

## Lecture 1 - September 9th, 2019

### Midterm-term exams:

Midterm 1, October 7, 2019 (Covers week 1,2,3,4)

Midterm 2, November 11,2019 (Covers week 7,8,9)

- 25% each
- Comprised of multiple choice, true/false, and one or two short answer questions.
- Written during our course period, starting at 7:00pm
- Exam duration is 90 minutes; 7:00-8:30pm

Final Exam (50% of final mark)

- Scheduled during final exam period
- Multiple choice, true/false, short answer questions
- Covers all lectures

Why do we study history?

- Learn from our past
- So we don't disregard past events

Why do we study sports history?

- Past methods of training
- Records
- Evolution in rules, equipment, training

What interests you about your favourite sports team, athlete?

- The rise and fall of teams
- 

What interests you in sports today?

- Doping
- Salaries, team management

## Lecture 2 - September 16th, 2019

### Outline

- The discipline of history
- Conducting research in history: sources and archives
- Sport, health, and physical activity in Classical Antiquity

- Contest and games in Ancient Greece

#### What is history?

- The bodies of knowledge about the past produced by historians together with everything that is involved in the production, communication, and teaching about that knowledge
- A branch of knowledge that records and analyzes past events
- Herodotus is a 5th century Greek historian. The father of history.
- Systematically recorded the price of things

#### How history allows us to better understand the current sport context

- Understand the social structures, values, and social relations in place at the time of sport policy development
- Understand how to chart sport changes in context of social life changes, power shifts in society
- Monitor changes in the organization and meanings of games to groups of people
- Gain perspective on current issues and where future difficulties may arise in context of changing society, social relations, values

#### Fernand Braudel (French historian)

- 'Courte duree; moyenne duree, longue duree'
- In-depth analysis of individual events is combined with the identification of transformational cycles
- Researchers question long-established 'truths'
- Adopt diverse theories, methods to investigate multiple experiences
- 'Revisionist' approach to contest grand narratives

#### Different types of sport histories

- Academic histories (critical analysis)
  - Journal articles
  - Complex topics
  - Examine several, intersecting, critical factors
- Popular histories (descriptive history)
  - Narrative accounts
  - Positivist, linear accounts of events
  - Themes of triumph, success, heroes, etc

#### Sources in sport history research

- Historical primary sources
  - Photographs
  - Directly interpreted by me
  -
- Historical secondary sports

- Published and interpreted by someone else

#### Sources: Qualitative Data

- Captures how the experience was
- Journals, Diaries
- The quality of the experience
- Potential for bias

#### Quantitative Data:

- Numerical
- Amount of people, # of yards
- Stats
- Disadvantage is that we do not have personal experiences and reflections from athletes

#### Sport History Sources on Campus

- Archives in the MRT library
  - Women and sports, medicine and sports, health, photographs, written records, etc
  - Newspapers
- University of Ottawa archives
  - Records of the Gee-Gees; school of human kinetics/Physical Activity
  - First records of the University of Ottawa

#### Uncovering the origins of sport in Ancient Greece

##### Ancient Period

- During this time, most of the world's population lived in small villages and remote cottages
- Patriarchal world: tribal chieftains, emperors, kings, feudal lords ruled over the subservient masses
- In the Ancient Period, people created sport within the constraints of the social worlds in which they lived
- Competitive games began primarily as religious rituals designed to appease the gods

##### Historical context

- In Ancient Greece, sport was composed of activities that were rustic, rural, remote, and changed from one place to another
- Although there is evidence some Greek women participated in short-sprint contests in some rural games, sport was primarily for men.

##### Hero worship

- Heroes and Hero Worship

- In the Ancient world; in Asia, the Near East, Europe and the Americas, people worshipped their dead heroes and ancestors with funeral feasts, music and games.
- They celebrated the hero's vigor and strength and kept their memory alive
- Funeral games were believed to give pleasure to the wandering soul of the honoured person

#### Funeral Games:

- Funeral games were also a means to affirm life in the face of death
- Grounded in mythology and religious beliefs
- Athletes competed to:
  - Win
  - Prove superiority over others
  - Seek protection and favours from the Hero

Funeral games were practiced by rich, elite Greeks. The most important classical contests were:

- Chariot races
- Boxing
- Wrestling
- Foot race
- A duel with spears
- Discus throw
- Archery
- Javelin throw

The rise of organized athletics in Ancient Greece:

- Greek philosophers placed great emphasis on physical activity and cultivation of athletes.
- Many gymnasiums and palaestrae (wrestling schools) were built to train athletes to compete in stadiums located in every major city.

Gymnastics:

- Greek philosophers placed great emphasis on physical activity and cultivation of athletes. Dualism (mind/body)
- Gymnastics, as well as music, should begin in early years; the training in it should be careful and should continue through life. (Socrates)
- Gymnastics for the body; music for the soul (Plato)
- Gymnastics and exercise played a vital role in education and the pursuit of becoming a man pleasing the Gods: one strong in body, in mind and in competition
- In every Greek city, the ability to participate in athletic games was an important part of life for men

## Athletic festivals in Ancient Greece

- For more than a thousand years, athletic festivals were an important part of Greek life
- Composed of religious ceremony and athletic competition

## The rise of organized athletics in Ancient Greece:

- Participation in athletic games in another city is believed to have been customary throughout the Greek world:
  - There were 4 main competitions that formed "the circuit": in Delphi, Corinth; Nemea and Olympia. At least one of the games was held in every year.
  - The oldest and most prestigious of all festivals: Olympia
  - First recorded games in 776BC and were held every 4 years

## Link between games and Gods

- Individually and collectively, man had to establish a good relationship with all the Gods and seek favours of specific gods
- Competitive games began primarily as religious rituals designed to appease the gods.
- Unlike the secular, modern Olympics, the ancient Olympics were religious festivals.

## Olympia

- The Olympic games were named for the place they were held, Olympia, in Southern Greece
- In 1000 BC, Olympia became a sanctuary for Zeus and was considered a sacred precinct.
- gold and ivory statue of Zeus inside the presiding god Zeus' temple at Olympia. 42-feet high, it was one of the seven wonders of the Ancient World.
- a temple for Hera, the consort of Zeus

## Takeaways from Movie:

Didn't play for a specific team/country at the Olympics

Bribery is common - Paying a groom to poison another man's horse

100m run was the most important event

One month of training opposed to years of training now

Athletes didn't wear any clothes

Athletes compete for money. Winners get several years of pay worth of money.

"If you win the olympic games, you're set for life"

Losers are shamed

Women did have their own games - were not allowed in the olympics

The olympic games were a celebration for men. Women who attended were said to be essentially polluting the area

When you step into the ring, you accept the responsibility of death

Minimal equipment used

At least 3 incidents of athletes dying in the boxing ring. Lots of violence

#### Discussion Questions

1. a) Olympic athletes are thought to have come from the gods due to their noticeable strength  
b) They wanted to show their strength and abilities. Compete nude to show their dedication, felt as if it gave them a competitive edge. Assured that women would not compete  
c) Cheating was very common, athletes trained for a month or so, opposed to years of training. If you were caught cheating you were heavily embarrassed and shamed.
2. Athletes in these games do not wear clothes. They compete as individuals and not to represent their country. Winners receive a red ribbon to distinguish them as winners. Winners received red ribbon, olive wreath, money and fame.

#### Early Olympic Games

- According to "The Athletic Events of the Ancient Olympic Games,« the stade, a 200-yard foot race, was the first and only Olympic event for 13 Games.
- The diaulos, a 400-yard foot race, was instituted for the next (the 14th) set of Olympic Games ; the dolichos, a variable-length foot-race, averaging 20 stades, was instituted in the 15th Olympiad.

#### Athletes arrive one month before the games

- To arrive safely in Olympia, a sacred truce was passed even in war times
- Men had to have trained for 10 months

Greek women participated in short-sprint contests in some rural games, and in the Hera games which were held at Olympia in a non-olympic year

#### Permanent site for Olympics:

- In 550 BC, the first permanent buildings were constructed in the town Olympia
  - Temple to honor Zeus
  - Treasure house to contain the gifts brought to Zeus
  - A hippodrome and stadium for 40,000 spectators
  - Gymnasium and palaestra

#### Olympic Games Duration

- Duration is set for 5 days
- Day 1 was a religious ceremony: Oaths, prayers, sacrifices to past victors and the Gods
  - Athletes take oath of fair play or Zeus would avenge their cheating

- Competition began on day 2
- Day 3: Main procession of priests, Olympic officials, and athletes to the altar of Zeus.
  - 100 oxen were slain and their legs burned in homage of Zeus. (Also cooked and eaten on the last day)
  - Competitions: foot races

#### Event competitions

- Very popular event was the pentathlon that rewarded the versatile athlete: discus; javelin, standing broad jump, 200 m. sprint and wrestling.
- Pentathlon athletes represented the Greek ideal of physical beauty. Why?
- Athletes competed nude, as physical beauty was considered important

### **Week 3: Sport and Games in the Roman Empire**

#### Roman Expansion:

- When first Olympics were taking place in Greece in 776BC (BCE) Rome was a farm community
- The ancient Olympic Games took place every four years for nearly 1200 years
- Theodosius I, a Christian, abolished the games because of their pagan influences in 393 AD

#### Development of Roman Society:

- Etruscans
- Engineering (materials, architecture); Roads
- Aqueducts
- Roman expansion - military, language, and culture dominated all of Italy by 500BC
  - Roads and aqueducts are the key infrastructure.
  - Military members used the roads
  - Transported slaves
  - Became a global village as it brought people together through the means of transportation.
  - Improved public health and hygiene

#### Roman Military

- Military strength as unit; practical
  - Undergo lots of physical training
- Expansion, resources, trade routes; slavery
- Imperial expansion-conquest of Sicily and Greece
- By the end of the first century AD, Roman empire covered the entire rim of the Mediterranean

The Roman empire was at its largest extent in first century AD

## Philosophies:

### Stoics:

- Emphasized personal conduct and the attainment of personal happiness by accepting whatever life dealt to oneself and to remain optimistic. Live according to nature

### Epicureanism:

- promoted the development of erudite individuals who sought happiness through the joys of the mind. We have greater control over the mind than the body, so we should concentrate on cultivating friendship of gifted and noble men, and aesthetic enjoyment to obtain happiness. Mind and bodily pleasures. Ex: Roman baths, gymnastics, ball games.

### Galen:

- Medicine, place of athlete in society
- Believes training for just one sport is unhealthy
  
- Eventually these philosophies gave way to more military-based ideas about individuals within Roman society
- Evolution from simple agricultural athletic festivals to elaborate games financed and administered by the government
- **Romans grew into a nation of spectators, not participants**

## Social Life in Roman Empire

- Quality of life, depending on socio-economic status:
  - The wealthy lived in beautiful houses - often on the hills outside Rome, away from the noise and the smell
  - They enjoyed an extravagant lifestyle with luxurious furnishings
  - They were surrounded by servants and slaves to cater to their every desire
  
- Peasants
  - For poorer Romans, life was a struggle:
  - Unstable housing
  - Exposed to contagious disease outbreaks, the plague; at greater risk due to poor health and hygiene
  - Poor in wealth but strong in numbers, they were the Roman mob, who relaxed in front of the popular entertainment of the time - chariot races between opposing teams, or gladiators fighting for their freedom, fame, or future

### Rationale for the Games:

- Politicians promoted games for political purposes
  - Gain and maintain support
  - Deflect attention from constant warfare, poor living conditions
  - Combat boredom and dissent
  - Legacy

## Panem et circenses

- Considered a way to appease the public; bread and circuses
- By 300AD, approx half of the year were public holidays (military celebrations etc)
- Colosseums were built to entertain the masses on these holidays, give out prizes, bread, kept them occupied

## The roman Baths

- A symbol of Rome
  - This ritual was so entrenched in daily life that, to many citizens, it was nothing less than a symbol of Rome itself: Advanced engineering, infrastructure, architecture, sophistication
  - As the Roman Empire spread across Europe, North America and the Middle East, the baths followed, bringing daily civilization to millions of people
  - There were 170 baths in Rome during the early Roman empire; by 300 AD that number has increased to over 900 baths
  - The baths gave citizens of most classes, the chance to mingle and relax
  - These baths proved Rome's superiority to the rest of the world
  - Men and women bathed separately. Women bathed early in the mornings, or wealthy women bathed at home in their villas
  - Most baths were free; some had a nominal fee to prohibit slaves and/or those who couldn't afford

## Inside the baths:

- Large, friendly places
- There were food stands, libraries, and attendants who offered every sort of service
- Inside the Thermae were the actual baths, a series of heated rooms and pools
  - Many were carefully situated to make the most of the heat of the sun
  - This system used water, heated in fiery furnaces under the raised floors of the baths. The resulting steam was channeled through special chambers under the floors and in the walls. This mechanism was efficient, floors were too hot to walk on due to the water- wore sandals

## The ritual of the Baths

- When at baths, Romans would visit the different rooms in a specific order
- They start at the Apodyterium/dressing room, where they would undress and leave their clothing, which was watched over by a servant or slave
- They then went to the Palaestra/Gymnasium to exercise and have your body oiled before the baths
  - Men would work up a sweat lifting weights, playing ball games, boxing or wrestling
  - For less energetic people, bowling, board games or gambling with dice, which was popular

- Next was the Frigidarium, or cold room, which had a cold plunge bath, before going to the warm room
- The final room was the caldarium, a steamy hot room which might also have a hot plunge bath or labrum
- Oil was then scraped off of their skins by a servant with a tool called a strigil.
- They would then revisit each room in opposite order

#### Parallel developments in sport

- Bathing culture
- Gymnastics
- Entertainment

#### Popular Roman games for the masses:

- Chariot races
- Animal fights
  - 400 hungry tigers unleashed in a stadium filled with animals
  - Criminals were also dressed in animal skins and set free to survive against tigers, lions, panthers
- Sham naval battles
  - Basins were flooded to fight on an artificial lake to commemorate past naval victories

#### Gladiatorial Combats

- The term gladiator comes from a weapon called a 'gladius' used by Romans.
- Gladiators were primarily war prisoners, criminals, disobedient slaves

## SLIDE 25

#### Film: Colosseum: A Gladiator's Story

1. Discuss the life of gladiators, and their role in Roman society

Many criminals were taken and trained and put in training schools. These schools had sports physicians, massages, access to baths. Got trained by former

2. Describe how gladiatorial combats served distinct functions Roman society.

Ensure social order. You could be condemned to the games. At the opening of the games (80AD) they had a number of top gladiators fight against each other, however there were also criminals that were sentenced to death in the arena.

### 3. a) What was the significance of the inaugural games

Militaristic culture is grown. Stratified seating; women and peasants sit at the top/far back, important people such as the emperor are in the front.

### b) What are the primary sources examined to understand sport in this historical period?

Baths, colosseum, mosaics. To see what they wore, what kind of ball games were played. Pottery, statues, to be aware of the expansion. Understanding the provision of water. Water = health, life, healing. The roads provide infrastructure to provide transportation that is needed to host these games. Bread and wheat came from Egypt, which isn't very close. The upper classes grew tired of the brutality over time. Christian critics acknowledged that this was cruel and unnecessary. Using man as entertainment through torture was not right. Some of the Roman Emperors continued the Olympic Games. Over time, the Roman's became desensitized of what they were witnessing. It was now believed to be fate that this was how you would die. Two individuals who were performing their pre

Everyday 9 millions liters of water is transferred to the city

Over 1000 fountains and wells are filled with drinking water constantly

### Opposition to Gladiatorial Games

- Greek and Roman philosophers
  - Man is sacred and is killed for sport and merriment
  - Philosopher Seneca criticized the popular enthusiasm for gladiators and advised his friends and acquaintances not to attend
- Upper classes
  - Gladiatorial contests were definitely mass entertainment and, over time, some of the upper class grew tired of the brutality
- Christian critics
  - Cruel bloodshed, glorifying murder
- Greeks
  - Considered Romans barbarians
  - Greeks upset to see their native culture disappear under a new foreign imperial culture
  - While best-known gladiators were admired by many Romans for their bravery and skill in the arena, Roman society was ambivalent towards them
  - Expectations that gladiators would reflect bravery and stoic attitudes of Roman society are found in the code of conduct of the Roman army'

### Decline of Roman Empire

- Economic

- Military costs
- East/West
- invasion