

Midterm 1: History of sport and physical activity

The discipline of history; sport in ancient Greece

What is history:

- Defined as 'the bodies of knowledge about the past produced by historians tog w everything that is involved in the production, communication, and teaching about that knowledge
 - Ways to communicate to the public how life was
 - How culture how immunology, effected everyday life
 - Could be at a conference, museum of history, at the historic site
 - **Herodotus** is a 5th century Greek historian-considered the father of history- he systematically recorded the price of things, how many ppl were in the town, the decisions that were made
- Branch of knowledge that records and analyzes past events

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
- Any event that is recorded is considered a historical graphic
- Understand how to chart sport changes in context of social life changes, power shifts in society
- Important to have records bc it displays myths eg; how women didn't play sports until the 19 centuries
- Monitor changes in the organization and meanings of games to groups of people
- Hope to gain broader perspective on current issues and where future difficulties may arise in context of changing society, social relations, values

Fernand Braudel: (most influential in establishing a framework)

- A 3 prong approach to history
 - **Courte duree**;(specific) **moyenne duree**;(several decades like 40yrs) **longue duree** (through looking at specific events over a course we will look at centuries of practice of sport-able to draw conclusions on trends and continuities, disruptions, changes-by adaptin this you are able to push out different trends and patterns
- In depth analysis of individual events is combined w the identification of transformational cycles
- Adopt diverse theories, methods to investigate multiple experience-original production can change and be altered over time

- Revisionist approach to contest grand narratives-collect documents of politicians, famous ppl-not families that come in with references-historians question long established truths

Different types of sport histories:

- **Academic histories** (critical analysis)
 - Journal articles-require a peer review, takes 2-3 years to publish
 - Complex topics
 - Examine several, intersecting, critical factors
- **Popular histories** (descriptive history)
 - Narrative accounts-mistaken for journal articles
 - Positivist, linear account of events
 - Themes of triumph, success, heroes, etc.

Sources in sport history research:

Difference between primary and secondary sources:

Primary	secondary
-data collected yourself -from the direct sources that documented it -	-using someone else's survey-different objectives than you -"my interpretation that I am giving" - could be false-shaped the meaning -secondary for people who are reading what is published

Qualitative data:

- Qualifies the experience
- Captures how was the experience
- Eg; diaries, journals comments on interactions with people, photographs
- **Advantages:** personal experience of the person writing it
- **Disadvantages:** biases, generalization

Quantitative:

- A measurement that can be compared to other things
- Eg; statistics-how many people enroll, the time, the # of competitions
- **Advantages:** a broader bigger outlook on athletes
- **Disadvantages:** no personal experiences
- **The best research involves both types**

Uncovering the origins of sport in ancient Greece:

Ancient period:

- During this time, most of the worlds pop lived in small villages and remote cottages, close to water
- Patriarchial: (authority in the community goes to the head male of the house) tribal chieftains, empowers, 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- trained boys to be strong to compete (spartans)
- Competitive games became primarily as religious rituals designed to appease the gods- for religion
- Eg; worked out for religion-strong body would be appealing to the gods, work to your full potential

Historical context:

- In ancient greece sport was composed of activities that were rustic, rural, remote, and changed from one place to another
- Some evidence of greek woman participating in short-sprint contests in some rural games, sport was primarily for men
- Eg; strong woman attracted a strong man in hopes that she will then have strong boys

Hero worship:

- In ancient greece, when someone died they would celebrate by playing sports at the funeral to honour them
- Celebrated heroes vigor and strength and kept memory alive
- Believed to give pleasure to the wandering soul of honoured person

Funeral games:

- Means to affirm life in the face of death
- Grounded mythology and religious beliefs
- Athletes competed to:
 - Win
 - Prove superiority over other
 - Seek protection and favours from the hero
- Practiced by the rich, elite greeks, most important contests were
 - Chariot race
 - Boxing

- Wrestling
- Foot race (sprint)
- Duel with spears
- Discus
- Archery
- Javelin

The rise of organized athletics in ancient greece:

- Greek philosophers places great emphasis on physical activity and cultivation of athletes
- Gymnasiums and palaestras (wrestling schools) were built to train athletes to compete in stadiums in every major city

Gymnastics:

- Dualism (mind/body)
- Gymnastics for the body
- Music for the soul and the mind (plato)
- Gymnastics should begin in early years; training in it is careful and should come through life. (socrates)
- Gymnastics and exercise played a vital role in education and the pursuit of becoming a man and pleasing the gods
- Every greek city, the ability to participate in athletic games was an important part of life for young men

Athletic festivals in ancient greece:

- Had a religious and ceremonial aspect
- Religious ceremony and athletic competition

The rise of organized athletics in ancient greece:

- Participation in athletics games in another city is believed to have been customary throughout the greek world:
 - 4 main competitors that formed "the circuit": in Delphi, Corinth; nemea and olympia. Atleast one was held every year
 - Olympia was considered zueses home so it was the most prestigious place to play the games-pilgrimage

Olympia:

- Olympic games were named for the place they were held in olympia, in southern greece
- In 1000bc olympia became a sanctuary for zeus and was considered a sacred present
 - 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 her, the consort of zeus

Movie: how does sport in ancient Greece differ to modern day sport

- Ppl would attend for religious aspects
- Compete naked
- All individual sports
- Only for boys
- Centralize sports
- Violent-warfare
- Poets to praise the athlete to hype them up
- Spend 1 month training in elimination rounds
- No sense of fairness or joy of participations, lots of bribery and hometown judging
- Considered not human to be that good
- Used art and poetry, images of the game, equipment used

Early Olympic games:

- According to the “athletic events of the ancient olympic games, the **stade** (length of the stadium), 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 (14) set of olympic games
- The **dolichos**, a variable-length foot-race, averaging 20 stades, was instituted in the 15th olympiad
- First competitions:
 - Foot race (200m sprint)
 - Double race (400m)
 - Long distance race (4,800m)
- Additional competitions (720-520 BC)
 - Wrestling
 - Pentathlon
 - Boxing
 - Chariot races
 - Foot race in armor

Participation in the ancient olympic games: in order to participate you had to...

- Arrive one month before games
- To arrive safely in olympia, a “sacred truce” was passed even in war times-make sure athletes were protected and not ambushed walking over to olympia
- Athletes must pass physical tests and prove eligibility
 - Be male, not a slave, no criminal record, trained for 10 months
- Judges organized trial games at olympia w athletes before comp

Exam question***

- 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
- Comp in the games was reserved exclusively for males (although there is evidence that some women were owners of horses in equestrian events)

Permanent site for olympics:

- In 550BC first permanent buildings were constructed in the town olympia:
 - Temple to honour zeus
 - Treasure house to contain the gifts brought to zeus
 - Concil to serve as headquarters for the games organizer
 - First systemic archival system; collect and publish list of visitors
 - A hippodrome n stadium for 40,000 spectators
 - Gymnasium and palestra

Olympic game duration:

- In 42 BC games were reorganized and new policies imposed and in place for 800 years
 - Games duration is set for 5 days
 - Day 1 was religious ceremony: oaths, prayers, sacrifices to past victors and the gods (athletes take oaths to play fair or zeus would avenge their cheating)
 - Competition begins on day 2 with the chariot races, equestrian competitions
- Day 3: main procession of priests, olympic officials and athletes to the alter of zeus
- 100 oxen were slain and their legs burned in homage of zeus (also cooked and eaten at banquet on last day)
- Competitions: foot race

Competitions: foot races

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

Standing broad jump

Wrestling: day 4 'heavy' events, boxing, the pankration and armored footraces. Violent, brutal events with no rules, no time limits, no ring, no weight limits

Pankration: mix of boxing, wrestling, judo. Use hands, elbow, knees, heads, feet to trip, break fingers, stranglehold etc.

Day 4: also armored foot races to provide comic relief (men clad only in helmets and shin guards and shields races 400m)

Day 5: final day of the games was devoted to prize ceremony, service to zeus and banquet

Impact of greek athletics:

- Brought fame to the athlete and the city/state
- Profound impression on greek art
- Impact on greek philosophy, poetry and drama
- Legacy of ancient olympic games and greek athletic values in the emergence of the modern game's centuries later
- Spirituality and sport
- Physical activity & athletics: development of body/mind
- Panhellenic games- mix of tension and shared values
- Community/state provision of resources
- Expertise in human kinetics

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-not developed, unlike Olympia Greece
- The ancient olympic games took place every four years for nearly 1200 years until they're abolished
- In 393 AD, the roman emperor Theodosius I, a Christian, abolished the games because of their pagan influences
 - **Pagan**: God's plural are celebrating, expansion of roman empire- meaning of the games change by this period Christianity is recog.
 - They conquered Greece but still held Olympics-only emperors participated
- Roman empire lasts until 476 AD

Development of the roman society:

- Etruscans:
 - first group of people who influenced sport
 - they live in Italy in central Italy where Tuscany is today and it expands 8th to 3rd century BC
 - very developed and highly organized, they have games and sport to commemorate the dead and combat sport

- market and trade with other villages and populations to develop social and economic power
- desire to create very elaborate art like tombs or walls w coloured mosaics, copper jewelry and pottery
- Iron for helmets and statues – artistic highly organized on trade, sport and beauty
- Engineering (materials, architecture); roads, dome stadiums, temples, concretes made from volcanic ash and mixed with water
 - they would pave roads, 1 mile every 3 days...180,000miles of roads
 - roads ensured safety of the military
 - allowed trade
 - Take ppl back into Rome
- Aqueducts-bring liters of clean water into Rome through these ducts, clean water prevents disease outbreaks and improves public health, public baths as well as private baths
- Roman expansion-military, language and culture dominated all Italy by 500BC

Roman military:

- Military strength as a unit; practical.. military is due to the romans,
 - To be stoic in the face of adversity
 - Vigorous system of training on the body (heavily loaded marches several times a day w 80lbs packs
 - They were individualistic-didn't look to Greece for military
- Expansion, resources, trade routes; slavery
- Important bc of Imperial expansion (emperors' passion) -conquest of Sicily and Greece
- By end of first century AD, roman empire covered the entire rim of the Mediterranean
 - Brought ppl back to work on their buildings to support the senate, then there were household slaves

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”*
- Whatever you were born into, or became was bc of your civil life- you accepted your fate
- Born a peasant, stay a peasant

Epicureanism: promoted the development of the erudite individuals who sought happiness through joys of the mind

- Fine foods, appreciation of taste
- You should invest efforts and education into those who already demonstrated intelligence (expertise in one area)
- Whether philosopher, teacher, senator- refine tastes
- Intelligence will bring friendships, aim for high social networks (ppl who have accomplished things in society) happier bc around ppl who inspire you
- Mind and body will have pleasure
- E.g; Roman baths, gymnastics, ball games

Claudius Galen: Medicine, place of athlete in society

- Studied medicine at 17, was the first to use it to heal gladiators
- Believed that over training/committing to one thing is unhealthy
- Prescribes moderation in all things (physical and cognitive aspects)
- Must try to do physical activity where there is rivalry, which ends in pleasure w yourself or another person-the body learns this intelligence and power
- Body in harmonious way, discourages running-believes it wears a person thin and that it doesn't train bravery (hurts knees)
- Performed surgery and treated wounds

Eventually...philosophies gave way to more military-based ideas about individuals w/in roman society.

- Evolution fr simple agriculture athletic festivals to celebrate games financed and administered by the gov
- Romans grew into a nation of spectators, not participants
- The social life in the Roman empire now depended on socioeconomic status (wealth and land were away from city and used roads for shopping baths etc)
- Turned into an extravagant lifestyle (luxurious furnishings, big houses on the hillside)
- Had a strong link in **politics**-emperors who wanted to maintain control- would provide entertainment in colosseums and amphitheaters, and public baths to maintain support & deflect attention fr constant warfare, combat boredom an dissent
- Surrounded by slaves

Social life:

- **For peasants:** life was a struggle
 - Bad housing, many fires, bc no concrete architecture
 - Many disease outbreaks (the plague)
 - Peasants were also powerful in a way bc of their numbers “power of ppl” -roman mob
 - Games were constructed to appease this mob and distract them from their housing, life, hygiene, and lack of security

Panem et circenses:

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

The roman baths: A symbol of Rome

- This ritual was so enriched in daily life that, to many citizens, it was nothing less than a symbol of Rome itself: Advanced engineering, infrastructure, architecture, sophistication
 - When they expanded, they made the public baths for slaves the ppl and the military
- As the roman empire spread across Europe, North Africa and the Middle East, the baths followed, bringing daily civilization to millions of ppl
- 170 baths in Rome during the early Roman empire; by 300 A.D ... increased to over 900 baths

Function: integral part of daily life

- Gave citizens of most classes the chance to mingle, read and relax muscles n brain
- Example of romes superiority to the rest of the world
- Built at public expense or by rich emperors to impress their subjects

Participation in the baths:

- Romans would finish work around the middle of the afternoon-make their way to the baths
- Men of most social classes mixed freely tog, shared daily ritual of baths
- Slaved worked in the baths but they didn't bathe

- Divided by gender
 - Women: in the morning
 - Wealthy women: bathed at home in their villas
- Most baths were free- had a nominal fee to prohibit slaves/ppl who couldn't afford the fee

Inside the baths:

- These large, friendly places included outdoor areas for exercise and sports
- There were also 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-situated to get the heat from the sun
- Used water heated by furnaces under the raised floors of the baths
 - Stream was channeled through special chambers under floor and in the walls
 - Very efficient the whole floors would heat up- needed wooden sandals to walk around bc so hot

Ritual before baths:

- Men would do weights or light wrestling to sweat before the baths
- Get their bodies oiled
- Then, go into a cold room *frigidaria*, contained a cold plunge bath, then visited the *tepidarium*, a warm room, to recover
- Final room was called the *Caldarium* –a steamy hot room
- After bathing, servants would scrape the oil off of their bodies using a tool called a *Strigel*
- If they had time they would revisit

Parallel developments in sport:

- Bathing culture
- Gymnastics
- Entertainment
 - Emperors would win the Olympics bc they had control over the land
 - Too individualistic and focused on athlete- not the emperor
 - Impractical amount of training
 - Romans just wanted to conquer and move on

Popular roman games:

Chariot races

- took place in the Circus Maximus (large oval shaped stadium that could seat over 200,000 spectators)
- Became a team game with colours (red, white, blue, green)
- Ppl became fans of colours- sometimes differentiated by class where u lived in rome

Animal fights

- 400 tigers released in stadium filled w animals
- Criminals were also dressed in animal skins and set free to survive against the tigers, lions, panthers
- Also used to reinforce social order- form of punishment

Sham naval fights

- Commemorate past naval victories
- Basins were flooded to fight on an artificial lake

Gladiator combats:

- Term originates fr weapon called 'gladius'
- They were primarily prisoners, condemned criminals, disobedient slaves- select individuals were sent to gladiator schools for extensive training (quarrys venues or roads)
- Diff types of gladiators, depends on their equipment, technique, and who they fight
- Women sometimes fought
 - Novelty
 - Would fight shorter men
 - By 8200 emperor found it so awful they banned it
- Crowd participated- give thumbs up or down to emperor to decide if the conquered gladiator should survive
- If they fought well/valiantly- then he would be saved and fight another day
 - They could also be rented to stage a Murus (contest) to honour an individual
- Games were v pop, successful gladiators became famous- survive years of being in the arena, then retire
- Some would become instructors at private schools so they couldn't go and make private armies

Opposition to gladiator games:

Greek and Roman philosophers: Man is sacred and is killed for sport and merriment

- Philosopher **Seneca** criticized pop enthusiasm for gladiators. Advised his friends not to attend. He didn't want to be apart of the spectacles

Upper classes

- Used for entertainment but over time, got tired of their brutality

Christians

- said it went against their teaching to glorify murder

Greeks

- Sad to see their culture/civilization conquered by the Romans, had no interest in games

Roman society

- Overtime, had no interest in them, they just watched multiple deaths thinking it was their duty
- Supposed to display stoic virtues- no one showed any compassion or emotion to the deaths, while gladiators were expected to perform and most likely, die
- Boxing is the modern equivalent

Decline of roman empire:

Economic

- Over reliance on slave labour, as they retreated, they had less slaves
- Constant warfare and overspending
- Economic infrastructure to pay the legion?

Military costs

- More \$ less protection
- Logistic system, but still a nightmare to govern over centuries

East/west

- Rise of east, eastern empire where Turkey is today is sectioned off from west
- Internal fighting and political lobbying each other for power

Invasions

- Huns?
- Destroyed colosseums and infrastructure in 410 AD

Sport in the middle ages, renaissance, reformation & enlightenment

Leisure time:

- Ppl of middle ages enjoyed many holidays
- Besides sunday's, about 8 weeks in every year were free from work

- Holiday: old English, halig daeg, found later in middle English holy day meaning both a religious festival and a day of recreation

Feudalism:

- Middle ages feudalism was based on the exchange of land for military service
- Lords were expected to provide trained soldiers to fight for the king
 - Strategic war ready games, being accustomed to using weapons, archery

Sport and military:

- Sports in the middle ages were therefore designed to:
 - Provide weapon practice
 - Increase a mans fitness abilities and stamina

Ball games:

- Make up rules for activities
- Confine them to the church community they make up
- Flourished in medieval Europe
 - By 12th century peasants enjoyed playing handball, football, stick and ball games
 - Did not have the same rules as the knights, no rules or expectations, drank a lot-many fights arise

Games for peasants:

- Church allowed it
- Over time, they would fight and end up damaging church property (windows, tombstones, property)
 - Church wanted to band games bc of this
 - Worried about what these ppl will turn into
 - Might lead to gambling
- Horse shoes
- Skittles- an ancestor of modern 10 pin bowling
- Wrestling

Archery:

- Lower class men were required to practice archery every Sun **by law**
- The first medieval archery law was passed in 1252
 - Englishmen between the age of 15-60 ears old were ordered by law to equip themselves with bow and arrows

Games for aristocracy:

- Horse racing

- Colf- ancestor of golf..took place on private properties
- Jousting at tourneys
- Shuffleboard
- Billiards
- Tennis
- Board games E.g; chess, backgammon

Tournaments:

- Key focus of sport is to prepare man for invasion of war
 - Physically, Emotionally and strategically
- Most popular sport of the aristocracy was the war games called 'tournaments'
- Knights fought each other in tournaments for: (dual purpose, dev nobility and entertain)
 - Prizes
 - Entertainment for king and queen
 - The entertainment of the public

Tournaments vs gladiator games:

- Not intended to end in death
- They were fought by aristocrats, not by slaves and criminals
- The nobility won and retained their privileged position through combat
- Over time, the tourneys became staged events w colorful ceremonies for spectators
 - Monarch ended up dying in jousting comp, so they changed it

Prohibiting sports/ games:

- Yet, sport in the middle ages reflected a divided society
- The church, monarchs and municipal officials tries to prohibit sports/games of the masses in the 14th and 15th centuries
 - Issued decrees to prohibit football and 'other idle games'

Prohibiting sport:

- This control was primarily based over:
 - Concern for military preparedness
 - Concern for tranquil order
 - Loud crowds at pop spectator sports
 - Led to mob scenes

For the church, this concern was based on:

- Regulating leisure activities and vice
- Keeping church property intact

Their efforts were unsuccessful-sport and game continued to be practiced by peasants

Sport and physical activity in Europe: Renaissance, reformation, enlightenment

Renaissance and reformation: 14th-17th century

- Increasing control over peasants
- Ppls lives often restricted by labor
- Calvinist and puritan beliefs did not promote or support leisure
- Yet, sport constituted diversions for ppl (philosophers and pop)

Renaissance (approx late 1300s-1600s) 14th-17th centuries:

- Important cultural and intellectual movement that began in Florence, Italy
- 14th century, later spread across Europe
- Renaissance= rebirth of art, architecture, classical literature, culture. Science observation
- Patrons- de Medici family
 - Lorenzo de medici, and son Cosimo- ruled Florence during the renaissance
- Impact of renaissance on society (political; intellectual; artistic)
- Humanism
- For an individual to develop their full potential, they need several things
 - Read (especially if teaching)
 - Universal understanding on humanism, the anatomy of the body, how you can have pleasure from playing sports

Emergence of the scholar-athlete in the writings of the aristocracy and 15th century intellectuals

Talk about a universal man (the renaissance man) in their humanistic approach: form followers function (focuses on quality of living in the city)

- Believe in science, not just myths (Michael Angelo- renaissance man)
- Engineering, good math skills
- Can manage money
- Needs to be diplomatic- speak well w public to teach what he knows
- Well read, well mannered
- Must be athletic, strong in body

Gender ideology and separate spheres:

- For peasant women, leisure time restricted by heavy work demands in and out of the home.
- Upper class women had limited opportunities

- Bowling
- Tennis
- croquet

The Reformation: (1515-1640s)

Martin Luther-protest the catholic church

- Protestant reformation strongly discouraged games and sports activities, especially those that were practiced on Sundays
- Primarily targeted games of the peasants
- Concerns were based on:
 - Tempting men from a godly life
 - Observance of the sabbath
 - Poisoned men from their “basic” social duties:
 - Hard work
 - Thrift
 - Personal restraint
 - Devotion to fam
 - Sobriety

Impact of sports prohibition:

- Traditional peasant activities were adapted to be played in less public settings
- In other communities, peasants opposed limitations and continued to play games
- For the upper class, sports activities took place on private property to avoid interference

The King’s book of sports:

- Early 1600s, king James 1 challenged puritan influence in England and issues the book: *The kings book of sports*
- Re-issues by Charles 1 in 1633
- Sports was considered essential to building men of character and providing leisure to the people
- Reviewed traditional festivals and actively promoted public games and sports

Upper-class sport:

- Participation patterns in most sport was divided by socio-economic class
- Some sports of the upper class became highly organized under this new tradition:
 - Cricket, horse racing, yachting, fencing

Enlightenment, approx mid 1600s-1815:

- Age of science and reason

- Philosophers and men of science (sci- observation; politics-diplomacy)
- Critique on absolute power of monarchy
- Jean Jaques Rousseau- healthy mind/healthy body
- Influenced integration of physical edu in schools

Trends:

- Now we see greater standards in the practice of sports
- Monarchs and aristocrats became patrons of sport (gambling)- hosted matches (know the game well, would win)
 - Horse racing, jockey clubs, yachting, golf and cricket
- Quest for standards continued throughout the 18th century
- Rustic customs and festivities thrived
- Competitive games also revived. Celebrate indiv achievements

Pop sports:

- Skating w iron skates became pop (influence from holland)
- Horse racing, jockey clubs, yachting, golf and cricket among aristocrats and nobility
- Physical culture
- Gymnastics-sport for everyone

Gutsmuths: Grandfather of German Gymnastics

- German Johann GutsMuths is considered the foundre of modern physical edu (1759-1839)
- Influences European schools of gymnastics
- Dev basic principles of artistic gymnastics; synchronized moves; outdoor apparatus
- He published *Gymnastikfurdie Jugend* in 1793; translated into English : *Gymnastics for youth: A practical guide to healthful and amusing exercises for the use of schools.*
- One of the first apparatus created for gymnastics instruction in schools appeared in the 1793 book
- It was the model for the climbing apparatus used in European schools until the late19th century.
- Gymnastics training based on military preparation:
 - Moves synchronized following shouted command of the the instructor
 - Based on improving discipline and obedience of the child

Sum of Europe:

- Religion
- Science
- Philosophies on the body
- Physical activity
- Edu

Sport held diverse meaning

- Entertainment
- Competition
- Class expressions
- Enjoyment and freedom-not just for military readiness and preparation, linked to the dual body and mind dev, as well as art and beauty
- Financed by monarchs to expand trade
- Find new resources
- Faster routes to the orient...where we see sponsored ships by the monarchs sailing west

Summary of chapters:

History as discipline

What is history

Primary secondary sources

How we know about it (diff periods)

Ancient Greece-contradiction of the ideas of Olympic games (saying they not violent but they were) not inclusive, needed to be Greek born, training

It all resurfaced in the renaissance period

Health régime-spa baths

Spectator based sports, chariot racing, gladiator, racing..why? Political approach to appease the public

Who were athletes, what was their training?

Gladiatorial fights- maintained control

Themes

- Religion and sport in two periods e.g; greece and the reformation
- Military readiness, (diff periods-young men, have to serve)
- Renaissance and enlightenment (indiv to dev their natural autonomy)
- Participating in sport vs spectating
- Class differences, how that plays out differently for indiv
- Gymnastics as a potential to heal

4 questions, asked to answer 3 (page per answer) Draw links between the diff periods, meaning, organization, who promoted it (10pts)

****know dates**** what dates are the periods, what century

Specific dates for major events, chronology E.g; when the Olympics ended and started

(make an outline) of what your answers to the questions are going to be (two paragraphs)

First chapter from textbook

Readings on Brightspace

(draw tog core themes from diff periods) comparative questions (two paragraphs)