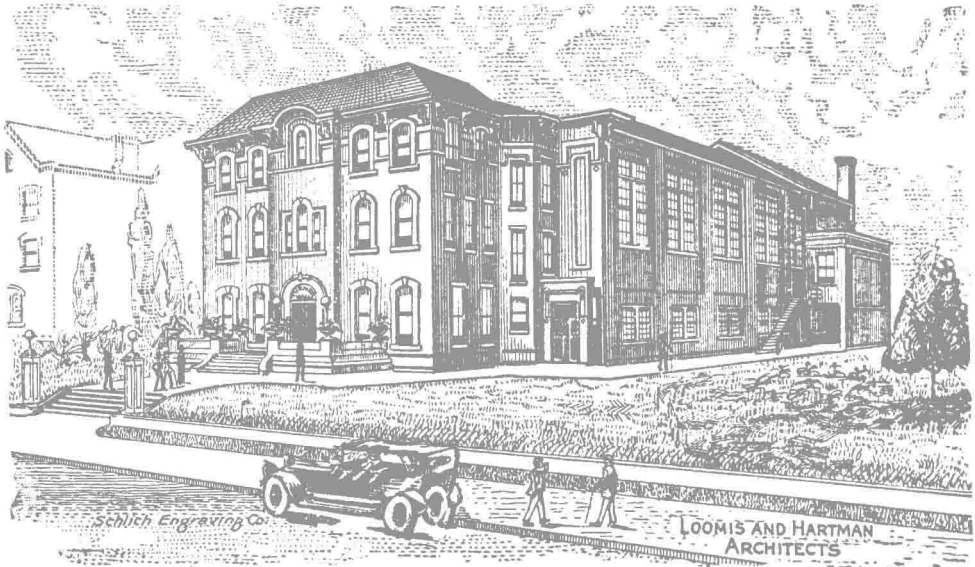
Some of the immigrants who arrived in America continued to cultivate their own language, religion, recreational activities, and political beliefs, while others more readily took on the mores of their new homeland. Contributions were made by these new Americans, whether or not they continued to practice their familiar customs or more readily blended into what became known as the American way of life. Those who came from Germany preserved much of their culture and introduced a system of gymnastics and physical education to the cities. The Scots continued their interest in sports and initiated the Caledonian Games. The first club was founded in 1853 and demonstrates by way of one example how early practices influenced sport development. A description of the Brooklyn club's activities in 1867 illustrates several unique features of the clubs. The Brooklyn Caledonian Club organized March 9, 1866, and had attracted a membership of 200 a year later. Its purpose was "to foster fellowship and to perpetuate in memory the old customs, legends, and glory of 'auld Scotia.'"² Club members planned to construct a library, reading room, and gymnasium. During the summer of 1867 the Brooklyn club invited other Caledonian groups from New York, New Jersey, Massachusetts, and Pennsylvania to participate in their Scottish Games. The events were held at Jones' Woods which was a site for many New York City amusements. The participants in full Highland dress marched to the accompaniment of pipers. A Scottish reel preceded the program which was also interspersed with dancing. The twenty-one-event program consisted of:

1. Putting the heavy stone (24 pounds)
2. Putting the light stone (18 pounds)
3. The standing jump
4. Throwing the heavy hammer (21 pounds)
5. Throwing the light hammer (16 pounds)
6. The running jump
7. The Highland fling
8. The short race
9. The running high leap
10. The boys' race
11. The three-legged race
- Intermission
- Scottish reel
12. Vaulting with pole

13. The long race
14. Tossing the caber
15. The broadsword dance
16. The sack race
17. The standing high leap
18. The egg race
19. The hurdle race
20. Hop, step, and jump
21. Wheelbarrow race

Prizes were awarded for first through third place finishes in the various events. These included medals, a picture of Mary Queen of Scots, Scotch bonnet, tartan hose, and silver shoe buckles. A silver medal valued at \$12.00 was awarded to the neatest dressed participant. Because of rain the participants adjourned to the dancing pavilion where they enjoyed more Scottish dances. The uncontested athletic events were postponed until September.³ The Caledonian Games promoted interest in track and field in the United States.

OUR NEW HOME



310 East Broadway - - Louisville, Kentucky

Figure 1.1. In 1850, the Louisville Kentucky Turnverein was organized. The Louisville Turners opened a new building on their 67th anniversary. Courtesy of Forrest F. Steinlage, Louisville, Kentucky.

Dance forms in America have undergone marked changes due to the influences of those peoples who have encouraged the development of dance. African dances, for example, were brought to America by slaves who eventually developed other unique expressions, such as jazz. Additionally, Europeans have had a distinct impact on the shaping of American dance.

BASEBALL: AMERICA'S TRADITIONAL NATIONAL GAME

Games resembling baseball had been played since colonial days. These bat and ball games were variations of the same general theme called baseball, two old cat, rounders, town ball, and goal ball. Some authorities suggest that the game was played by collegians in the 1820s.

Alexander J. Cartwright played a decisive role in organizing the first baseball club. Although a group of men had been gathering for practice games in Manhattan since 1842, it was in the spring of 1845 that Cartwright proposed the formation of a club.⁴ His proposal was approved and the Knickerbocker Base Ball Club of New York was organized September 23, 1845. The club maintained its amateur status for more than thirty years. Social amenities were important to the Knickerbockers. Several rules in the 1866 regulations substantiate the enforcement of proper player behavior:

Members using profane or improper language on the field, shall be fined ten cents for each offense.

Any member disputing the decision of an umpire during the time of exercise, shall be fined twenty-five cents for each offense.

Any member who shall audibly express his opinion before the decision of the umpire is given, (unless called upon him to do so) shall pay a fine of twenty-five cents for each offense.

Any member refusing obedience to his Captain in the exercise of lawful authority, shall pay a fine of fifty cents.⁵

Baseball experienced rapid growth during the decade of the 1850s. In 1859 the first contest between colleges was played making it the second sport after rowing to achieve intercollegiate status. Further activation of the game occurred during and after the Civil War when soldiers who had played the game continued their involvement with baseball when they returned to their home towns. The game was played in cities, villages, and hamlets across the nation and attracted large crowds. Players of the professional game became the idols of thousands. Albert G. Spalding, who established a sporting goods firm, became convinced that baseball was firmly established as America's national game. In 1911 he wrote:

the day has come when nearly every man and boy in the land is versed in all the intricacies of the pastime; thousands of young women have learned it well enough to keep score, and the number of matrons who know the difference between the short-stop and the back-stop is daily increasing.⁶

Although promoted as America's national game, the popular belief that baseball was invented by Abner Doubleday at Cooperstown, New York, in 1839 is questionable. Many historians agree that the game was not invented by a particular person at this time but rather it evolved from earlier games. The Knickerbocker Club is credited with developing rules which served as the foundation for the modern version of the game.

THE SHAPING OF SPORT AND PHYSICAL EDUCATION

America's social, political, religious, sport, and physical education heritage has been shaped by countless events that have occurred since the civilization of the country. The immigration and industrialization of America spawned the growth of large, populated cities. Sports clubs were formed that offered those individuals having fewer work hours opportunities to engage in leisure activities. The physical education profession was initially directed by medical doctors and other people interested in the effects of exercise upon the health and well-being of the general population. From this impetus arose recognized programs of study, or teacher training institutions, to prepare and certify teachers of physical education. The tragedy of wars, poor health of the nation's citizens, and economic depression have had both positive and negative effects on sport, physical education, and leisure pursuits. War curtailed physical activities when certain materials were in demand and were not readily available for the production of sports equipment. It also brought service personnel together and exposed them to recreational activities which they continued after the cessation of conflict in diverse parts of the nation. The low health status of Americans focused attention on the need for physical activity and physical educators rallied to improve the physical fitness of the nation's youth. The physical education profession has been cognizant of the necessity to influence Americans to continue physical activity after leaving the school setting. The Great Depression, as might be expected, had an adverse impact on some sports. For example, private golf clubs affiliated with the United States Golf Association (USGA) numbered as many as 1,000 in 1930 and by 1936 the number plunged to 743.⁷ Thousands failed to renew their memberships in spite of special summer rates. Conversely, municipal golf courses increased between 1930 and 1936, while numerous courses, probably most of which were privately owned, declared bankruptcy.⁸

SPORTS READILY ACCEPTABLE FOR ONLY THE MALE MEMBERS OF SOCIETY

At first, sport was solely a male dominated bastion. Before the advent of intercollegiate athletics large numbers of men were enjoying sports events and reaping their many benefits. It was not only acceptable but expected that men would pursue sports endeavors. Women were slow to gain accep-

tance as sports participants let alone as serious sportswomen. They were small in number but women did engage in what was referred to as socially sanctioned activities of a physical nature. Early recognized women's activities included horseback riding, bathing, and archery. An account of a "girls' regatta" occurred in 1878:

Excitement ran high on the 19th, in Fair Haven, New Jersey, on the beautiful Shrewsbury. The white skirts of Jersey belles fluttered in the breeze. . . . The sails of yachts sparkled in the sunshine, and rowboats flitted . . . to and fro. The occasion was a regatta for the fair sex, and bebies of pretty girls danced along the . . . shore. . . . Prior to the races there was quite a debate in the parlors of Van Fine's Hotel on the subject of coaching. The Fair Haven contestants did not want coaching, but the other fair contestants did. It was put to a vote, and . . . it was decided not to have coaches on the water, so the coaches stayed ashore.⁹

There were three races and the course for senior sculls was three-quarters of a mile straight away. The starters were Misses Sarah Bennett; her sister, Annie; and Emily Snyder. Sarah Bennet accented her dress with a white straw hat, black trimmings, and white feather. Her sister wore a navy blue costume, while Miss Snyder dressed in white wore a straw sailor hat with red trimmings. Sarah Bennett won the race in 7 minutes, 35 seconds. "Isn't she just splendid?" queried one of Miss Bennett's admirers while she pocketed gloves and bonbons, and "Ain't it just too awfully mean for anything?" retorted one of Miss Snyder's followers as she forfeited her wager. The second race was over a half-mile course for junior sculls, and perhaps because of the fever of the first race betting ran high. Caramels and cotton candy were wagered. There were three contestants two of whom were 13 years of age and the other 16 years of age. The closing race over a quarter of a mile was between two eleven-year-olds.¹⁰ *The National Police Gazette* did not identify the prizes which were awarded the winners. Lemonade and ice cream were served after the contests.

Large numbers of spectators were attracted to tournaments where, in some cases, men and women competed together. Oftentimes these tournaments were held on festive occasions such as holidays. Men and women competed in archery competition together in the National Archery Association's 1881 tournament which began July 12 at the Prospect Park Parade Ground in Brooklyn. The archers competed before 500 spectators.

The first day of the tournament started at 11:00 A.M. and continued until sundown. The program consisted of the National Round* for women and the New York Round† for men. There were 20 women and 40 men archers.

*The National Round consisted of shooting 48 arrows from a distance of 60 yards and 24 arrows from 50 yards.

†The York Round consisted of shooting 72 arrows from 100 yards, 48 arrows from 80 yards, and 24 arrows from 60 yards.

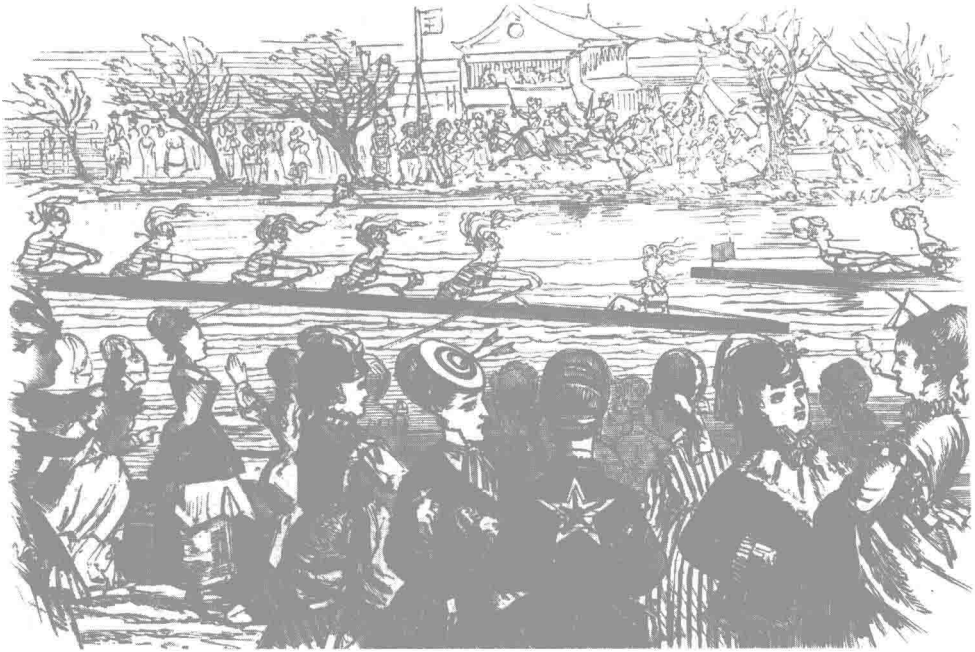


Figure 1.2. A rowing contest.

The contestants marched to the beat of a drum when they crossed the range to determine the scores.¹¹ On the final day of the three-day tournament a crowd of 1,000 had gathered when the bugle sounded to signal the commencement of the competition. The women's team championship was won by the Newark Topopholites, and the men's championship was won by the College Hill Club of Cincinnati. There was also individual competition, and a total of 96 prizes valued at over \$2,000 were awarded. On the final day of competition a "press match" for newspaper reporters was held. Mrs. Gibbs of Newark was presented with the "championness medal" and chose a diamond pin and a dozen arrows. Mrs. Morton, who placed second, was given the next opportunity to choose her prize and selected a set of tablespoons and forks with a moracco case. Frank Walworth won the men's champion medal and chose three Horseman bows, one dozen arrows, and a high silk hat.¹² In time, social mores were to change bringing about a redefinition of what were considered to be "proper" activities in which a woman could participate without fear of social criticism.

RAGES AND RACES

Since the beginning of recorded sport history, rages and races have attracted devotees to numerous competitive events. As sportsmen and sports-

women became more sophisticated, participants dressed in their sport attire, thereby producing a multimillion dollar clothing industry. It became fashionable to appear in sporting apparel even if one had no intention of engaging in physical activity.

During the latter half of the twentieth century, tennis became the rage. Beginning in the 1970s, the sport was visible across the country. By the end of the decade racquetball had gained converts. Running, by the end of the 1970s, acquired millions of participants who had taken to the streets, parks, roads, and specially designed running trails. Road races from one to 26 miles and 385 yards became numerous and well attended. Ultramarathons of 50 to 100 miles attracted a surprising number of participants who tested themselves against unique and challenging terrain. One event indicative of the running boom is Atlanta's Peachtree Road Race traditionally held on the Fourth of July. In 1970, 100 people ran the 10,000 meter event in blistering heat and with little fanfare.¹³ Ten years later, this race attracted 25,000 runners ranging from elementary school children to senior citizens. On July 4, 1994, under overcast skies and drizzling rain, 50,000 runners celebrated the 25th anniversary of the Peachtree Road Race.¹⁴

Heralded as the world's largest ten kilometers road race, the 33rd edition of the Peachtree Road Race drew 55,000 participants.¹⁵ Participants and spectators at the 2002 Peachtree Road Race created a more patriotic atmosphere as the first anniversary of the September 11, 2001 terrorists attacks approached. Americans reveled in jingoistic pride, and defiance and they were determined to keep terrorism from interfering with daily life and traditional celebrations. Amid unprecedented security, spectators and runners focused on fun and patriotic displays. Many were clad in red, white, and blue, and some waved flags while shouts of "U-S-A, U-S-A" resonated through the crowds.¹⁶

The Boston marathon also illustrates America's phenomenal interest in running. The first race held in 1897 attracted only a handful of participants, whereas by 1970, nearly 10,000 official and unofficial runners entered the country's oldest marathon with the largest number of competitors representing the 40 to 44 age group. Since the first race, runners have had to meet designated time standards established for age groups. A classic Boston marathon features nearly 10,000 runners who have met the time standards. An exception was made for the centennial running of the world's oldest annual marathon when Boston Athletic Association (BAA) officials decided to admit 15,000 additional runners for the "100th Open Division" in the 1996 race.

A myriad of reasons exist as to why this activity has become so widely accepted. Television coverage of the marathon at the 1972 Munich Olympics and media exposure about the benefits of running to a health conscious public are two motivating factors. Large corporations also became involved in staging road races. One of the more profound influences which has encouraged millions of Americans to run on a regular basis is found in the