

# HISTORY OF PHYSICAL EDUCATION – BCC 201



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## ❧ 1 History of Physical Education

Physical Education is as old as humanity itself. The Stone Age Physical Education in the form of survival, it was necessary for ensuring lively hood. Hunting, tribal dancing and for initiation.

## ❧ 2 Ancient Civilization (Early Cultures)

Egypt (2000 – 30 B.C):



❧ 3 The Egyptians education was based on formal education, very little emphasis was paid to physical education . The warriors trained in hunting, charioteering, using weapons and wrestling. For recreation the people swam and played ball games. Dancing was important in religious rituals.

❧ 4 China (2500 B.C and 1200 A.D.): The Chinese valued moral and religious training. However they maintained a military class who participated in archery, boxing, chariot racing, football and wrestling. Some flew kites and practiced a light exercise called “Cong Fu” and hand to hand combat called “Chiao Li” and Chian Fu”

❧ 5 India (2500 B.C. to 500 A.D.) They were religion imposed ,they developed spiritual well-being and participated in yoga. Dance was a way of expressing their religion. Hunting and fishing were pastime activities for some.

## ❧ 6 Greek - Homeric Greek (Before 776 B. C

Greek - Homeric Greek (Before 776 B.C.) It was an era named after the Greek poet Homer who wrote the Illaid and the Odyssey. The Illiad described the Funeral games which were done to pay respect to the soldiers killed in the Trojan war. Some of the games were: chariot race, boxing, wrestling, footrace, duel with spears, discus throw, javelin throw and archery

## ❧ 7 Spartans (776 B. C. to 371 B. C) They stressed military power

Spartans (776 B.C. to 371 B.C) They stressed military power. At birth the child was examined the healthy were kept and the weak or sick were exposed to Mt. Taygetus to die. The girls participated in gymnastics, swimming, horseback riding and dance. The boys were taken at age seven to serve in the military



❧ 8 The Spartan boys start training in running and jumping then moved on to swimming, hunting, horseback riding, wrestling and throwing javelin and discus. They also competed in the Pancratium a combination of wrestling and boxing. At age 20 they engage in deep military training.

## ❧ 9 Early Athenians (776 B. C. to 480 B. C

Early Athenians (776 B.C. to 480 B.C.) They believed in all round development. The boys practiced wrestling, boxing, jumping and dancing. Athenian men did not work but spent their day in government gymnasiums practicing athletics. Dance and athletics were important in honoring the Gods.

## ❧ 10 Late Athenians (480 B. C. to 338 B. C

Late Athenians (480 B.C. to 338 B.C.) Economic expansion and expansion of politics lead to a decline in physical activity and military training. The gymnasiums became pleasure resorts that were only used by professional athletes.

## ❧ 11 Ancient Olympics (776 B. C. to 400 B. C)

Ancient Olympics (776 B.C. to 400 B.C.) The first Olympics was in 776 B.C. the festival was held every four years at Mount Olympus to honor the God Zeus. The athletic contest lasted for five days and was so prestige that all warring stopped during this time and travelers to the games were guarantee safe passage.

❧ 12 Ancient Olympics: To be eligible for the Olympics athletes had to be Greek born and train for ten months in advance. However it was open to all social class. Victors received wreath of olive branches. The games were scheduled in open spaces.



❧ 13 Events: It started with only the stade race but as the years progressed developed into five days of events. Day 1: Oath-taking ceremony, contest for heralds and trumpeters, contest for boys and religious observances. Day 2: Chariot race, horse race, pentathlon (discus, javelin, jump, stade race and wrestling)

❧ 14 Day 3: Main sacrifice to Zeus and footraces Day 4: Wrestling, boxing, pancratium and armor race. Day 5: Prize-giving ceremony, service of thanksgiving to Zeus and Banquet. A.D. 394 the Christian Roman Emperor who ruled Greece abolished the Olympic games because he felt it was against Christian Belief.

❧ 15 The Modern Olympics The memory of the Olympics did not die in 1636 the English held Olympic games for English competitors. In 1850 an Olympic Society was founded by Dr. Penny Brook. Baron Pierre de Coubertin decided to set up a modern Olympics that will bring all athletes of the world in friendly competition. Baron formed an international committee in 1894

❧ 16 The first Modern Olympics: With the help from the Crown Prince of Greece the first modern Olympics was held in 1896 in Athens. King George I of Greece opened the games and the Olympic theme was played. This became the official anthem of the Games today. Thirteen countries were represented. 311 athletes competed, 230 from Greece, 19 from Germany, 14 from USA and 8 from Britain.

❧ 17. Olympic winners: The first Olympic winner was the American James Connelly who won the triple jump. The first three places in the marathon were Greek athletes. Spiros Louis was the winner, the King offered him a prize and he asked for a horse and cart. In the first Games only first and second place were given. First place got a crown of olive branches and a silver medal and a diploma. Second place got crown of laurel branches and a bronze medal and a diploma.

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❧ 18 First Modern Olympic James Connelly Spiros Louis Charlotte Cooper

❧ 19 Events as the Games Development : 1900 (France) II Olympiad – Charlotte Cooper of Great Britain became the first woman medalist (London) IV Olympiad – The gold medal for the winner and a winter sport were introduced (Sweden) V Olympiad – Women entered swimming teams (Germany) VI Olympiad – Cancelled owing to World War I (Netherlands) IX Olympiad- Baron de Coubertin was ill but sent his last message “to keep ever alive the flame of the Olympic spirit”

❧ 20 Events as the Games Development : 1936 (Germany) XI Olympiad – the first game to be televised. It was the first time the Olympic torch was lit (Japan,)/Helsinki) XII Olympiad and 1944 (London) XII Olympiad – were cancelled owing to World War II (West Germany) XX Olympiad – Eleven Israelis athletes and officials were murdered by terrorists (South Korea) XXIV Olympiad – Ben Johnson disqualified for drug taking.

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## ❧ 1 Physical Education In Greece

## ❧ 2 Physical education had its golden age in ancient Greece

Physical education had its golden age in ancient Greece. The two city states which gave physical activities much importance were Sparta and Athens.

## ❧ 3 Spartan's Physical Education

The main objective of physical education was to contribute to a strong and powerful army.

## ❧ 4 Physical Activities of Spartan Education

Almost entirely gymnastic training (running, leaping, jumping, javelin throwing, military drill, wrestling, hunting, horseback riding) and discipline itself.

## ❧ 5 Stages of Spartan Education System

Primary education: Pupil's taught at home until age of seven. Military education : After the age of 18, the students were trained the use of weapons and art of war. After the training, it was necessary for each trainee were supposed to serve in army for at least 20 to 30 years. Otherwise they were not the right citizen. Ethical education: The young students listened to heroic and legendary stories by their elder. Religious education: There was not any tradition or program for religious education. The curriculum focuses on nationalism and abidance of laws.

## ❧ 6 Athenian's Physical Education

In Athens the individual's life was not controlled and regulated as in Sparta, and he enjoyed individual freedom. To the Athenians, physical education was necessary to achieve all-around mental, moral, and physical excellence. The Athenians main reason for physical competition was in honor of respected soldiers killed in battle and in honor of the gods. A famous Greek epic, the Iliad, "described the funeral games held in honor of Patroclus, Achilles' friend who had been killed in the Trojan War" (Lumpkin, 1990, p. 167).

## ❧ 7 OBJECTIVE: PHYSICAL ACTIVITIES OF ATHENS:

The objective of physical education was for physical perfection with emphasis on beauty of physique. PHYSICAL ACTIVITIES OF ATHENS:-consisted of physical training, athletics and music, writing, reading, dancing, ethical poems, literature, counting, geometry, drawing, and arithmetic.

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❧ 8 Gymnastics was believed to contribute to physical development, and music was also considered important for the intellect. Gymnastics and music were considered as the two most important subjects in the curriculum. It was always claimed that gymnastics was for the body and music was for the soul.

❧ 9 Various physical activities were provided the six-year old boys in the palaestra which was a building for exercises and an open space for jumping and wrestling. The proprietor of the palaestra who was responsible for directing the activities was called paidotribe. The main areas of concern were special sports and exercises under an expert instructor called the gymnast. The gymnasiarch was the chief official and overall in charge of the entire gymnastics program

## ❧ 10 Difference between Spartan and Athens on the Basis of Education

SPARTANSATHENS1. Sparta has autocratic approach towards the education.1. Athens has democratic approach towards education.2. They gave training about war only.2. They gave training about both peace and war.3. Reasoning was not allowed here.3. Reasoning was allowed here.4. The main educational aim was production of competent warriors.4. Main aim was complete personality development.5. Training for war was started very earlier in life.5. Formal education was started from 7 years age.6. Less advanced system compared to athens.6. More advanced system as compared to Spartans.7.Focused on physical training.7. Focused on mind training.8. Spartan gave women's' equal chances of education.8. The education was only for boys.

❧ 11 A number of Greek philosophers , teachers, and medical men contributed to the worth of physical education and among them were the ff. HERODOTUS- recognized the use of physical education as an aid to medicine as early as the fifth century. GALEN- stated that physical education is a part of hygiene and subordinate to medicine. HIPPOCRATES- proclaimed the law of use and disuse of the parts of the body; the parts of the body are strengthened through use, and disuse results in muscle atrophy or weaknesses.



❧ 12 SOCRATES- gave emphasis on the importance of physical education in attaining health in order to achieve one's purposes in life. Grave mistakes caused by poor decisions can be a result of poor health. PLATO- considered gymnastics and music as the two most important subjects in the curriculum. ARISTOTLE- recognized the close interrelationship of the body and the soul, and that mental faculties can be affected by poor health. He also prescribed progression of exercises; a excessive or deficient exercises can result in harm to the body.

❧ 13 XENOPHONE- thought of physical education as important in terms of the military, and that essential to success in life is soundness of the mind and body.



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# Spartan's Physical Education



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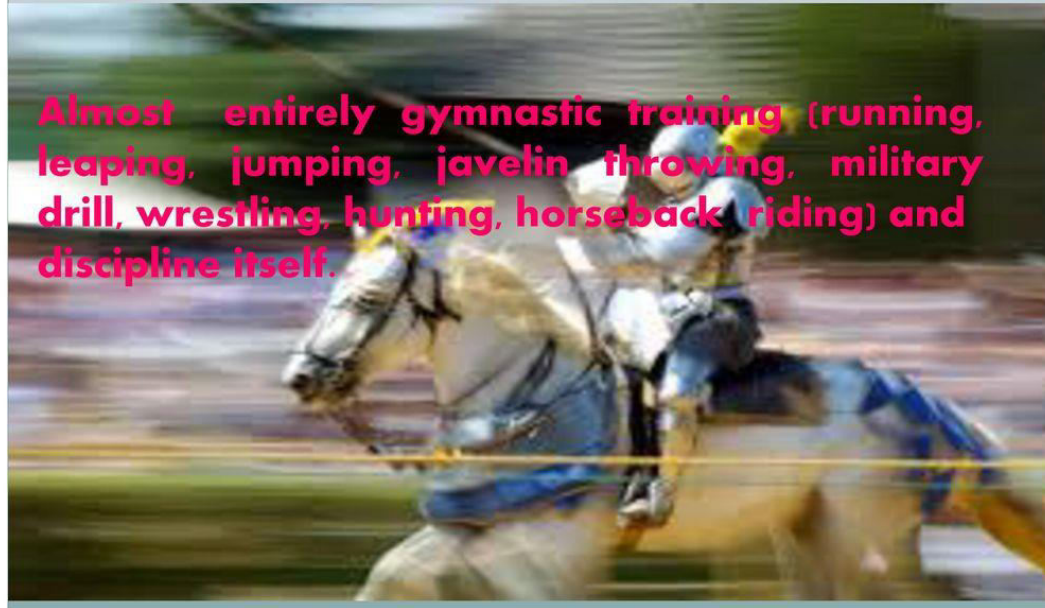




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### ***Stages of Spartan Education System***

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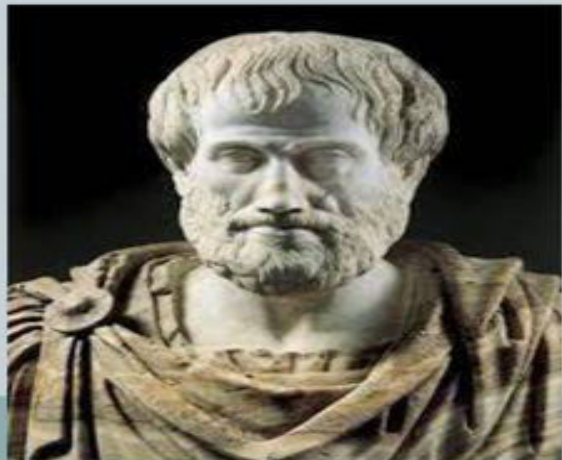
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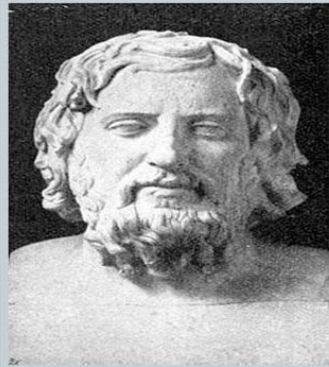
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