



Summary

The term democracy is derived from the Greek demokratia, which was coined from demos ("people") and kratos ("rule") in the middle of the 5th century B.C.E. to denote the political systems. We need our governments to help us find ways to work together and solve our problems, not to solve them for us but to serve as facilitators, giving us forums for discussing and airing our issues and concerns and avenues for sharing our views with others beyond the reach of any particular forum. Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life.