

Course – Bachelor of Physical Education

Year - Ist

Paper Name - Introduction to Physical Education

Topic Name - History of Physical Education in Ancient Greece

Topic No. – 2 (b)

Paper No. – I

Lecture No. – 4

Lecture Title

History of Physical Education in Roman Empire

Summary:

According to Herodotus these people came from Lydia in Asia Minor; other hypothesize that they were a part of the pre-italic Mediterranean race which had kindred shoots in Spain, Asia minor, and the Caucasus. Sports, wall paintings reveal, figured prominently, especially wrestling and chariot racing. Rome boasted many public baths, and the ruins of some of the great building that housed the baths