Physical Education & Sport in the Ancient World

• Exam 3 – class notes –
• Continues to rebirth of Modern Olympics

Physical Education & Sport in the Ancient World

• When did physical education begin?
• Prehistoric references to what we call physical education
• Males needed to learn hunting & fighting skills, strength, speed, agility, etc. for survival.

Physical Education & Sport in the Ancient World

• Two areas of chief concern:
  • Survival Skills
  • Conformity Skills

SURVIVAL SKILLS

• The ability to defend self & others
• Need to provide food, clothing, shelter
• Need to develop skills to live as an individual in the world
• Led to “survival sports” or “natural sports”

CONFORMITY SKILLS

• Survival of the group was all important - Similar to society being more impt. than the individual
• Special skills of the individual impt. for service to the group (fire, fighting, etc.)
• Had to be able to work with others

Activities NOT related to survival

• Dance - used to “communicate to the forces” and in religious festivals
• Games -
  – Games of chance
  – Games of dexterity (e.g. ball games)
  – Games played by children (e.g. tag, chase)
Essential Skills

- Hunting Skills:
  - Throwing implements:
    - rocks, spears, archery
- Running
- Swimming
- Wrestling, Boxing

Early Cultures & Physical Education: GREECE

- Four main periods
- I. Homeric Era (Prehistoric times - 776 BC)
- II. Spartan Era - (776 BC - 371 BC) City/State emphasis
- III. Early Athenian (776 BC - 480 BC) Democracy/individual freedom
- IV. Late Athenian (480 BC-338 BC) Individual curiosity

Early Cultures & Physical Education: Homeric Era

- Named for Homer - author of Iliad & Odyssey - earliest record of sport comp.
- Promoted idea of Greek ideal: Unity of man of action with man of wisdom.
- Represented Greek gods as personification of the Greek ideal - superior intellect & physical skills

Early Cultures & Physical Education: Spartan Era

- Totalitarian Society - Individuals existed to serve the state
- State oriented to military way of life
- Education was almost totally “physical”
- Males began training at age 7-left home
- Trained by older youth until 14
- Military-type training until 20 & entered military

Early Cultures & Physical Education: Spartan Era

- Youth trained in running, throwing, (discus, javelin) swimming, wrestling, boxing, gymnastics, & dance
- Young males checked by Ephors for “fluidity & flabbiness”
- Not able to marry until age 30 & still had to have evening meals with men in barracks.

Early Cultures & Physical Education: Spartan Era

- One of the first societies to educate females
- Prepared for motherhood & to care for males injured in battles; had to maintain “Spartan Way of Life” while men were away
- Women were taught weight control & conditioning to help in child birth
- Allowed to compete in athletics until married
- Participated in discus, javelin, wrestling, swimming, horseback riding (horse training was a specialty)
Early Cultures & Physical Education: Spartan Era

- Won more athletic events than other city-states
- Discouraged from competing in boxing & PANKRATION (ultimate fighting) because not allowed to admit defeat
- Ruled poorly in peace time
- Unbalanced approach to education - not able to think for themselves

Early Cultures & Phys. Educ.: Early Athenian

- Strong balance in education
- Emphasized sound mind in sound body
- Education stressed: aesthetic sensibilities, ethics, overall knowledge, physical training
- Elite males educated by tutors stressed physical education (6), grammar (10), music (13), military (18)
- Women educated at home - not equals

Early Cultures & Phys. Educ.: Early Athenian

- Phys. Educ. for older males at gymnasium: large area outside of city
- Discussions @ gov’t, social issues, etc. sought Greek ideal of paidiea (self improvement) & arete (virtue or excellence). Sought to develop qualities of individual through physical means not just the physical.

Early Cultures & Phys. Educ.: Late Athenian

- Individual happiness became more important
- Economic expansion, self-confidence, more leisure time, more intellectual curiosity
- Physical aspects of education were de-emphasized

Early Cultures & Phys. Educ.: Late Athenian

- Mercenaries used in army & athletics
- Gymnasiums became resorts
- Individuals were not prepared to defend selves & land
- Defeated by Macedonians in 338 BC
Greek Athletic Games/Contests
The Panhellenic Games
• Athletic prowess was tied to religious festivals. The body was both athletic & aesthetic.
• Olympic Games - Zeus (Olive wreath)
• Pythian Games - Apollo (Laurel wreath)
• Isthmian Games - Poseidon (Pine wreath)
• Nemean Games - Zeus (Celery wreath)
• Panathenean Games - Athens (no wreath)

Greek Olympic Games
• Greatest of all the games (Zeus)
• 5 days in August (2½ days comp. 2½ days religious)
• Requirements: Had to be Greek born; No criminal record
• Train for 10 months before games; last month under supervision of judges
• Took oath of fair play; fined if broke rules
• Pax Olympica or "ekcheiria" - one month peace declared

Greek Olympic Games Events
• Most were running events
• Stade - varied distances 180m - 5K
• Most important were shortest events
• Discus, javelin; Long jump (halteres)
• Pentathlon (short run, long jump, discus, javelin, wrestling)
• Boxing, chariot races, races in armor

Greek Olympic Games
Women’s Games
• Women had own games/festival to Hera (sister/wife of Zeus) every 4 years between Olympics
• 1st prize was olive wreath & portion of a cow for sacrifice to Hera
• Events similar to men’s, but shortened to about 1/6 distance of males
• Competed bare footed, in short tunic, revealing one “shoulder”

Greek Olympic Games
Women’s Games
• Women could not attend/view men’s games under penalty of “death”
• Kalipeteria wanted to see her son box
• Disguised herself as a trainer & went in
• Her son won & she became excited & her “womanly attributes” were exposed
• Arrested, tried, found guilty, but law not applied
### Greek Olympic Games
#### Women’s Games
- **Keneska** (daughter of King of Sparta):
  - Female winner of olive wreath
  - Was the owner of chariot team, but had a male driver

### Roman Influence
- Conquered Greece & most of known world
- Citizens expected/taught to serve the state
- Males served from 17 - 47; Women taught children to accept their roles & responsibilities to the state

### Roman Influence
- Honored their gods with festivals - like Greeks - but more violent
- Romans characterized as “Doers”
- Greeks characterized as “Thinkers”
- Eventually had mercenaries assume many responsibilities which led to the decline of the Roman Empire

### Middle Ages - Feudal Times
- Middle ages - Dark ages - Time of transition from Roman Empire to smaller nations
- Areas ruled by lords/knights - responsible for protection of all
- Allegiance to church - responded to decree to defend holy land during crusades

### Middle Ages - Feudal Times
- 8 crusades called for by popes
- Early crusades for idealistic reasons
- Later crusades for greed
- Fought by knights - only ones to value physical training
- Demonstrated warrior skills at festivals & tournaments in controlled situations

### Middle Ages - Knighthood
- Age 7 left home for training at castle by “ladies of the castle” for 7 yrs. *(PAGES)*
- At 14 became *SQUIRES* & learned militaristic arts
- 21 - Served as *VALETS* then eligible for knighthood
Middle Ages - Church Influence

- Church opposed phys. educ. for 3 reasons
  - 1) Not pleased with Roman influence
  - 2) Roman games were related to pagan religions
  - 3) The body was evil
- Value only in the soul - body not to be catered to - no exercise, no dance

Middle Ages - Church Influence

- Valuable contributions to education
- Education only mental - no physical side
- Liberal Arts stressed
  - QUADRIVIUM: Arithmetic, geometry, astronomy, and music
  - TRIVIUM: Grammar, rhetoric (The art or study of using language effectively and persuasively), and logic

Renaissance & Reformation

- Education became valued
- "New" philosophies developed or discovered
- Humanistic education - Rediscovery of Greek ideals - Unity of mind & body
- Classical education meant study of Greek & Roman literature & ideas
- People began to think of & for themselves

Renaissance & Reformation

- Schools developed for youth of wealthy - stressed classical education (Greek & Latin literature, swimming, fencing, riding, dancing)
- Ideal of Renaissance was the Universal Man - wide variety of talents sought - sought to develop the all around person (Da Vinci)

Renaissance & Reformation

- Education valued for its own sake but education reserved for church’s leaders
- Humanists protested the control of the church - being told what to think
- Led to Protestant Reformation
- Humanism - embraced the Greek & Roman ideals

Renaissance & Reformation

- Realism - Education for life
  - Humanist Realist - classical education as the foundation - train scholars (Liberal Arts schools today)
  - Social Realist - Preparation for career - solve contemporary problems & needs (Vocational/Trade schools today)
  - Sense Realist - Learn by experience, use spoken language - teach useful info.
Renaissance & Reformation

New Philosophies

- Naturalism - Everything according to nature - learn when ready - learn from life
- Jean Jacques Rousseau - advocate
- Example: EMILE - text he wrote to explain his beliefs

Jean Jacques Rousseau

Rousseau’s EMILE

- Educated by tutor - alone in country
- Allow nature to “teach”
- Stages of EMILE:
  - Animal 0-5
  - Savage 5-12
  - Pastoral 12-15
  - Social 15-20
  - Adult - marriage

Rousseau’s SOPHIE

- SOPHIE became Emile’s future wife
- SOPHIE educated in traditional way for girls
- Educated to make husband’s (Emile) life pleasant
- According to Rousseau - only men were equal before nature

Sophie

European Heritage - A Time of Naturalism

- Johann Guts Muths - Grandfather of gymnastics worked at Schnepfenthal Institute - influential on 2 continents (1825)
- Developed outdoor gymnastics
- Activities organized by age levels, difficulty, & kept records

Frederick Jahn

European Heritage - A Time of Naturalism

- Johann Basedow - developed the Philanthropinum (1774) Coeducational to meet individual needs & readiness to learn - promoted “natural” activities
- Johann Simon - 1st modern physical education instructor - Hired by Basedow - introduced crude gymnastics; exercises outdoor on natural materials
- Frederick Jahn - Father of gymnastics - expanded on ideas of Guts Muths
- Developed TURNPLATZ for TUPNERS
- Wanted to mold German youth to promote nationalism - “Free men in a free country”
European Heritage - A Time of Naturalism

- **Adolph Speiss** - a Turner - developed German school gymnastics
- Gave same worth as other subjects
- Had progressions for boys & girls; free exercises with no apparatus; to music
- Ability levels; indoor & outdoor activities
- Required trained specialist to teach
- Stressed discipline & obedience

European Heritage - A Time of Naturalism & Nationalism

- **Per Henrik Ling** - Founder of Swedish Gymnastics - mass drills
  Developed the “Days Order” systematic exercises from head to toe - special apparatus for children

- **Franz Nachtegall** - Danish gymnastics founder - command response exercises - promoted nationalistic beliefs

European Heritage - A Time of Naturalism & Nationalism

- **Archibald Maclaren** - Influence in England - legacy was sports & games
  Sought to develop an “English Gymnastics System” but not successful
  English enjoyed games - lower classes liked blood sports - boxing cockfighting, soccer; wealthy enjoyed cricket, tennis, golf, horse racing
  Sought to develop the affective domain of education - moral virtues - cooperation; initiative, leadership, loyalty, self-discipline, sportsmanship - compete for the love of sport

Olympic Rebirth

- **Pierre de Coubertin** - France - founder of modern Olympic games (1896)
- Promoted Olympism as way to stress character development, intellect, and development of the body - characterized by religion, peace, & beauty
- Influenced by the English educational system
Olympism

Olympism had four principles that were far from a simple sports competition:
1) To be a religion i.e. to “adhere to an ideal of a higher life, to strive for perfection”;
2) To represent an elite “whose origins are completely egalitarian” and at the same time “chivalry” with its moral qualities;
3) To create a truce “a four-yearly festival of the springtime of mankind”;
4) And to glory beauty by the “involvement of the philosophic arts in the Games.”

Olympic History

- Not really the “First Modern Games”
- Actual interest since the Renaissance
- English had "Olympic Games of England" from 1610-1660 (originator Capt. Robert Dover)
- 2 days for competition in wrestling, field hockey, fencing, jumping, throwing the pole, hammer, & javelin
- More of a religious protest against religious oppression of Puritans - “Sport & games were the works of the devil”

Olympic History

• 1849 - DeCoubertin attended the games at Shropshire by Dr. W.P. Brookes
• Athletics (T&F); cricket, tilting at rings on horseback, literary & artistic competition

I Olympiad - 1896 - Athens

• First modern Olympic Games in Greece
• deCoubertin wanted them in France
• Games presented a financial strain on Greece - had to raise money
• Sold stamps, commemorative medals, tickets to events

I Olympiad - 1896 - Athens

• 13 countries; 311 athletes
• Events: fencing, wt. lifting; athletics (T&F); cycling' wrestling; shooting; swimming; tennis; gymnastics
• Culminating event - marathon
• To commemorate Greek victory over Persians (490 BC) - @ 22 mile run by Pheidippides to announce victory

I Olympiad - 1896 - Athens

• de Coubertin snubbed by Greeks – he didn’t want the Greeks to monopolize the games
• Suggested development of Intercalary Games – to be held in Greece in mid Olympiad – but never caught on
II Olympiad - 1900 - Paris
- Plagued by poor organization and bickering – lasted from May – Oct.
- French more interested in “Paris Exposition” – people wanted amusements & the Eiffel Tower
- Conditions were poor –uneven tracks; muddy water for swimming
- Events included: motor car racing, firemen competition, balloon rides, trials of carrier pigeons
- Highlight was “tug-of-war” – low point was track & field; Margaret Abbott won golf without knowing it was an “Olympic” event
- 1300 males 12 females (tennis & golf federations allowed women to compete)
- Had “official” & “unofficial” Olympic events

III Olympiad - 1904 – St. Louis
- Battle of sites – St. Louis vs. Chicago – St. Louis considered offering “rival” games – Wanted to celebrate the anniversary of the Louisiana Purchase from France in 1803
- Pres. Theodore Roosevelt named “president” of the games
- IOC gave in & set stage for political manipulation in future games
- These games had same financial problems as earlier Olympics

IV Olympiad - 1908 – London
- Original site was Rome but Mt. Vesuvius erupted – held in conjunction with Franco-British Exhibition – British Olympic would get ½ of gate receipts
- Olympic motto was introduced: Citius, Altius, Fortius (Swifter, Higher, Stronger)
- Rivalry between British & Americans for Games Trophy – first of real political statements
- 2020 ♂ 36 ♀ (Tennis, figure skating, archery, exhibitions in swimming/diving & gymnastics)

Olympic Tug-of-War (1900)

III Olympiad - 1904 – St. Louis
- Only 13 nations competed - 17 sports – 617 ♂ & 8 ♀ - mainly an American event – difficult to get to St. Louis from around the world – de Coubertin did not attend
- Events poorly staged – Water polo held in pond where cattle drank – athletes got sick & 3 died
- Women’s boxing was a demonstration sport
- Low point was the “Anthropology Days” events – racially biased to show superiority of Caucasian competitors – emphasis was on origins of competitors NOT the performances – compared to “side-show” of carnival
- Olympics needed to establish their own identity

IV Olympiad - 1908 – London
- Finland told to carry Russian flag because of conflict
- Irish told to compete under British flag
- Americans did not dip their flag when passing King Edward because of Irish-Americans’ support of Irish
- Americans protested British use of boots in tug-of-war; also claimed Tom Longboat (Canada) was a professional – ruled against Americans by British
- Dorando Pietri (Italy) helped across finish line of marathon – American protest allowed Johnny Hayes (USA) to win
- Marathon now set at 26 miles 385 yards because started at Windsor Castle and ended at Shepherds Bush – allowed the royal family to see start and finish
V Olympiad - 1912 – Stockholm

- Considered the “best” games to date
- Noted for performances of Jim Thorpe (decathlon & modern pentathlon: swimming, fencing, shooting, running & equestrian)
- IOC would allow women to compete, but only in “feminine appropriate activities” outside of official Olympic program
- Women’s swim/dive began, but no Americans – fear of attracting voyeurs
- 1st racially mixed USA team – Howard Drew set/tied world records in prelims, but hurt leg for finals
- Beginning of formalized training; British protested the “make-up” of the USA team

VII Olympiad - 1920 – Antwerp

- No games in 1916 - WWI - Germany excluded until 1928
- New Olympic traditions started: Doves released as symbol of peace; Olympic Oath; & Olympic Flag
- Strong push for more women to compete
- de Coubertin opposed to women’s T&F; “felt it would not constitute an edifying sight for assembled crowds”; successful until his retirement in 1925
- Mme. Alice Millait established Intl. Fed. of Fem. Sport – Led to development of Women’s Olympic Games that lasted until 1934 – actually outdrew the “regular” Olympics

VIII Olympiad - 1924 – Paris

- Better planned than first time (1900)
- Questioned success of Paavo Nurmi (Finland) – won 1,500, 3,000 team relay, 5,000, & 10,000 cross country
- Claimed native food & training were his “secrets”, but kept quiet about his training
- French reputation for being discourteous began; British & Americans still arguing about “professionalism”

I Winter Olympiad - 1924 – Chamoinx, France

- Originally opposed by de Coubertin, but later gave in when proved to be successful
- 6 sports: ice hockey; figure skating ♂ & ♀; pairs; speed skating; 4 man bob sled; cross country skiing & ski jumping

IX Olympiad - 1928 – Amsterdam

- 1st games after de Coubertin’s retirement
- Women’s T&F allowed; but there were problems; male dominated IAAF wanted to control the women’s games & events
- Research paper critical of women’s participation in athletics – claimed to have harmful effects on women’s reproductive potential
- Problem with ♀ 800m race-reported badly, but banned until 1960!

X Olympiad - 1932 – Los Angeles

- Known for success of Mildred “Babe” Didrikson
- Qualified for 5 events, but limited to three (2 gold - 80 M & javelin; 1 silver- high jump technique) under IOC regulations
- Lead the way for future women to compete
Olympics & Nationalism

• Problem still exists
• Nationalistic considerations:
  • Medal count by media;
  • National anthem played for winners;
  • Compete as teams from country with uniforms;
  • March in as team with flag (now group march at end of games)