






## **Barefoot Summit Denver 2015: Presentation Topic Summaries**




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**Format:** Three 20-minute morning openers based on foot fitness or shoe history. Medium will be PPT. Supporting information will be placed on my website for post-summit review.





### **Presentation #1: Classical**

-  Brief overview of gymnastics origins of the “Golden Era” of classical physical education from 1885-1920 which emphasized good foundational structure with feet.
-  Orthopedics and medical gymnastics focus with emphasis upon posture and quality of movement.
-  Clips from 1926 “Educated Feet” school training film.

### **Presentation #2: WWII-1960s**

-  WWII WAC female dynamic warm-up hopping drills and postural fitness related to feet.
-  Bonnie Prudden Foot Fitness History
-  LaSierra High School calisthenic warm-ups with hopping drills for foot and ankle fitness

### **Presentation #3: Dr. William Rossi Legacy**

-  History and culture of shoes
-  Physics of feet and shoe design
-  A life-long passion for feet
-  Intriguing references