

An Analytical Study in the History of Physical Education in Ancient Times

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The diversity in the definitions of physical education and sports

Many people misunderstand the expression of "physical education". Therefore, it is necessary to work on clarifying the meaning of this expression in the minds of students. Some individuals believe that physical education is the various types of sports, and others think of physical education as muscles and arteries, for another group, it means "strong arms and legs and good intentions ", and others see it as bodybuilding, and for some, it is nothing more than physical exercises which performs the chronological count (١ - ٢ - ٣ - ٤). Therefore, physical education is defined as "an integrated part of public education – an experimental field that aims to form an adequate, a mental and a social citizen through the colors of physical activity that have chosen for the purpose of achieving these things.

Physical education and sports is the "a comprehensive balanced education for the individual in all physical, psychological, mobility and social aspects, and it also helps to raise by cognitive and cultural level of different colors and multiplicity of sports activities.

The importance of physical education and sports in the Renaissance has increased and the balance between different and mental and ethical aspects has increased interest in enjoying the present, strengthening the body, and spread the theory and philosophy that believes that the body and mind cannot be separated and that the learning process will reach its peak if the body is true, And one of them is necessary to do the other fully job. *John Dewy John Dewy* (John Dewy) indicates that the educational objectives must be associated with the social life of a person and his/her necessary needs, which are closely related to what they have to learn.

The objectives of sports education are necessary to achieve the educational goals properly.

- Development of recreational aspects and leisure
- Development of health aspects
- Fitness development
- Development of social aspects
- Earn happiness and fun.

The objectives of physical education and sports can be achieved and acceptable in contemporary; To contribute to the modernization process, its importance is illustrated in various different fields and to achieve them for several important purposes in aspects of the personality of the athlete and non-sports individual and therefore we can determine the objectives of sports education as follows:

- Physical goals. - Mental objectives.
- Kinetic objectives. - Psychological goals.
- Social goals. - Health goals.
- Recreation goals. - Cognitive objectives

We conclude that the concept of physical education and sports is the integrated part of public education, which contributes to the development of the individual and help him to full full growth, which includes the whole per capita (mentally – congenitally - mentally - socially – physically. etc.

The historical evolution of sports education is due to ancient and modern views for sports education .The objectives of physical and sports education are talking about this part of limited targets, and this was an oldest and other goals more scope and this newly so that we can say that the mathematical education was exercised to relax or gain material only or for living needs. etc.

In recent years, physical education and sports is used in physical, psychological and ethnic therapy, and is also used as exercise to enter sports competitions and create a kind of spirit of competition and here develops the objectives of physical and sports education from something neglected to something for something important for all aspects of life.

The importance of studying the history of sports education

The study of the history of sports education, which is part of the curricula of under graduate and higher studies in the college of physical education and sports in all universities of Iraq, sheds light on what physical education has done for human and human societies through a humanitarian civilization as one of its owners and its basic invitation in creation and creativity. Human life in its past and unity Membership interacts with various elements and integration, so human can understand the event unless they understand all life, as it can realize part of the history is true only if it understands the whole human history, which includes the last human life in all its economic, social, religious and technical manifestations.

In the long periods of human development, the concept of physical and sports education has been given a lot of changes and has played many variables and religious and cultural beliefs, political philosophies, psychological studies, scientific and behavioral research. All these studies play a significant role in developing the concept of physical education and sports; therefore, each community has its own circumstances. This is one of its historical events of its concept.

Physical education in primitive society

Physical education in primitive communities has not given an organized program or tied at certain times. If the primitive man did not need a time to specialize for sports or physical activities as they form the bulk of daily human life by pursuing his daily strength or protect him from the hostile environment, this is a strong body and large muscles and healthy organic devices, aimed at physical education in primitive society. The drink, sucking and self-defense and faith in the clan were the second goal of physical education objectives.

This is characterized by three main advantages: -

First (The physical efficiency):

Physical efficiency played a key role in the survival of human because the basic rhythm on the face of natural hazards and assault, as well as the survival of the clan was dependent on its members, such as curriculum, fitness, speed and fitness, and the hardship and hardness to confront difficulties so that the tribe encouraged to pay attention to the physical efficiency as a way to increase Warranty in the opportunity to stay.

Second: Social solidarity (feeling belonging to the group)

Social adherence is a matter of primitive human being. Physical education has helped create and strengthen the opportunity for social development and awareness. Physical activity has become a means of teaching children and girls traditions of the clan, where tribal dances, collective movements and games are a tool used by tribal leaders skillfully for collective spirit.

Third: Relief

The relief was known by the primitive man during the chasing of animals, which is a process done daily to get fed. The primitive community has not been known as its current concept and the parents are raising children and the child to imitate his father in throwing the Arabia and the slaves and the conditions are governed by the education of the child any of the kinetic skills It needs (any element of fitness) that must be obtained and developed.

Physical education in the civilization of ancient Iraq and the discovered monuments

At the beginning of the third AP BC, sporadic Dwells in the southern Iraqi cities were governed by an independent breed about its neighbor and developed the writing at the time and became appropriate for recording and the kings were described as their wars and battles and thus appeared a new era that named the historic era to be thrilled on stones, wood and tablets, Which was named in the beginning of this period of the period of cities or era of dawn of the breeds. Abu Hiba), Shurbal and Kish Tel (Al-Ahmar), Ork (Warka), Jash and Ashenona (Tal Asmar), Khafaji and Tell tragedy and Mary, and the population of these cities were from Sumerians.

In these ages, the education was aimed at making nascent take his way into life basing on him/her and taking over the mission of education priests. They taught writing and study history related to their kings, heroes, and introduced poetry and paint stories. The Sumerians encourage physical education to find the strong armies to assign their country from foreign ambitions and what surrounding them. The archaeological piece known as the Raya or (Raya or) shows some of the fighting methods and found in the royal cemetery as well as the piece found in the Jerusalem (Eagles Monument).

At the beginning of the era of breeds, the military force has become more powerful to enter military vehicles in fighting along with infantry, either the weapons used at the time they are spearing, the nippers, swords, arguments, and a result of external exchanges in the time of the confusion, especially in

Sargon time (٢٣٧١-٢٣١٦)) It has developed the army and training system and the type of weapons and entered a man's man for a man and this requires high fitness that depends on the development of all elements of fitness (speed, strength, tying ... etc.).

In the old Babylonian era (٢٠٠٦ - ١٥٩٥ S. M), the cedar texts remind a lot about military recruitment and military campaigns, including the law of Hamo Rabi, in which many military affairs, either in the Assyrian Agreement, especially in the time of Shilanser (١٢٧٤-١٢٤٥. M), the army was one of the most prominent phenomenon in their era as well as military consumers and was dependent on the train and speed for power and speed, indicating sophisticated training at the time.

In the beginning of the ١٠٠٠٠, the Assyrians were able to make many weapons, including fortresses and warts, and the second special factor with physical preparation due to land in the civilization of the Wadi Al-Rafidain. The religious worker was a dispute on the support of the physical preparation and represents the priests for the wrestling. We can say that the purposes of physical preparation among the ancient Iraqis were:

- Military purpose
- Religious purpose
- Environmental purpose

The most important effects found in ancient civilization were: -

In ١٩٦٣, in Al-khafaji area specifically, Dr. Spizzen, one of Pennsylvania University professors, was found an artifact, dawn of the second Somery breeds and estimated at ٢٦٠٠ BC. Its shape was a bronze statue of two wrestlers with a jar over their head, each trying to keep dragged over his head. From their position of their grip, we infer that each other tries to balance the deduction, so we reach that the wrestling sport has vary in its exercise and laws of wrestling today.



- Technologies have shown that Alsumaris have been with boxing and used the oldest glove in the date of boxing and they wear clothing with boxers consisting of a knee skirt as well as a bump on a cylindrical seal representing the beginning of the remarriage (boxing).



- The archaeological piece is represented by a marble pad in the Iraqi museum, where sports views belonging to the Suomri era. It places on three stages of wrestling, as the first situation represents the preparatory section of the capture and the second form breaking the discount center in the wrestling and the third phase the sanctity is finished and the victory is applied.
- Find a crusher of stone engraved with a scene representing wrestlers in the preparation position to reduce the red dating back to ٢٦٠٠ BC.
- In ١٩٧٢, a stone of white marble was found, it takes the spread form and on each side of its four sides of one senior sculpture, above the other and the increase of ٩٠ / cm, and its width is ٣٧ / cm, and its thickness is ٢٢ / cm (), And in which four are four different scenes, including vertical and the main scene in this wrestling attribute.



We are highlighted the importance of global literature through every secretariat and its role in building civilizations, so Jalgamesh is the best physical directory of sports, games and physical education in the world because it went from texts and meanings that lift to the depth of the ancient Iraqi philosophy, which places the countries of Rafidain at the forefront of world civilized countries.

the Babyli era, there was great interest in physical education activity among old Iraqis, especially the military purpose of the basis and the equestrian, and shooting, water games, and physical training is equal to education that

distinguishes its interest in mentalism, and the most important effects of the era is the perpetrator. ١٧٥٩ BC, It is a boxing scene and notes that both of the boxers are wearing boxing clothing, and from the Ashore era where three soldiers appeared in the swimming position and another panel representing the method of throwing bow and third black hunting plate, and in the Iraqi museum a lot of antiques that indicate that Iraqis The ancients have exercised rowing.



First: Physical education and sports in the primitive era: Physical education is of course not an updated system but an old, and the first ages were not considered in the religious and sports education now, with many types of education in their era, these activities were their business Daily, we can say that the first man practices sports education directly and indirectly.

Second: In ancient times : There is no doubt that the Far East and the White Sea are those who raised civilian drapes and progress and will address some studies in the Arab countries on the body of physical education and sports:

A - Physical and sports education in China: China has geographical and immunity and no military ambitions as with its neighbors and did not relate to the world.

The worship of the ancestors has been part of her religious life, care for customs and traditions, and despite the philosophy where there were some evidence of various types of sports currently present as wrestling, boxing, polo, cord, plant, dance, music and shooting, and the game) Which is inhabited by Golf in many respects, of course China is a game country (Kong Fu) which are therapeutic exercises purposefully keeping body fitness.

(B) In ancient India: Ancient India is similar to China in many respects, and despite the victor that of the Buddha teachings to refrain from practicing games and enjoy physical activity there are evidence that they practiced games such as fitness, horseback riding and spells that are their features to the present time, the wrestling Dance The unique (yoga) system includes the exercises of textures and regulated breathing, and everyone who wishes to exercise this system should follow a program that includes ٨٤ different status, and the word Yoga means the "Human spirit of the gods."

(C) In ancient Egypt: the ancient Egyptian interest in sports as a part of his religion teachings, and the ancient effects of the Egyptians prove that they are the first practitioners for many well-known games now.

It is said that physical and sports education in its current concept was not in the Egyptian School Platform, and the state was not a policy towards it, but derived from his life and that its technical class.

Third, physical education and sports in the Middle Ages

A - physical education and sports in the dark ages

The dark ages that came in the wake of the collapse of the Roman Empire are largely culturally delayed, and therefore the educational thinking was affected by the monastic direction towards the body and sports activity and dancing.

Despite all the delay, which has been the "Tottonium", but these inconsistencies were a sample of physical activity, as they were a strong and continued tribes. The case continued until the emerging of two movements which start to work against the spread of this physician and the "movement of austerity and conquest of the body" and "the motion of theological philosophy"

The Christian Emperor (Siud and Sisis) has cancelled the Olympic Games in ٣٩٤ as an authentic tradition whereas Theological is called for the facts and does not care about the physicalization .

B - Physical and sports education in the era of feudalism

The medieval sector has spread after the death of Emperor (Charleman) in ٤٨٨ m. His death was calling to a new social system and it called the period from the ninth century to the fourteenth century as feudalism. The social conditions on the ruling class have taken place to raise their children with

special education on equestrian firing, and the layer of the nobles and the slaves, and the peasant layers appeared some colors of sports activity as a recreation area such as dancing in groups.

Fourth: Physical and sports education in the era of Islam

In the seventh century AD, It emerges the dawn of Islam, it is the Arabian Peninsula. The Islamic society was interested in sports education and physical training, and the Prophet (peace and blessings of Allah be upon him) was exemplifying so many proverbs in practicing various forms of sports that were in that age. This is presented to some aspects of the meanings of sport in the HOLLY Koran and the honorable and good advances.

Fifth: Physical education in modern times: In modern times, science and evolution, applicable theories, principles and scientific foundations in various fields.

Physical and sports education has flourished due to research and inventions and sports education has been seen as a matter of importance and has a pure educational concept. Physical and sports education is considered as a source and position at once for the relevant sciences. And contributed to the evolution and prosperity of modern sports education a lot of scientists, philosophers and educators, and from them (Johan Barnhead Bistro-Motors - Frederick Yan - Adulgasis - Bear Hutric Lange - Nakhtak - Bistalozi)

In order to summarize the above, we can say:

The concept of physical education and sports is associated with the development that occurs in education as a result of philosophical, social, political and economic trends that occur in each community, of course different from a community to another and an era of age and that physical and middle sports education, given the existence of the Christian religion and the resurgence of austerity, conquering the body, and the mission of theological philosophy. I was neglected but had received great interest in the era of Islam.

In the Renaissance, attention has increased upon civilization, strengthen the body, and the theory has spread that the body, spirit and mind can not be separated.

In modern times, sports education has received great attention, and the trend of the perception of an integral growth and physical growth, mental, psychological and social, and the exercise condition

Definition of physical and sports education: One of the most acceptable definitions received is that: "Organization to make desirable changes in the individual behavior for an integrated development in aspects of his personality: physical, mental, effectiveness, and social

Physical Education in China

Chinese civilization is one of the oldest human civilizations that have maintained its civilizations without changing over time. Focus on last heritage over the present or future except for the period between ١١٢٢ - ٢٤٩ BC, where public education was the development of body and reason for the child.

Education has been marked in China by the following :

- The education was characterized by the spirit of the province and aimed at gathering in the individual to the last spirit and established him on intellectual and scientific habits which were led to years.
- The monotonous life has been characterized by the Chinese people for more than ٣,٠٠٠ years
- The family was socially coherent with grandchildren, suggestions, paradise and relatives, and an individual's duty was to obey the family and absolute family official, helping to social stability.
- The main educational purpose in China is determined to keep the state entity by training the individual on traditional duties that help to maintain last heritage only without circumventing or future.
- China has been tracing an impulsive policy and does not wish to establish links and relationships with neighboring countries, which has helped to beolated life and terrain.
- Building the Great Wall of China has increased illegal and has declined many aspects of ancient life of physical education.
- In addition, the worship of antecedents as important part of their religious lives has affected physical education because the importance of the body and freedom of China is contrary to the teachings that prevailed in that time because their beliefs have been given to weakening health awareness.
- Physical education took the masculine scientific formula and has addressed the care and body of the child at the Su Dietitive stage (١١٢٢-٢٤٩ BC.)

- The Zhu family, which came in ١١١٥, has created civil schools in teaching concepts at Teng Joka College, where education includes religious rites, dancing and throwing.
- The government employee tests in Zhou was on the basis of his physical fitness, destiny and skills in playing on the music and shooting bow and horseback riding, as well as reading and writing.
- Military service tests include physical exercises such as weightlifting, arc, throwing, sword, wrestling and boxing as well as foot card.
- China Aquaculture practice games such as swimming and kayaking as well as a cord tightening and volleyball.
- China's therapeutic exercises were known in ٢٦٩٨ BC, which was purposed by maintaining the body in a decent membership where they believed the diseases were produced because internal appliances were not functioned.
- The dance regarded as a key part of the basic skills of young people and was a religious and religious dance, and an attack.

Physical education in ancient Egypt

The old human residence in Egypt since the dawn of history since the old stone or the era of breeds is about (٣٢٠٠ BC).

Ancient Egypt has distinguished two stages: -

The first stage: - is the stage of the regime of Egypt from ٣١٠٠ BC to the seventh century.

King Mina managed to unify Egypt and made it a strong state for a long period of time, through which six families were sentenced in ٣١٠٠ - ٢٢٧٠ BC. And then came the central state age and in which the families were ruled by ١١ to ١٣, and this period was characterized by prosperity with literature, arts and trade. Then Egypt has passed a phase of chaos and tearing, which is easy to enter the security of Hexus and so starting the age of the second period from Egypt's history. Since ١٥٧٣-١٠٨٥ BC, Egypt has seen during this period

Military development, after Egypt fought wars until the Greeks were able to control Egypt and continued their judgment about ٣٠٠ years, and then became under the control of the Romans about ٣٠ BC, even the Arab armies were able to educate them in the seventh century and since that date and Egypt Pulsing.

The second phase: - the most important objectives of physical education and education in Egypt, was as follows:

The Egyptians cared in education and schools to accommodate children and be breeding of children starting since the first year to help the child's livelihood and endure where the child is forced to walk barefoot, head and maize, some of the religious and martial principles and at the age of four.

The most important characteristics of physical education in Egypt:

- Physical education was within the general curriculum of education alongside with congenital and religious and scientific numbers.
- The Egyptians are a people who tend to practice physical exercises, both for military or recreational purposes.
- The number and training of young people and men for gain fitness and motor skills.
- The swimming pool comes at the forefront of the recroid games made by the Egyptian Egyptians and this is stable some of them on the walls of their temples.
- Egyptians have exercised the sport of rowing so that the nature of the Nile.
- That wrestling and boxing sport were present at the time and evidence of this found some archaeological pieces and paintings that were found, especially in a cemetery (Petah Love).
- The Egyptians also held some games similar to weights and practice consisted of lifting a mirror with a sand until three quarters and raised in one high arm while maintaining as much as possible.

- The games that appeared in the sport of fencing is the inscriptions and balance games and ball girls as they have some of the current sport-like games or gymnastics Alacrobetekih.

Conclusions

- ١- The concept of physical and sports education: This is the integrated part of public education, which contributes to the development of the individual and help him to full growth, which includes the whole per capita (mentally - congenital - mental - socially - physically - physically)
- ٢- The cuneiform texts remind a lot about military recruitment and military campaigns, including the law of Hamo Rabi, in which many military affairs, either in the Assyrian Agreement, especially in the time of Shelanser (١٢٧٤-١٢٤٥ BC)
- ٣- The Sumerians encourage physical education to find the strong armies to assign their state from foreign ambitions and the surrounding notification.
- ٤- In the time of the confectioners (٢٣٧١-٢٣١٦), the army system and the training method and the type of weapons and entered a man's fencing system for a man and this requires a high fitness that depends on the development of all fitness elements (speed, strength, tying.
- ٥- The Assyrians managed to make a lot of weapons, including fortresses and warts, and the second special factor with physical preparation and religious worker had a jade on supporting physical preparation and representing the priests for wrestling.
- ٦- The purpose of the recreation has not been a fundamental purpose for Iraqis.

٧- The techniques have shown that Sumerians have given boxing and used the oldest glove in the date of boxing and they wear speculated clothing consisting of a knee skirt as well as a bump on a cylindrical seal representing the beginning of the removal (boxing)

٨- In the Babyli era there were significant attention to physical education activity among old Iraqis, especially the military purpose of the basis and equestrian, and shooting, water games, and physical training is equal to education that distinguishes its interest in mind,

٩- In the ancient China, the worship of the ancestors is part of its religious life, keenness on habits and traditions, and despite the philosophy where there were some evidence of various types of sports such as Shooting in GP and Chew Inn, which is similar to Golf in many respects, Of course China is a country game (Kong Fu) which are therapeutic exercises purposefully keeping body fitness.

١٠- Physical education was within the general curriculum and education, along with congenital and religious and scientific preparations, therefore Egyptians tend to practice physical exercises, both for military or recreational purposes.

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