

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

Summary:

Evans concluded that the dark-skinned and curly black-haired inhabitants of Crete, whom he called Minoans, were neither Greeks nor Romans. Although the Minoans had no system of public education, Males were subject to military training. Education, which was controlled by the state, was a harsh process of training for the males. The educational process was almost entirely physical. Intellectuals throughout the centuries had warned the Greeks of the danger of the growing public interest in games in spectator sports. By the fifth century greek youth, once a good amateur athlete, bowed out of the scene and left the stage to the professionals.