

Course Name: Bachelors of Physical Education

Year - Ist

Paper Name - Introduction to Physical Education

Topic Name - History of Physical Education in Ancient Greece

Topic No. – 2 (a)

Paper No. – I

Lecture No. – 3

Lecture Name

History of Physical Education in Ancient Greece

F.A.Q's

Q1. Who were Minoans ?

A1. Minoans were people of Mediterranean stock and that they had lived in the region several millennia before the arrival of the first Indo- European. The Minoans, traders and skilful sailors, carried their manufactured goods and works of art, as well as olive oil, honey, fish, figs, and other fruits, and aromatic and medicinal herbs to Aegean and Mediterranean ports in Asia, Africa, and Europe.

Q2. How many types of javelin were distinguished by Evans ?

A2. Evans distinguished two types of spear the sport javelin employed in close-range fighting and the long javelin used in the attack and in hunting. About 2000 B.C the Minoans developed the short bronze sword for thrusting rather than slashing in hand to hand combat. Obviously, swordsmen had to be trained in parries, attacks, counterattacks, and feints.

Q3. What kind of education was there in Spartan ?

A3. The Spartans, located in the southern peloponnesus were a totalitarian society. Education, which was controlled by the state, was a harsh process of training for the males. The educational process was almost entirely physical. The emphasis on preparing the made child for the military life included diligent programs of running and throwing activities, swimming, wrestling, boxing, and gymnastics activities.

Q4. What is Athenian Education ?

A4. Athenian Education was the first system of education that we think of as modern. It was the first system to be concerned with the all around development of the individual, both mentally and physically. The old motto that stresses the goal of education as “a sound mind in a body” expresses the essential balance that was the best quality of Athenian education. The process stressed physical training, public workshop.

Q5. How did the physical education declined in Athens ?

A5. The Persian wars had engendered a deep respect for the value of the instruction provided in the palaestra. With the appearance of the sophists, physical education had to compete with a new and fascinating interest. Their method of reasoning, however, had a damaging effect on social conduct and undermined cherished greek traditions. After 335 B.C the compulsory cadet training of the ephebia furnished practically the only systematic instruction in physical education. Professionalism in athletics also undermined interest in physical education in Athens. By the fifth century greek youth, once a good amateur athlete, bowed out of the scene and left the stage to the professionals.