


# Essay on Sport Sample

## EVOLUTION OF SPORTING EQUIPMENT – FROM ANCIENT TIMES TO TODAY – EXAMPLE OF OLYMPIC GAMES

Sport is all present in modern times. People in different ways are engaged in sports and exercise. Each sport includes particular equipment that is specific to it. So it was in the ancient times. People were sporting or just watching. But every sport involved sports equipment, as well as certain rules. In ancient times men were mainly engaged in sports, and in many competitions women were prohibited from participating. The age categories appear somewhat later, while the weight categories in martial sports were not at all. Today, this is not so, there are many categories in every sport, both according to age and weight. Many ancient sports exist today. We cannot say they are exactly the same, because, like everything, so does sport change over time. There are changing rules, modernizing the props, and changing views and attitudes about the role of sports in society. The period of almost 2000 years is too great for sports to not develop and change in it. This essay analyzes the Olympic Games and sports that were held on them in the ancient times. Some of the sports compared across times will be throwing a disc, running, long jump, throwing spears, wrestling, boxing and so on. Many of these sports exist today and, among them, some have almost never changed, while in other changes are very pronounced.


Throwing a disc is a sport that has not changed much in time. What changed the most is its size, i.e. disk weight and material from which it is created. Running is very popular today, and there are many disciplines. In addition to professional sports, people run leisure, it has become one of the most intricate forms of recreation. In ancient times, there were also several racing disciplines, and what is most different from today's professional running is the starting mechanism. A long-range jump is being carried out in the modern era without any tools, while the Greeks considered it difficult to carry it out without anything, and used the weights to prolong the jump. Throwing the spear was not without tools. Here the Greeks used a special technique of throwing a spear with the help of a band called ankyle. It gave an additional thrust, with the spear, similar to that of the sling. Fighting sports have changed a lot, i.e. they were much more violent than today, because they did not have a time constraint, nor did they have a lot of restrictive rules. In addition, there was no ring in the ancient era, which would enclose the space for a sporting fight. Wrestling did not change much in its essence; The goal was and remained to dominate by the opponents by the power of the body and movement. But the difference is that the fight in Greece ended when a fighter of another collapsed three times on the floor or if one would give up the continuation of the fight. Today, the fighting often ends when the rounds are completed and the referee scores the winner by scoring. Boxing is a sport that constantly develops and its rules constantly change. In Greece, it was known as the most violent sport, but today it no longer holds that title. The difference is in gloves that were used once and now. Nowadays gloves are used, while the first gloves in Greece





were plain tanned skin. Of course these gloves have evolved over time. The most brutal were Roman ones, because of the metal spikes that they had on themselves, and they could be filled with pieces of glass or metal. The last martial sport is pankration. Greek pankration does not exist among today's martial arts, but there are many similar sports. It was also a very violent sport in which there was not a lot of rules, everything was allowed. The closest to it is today's so-called ultimate fighting (free fight), but today's current legal sport does not have as little rules as pankration.


Sport was an important aspect of ancient Greece, which was a communal, social, religious and cultural structure; what we see through a multitude of sports competitions, which were held regularly and persistently. Each Greek city had a gymnasium and a palestra, where boys had been educated and trained at a young age. The program included: physical education, music, arithmetic, grammar and reading. Today, sport is a part of everyday life, and sports are becoming more and more every day. Rare are those who do not deal with any sport, because many advocates of the idea and view of life according to which the sport is a place where an individual can "release tension" and escape from everyday life and problems. The athletes in Greece had to be completely naked in training and competitions, so they did not see class differences between athletes, but only their strength and athletic skills were seen. There are several theories about why this was practiced. According to the first theory, the runner Orisp lost his cloth on his hips, in the race at the 720p Olympic Games. His rivals thought it was the secret of his success and followed his example (Crowther, 2007, p. 58). The other theory is that after an athlete, running, stumbled around his cloth, the judges decided that all racers must race naked, because their clothes could be dangerous to health. The third theory is that athletes simply had to take off to prove they were not women. Many reject this theory, but even today traditional Mongolian wrestlers wear scarce costumes just for this reason, because the legend once won Mongolia (Crowther, 2007, p. 59). Pausanias brings us a story about Kallipatira, whose father and brothers were the winners of the games. One day they found her in training rooms, disguised as a man. Although the law stipulated that they should be killed after such a crime, the Greeks did not do so out of respect for her family. The law then required all athletes to be naked after entering the training area (Arieti, 1975, p. 433). Thucydides says that in the beginning, while the Greeks were still dressed, the barbarians were the only ones who competed naked. He also says that Lacedaemonians were the first of the Greeks, who began to compete naked and lubricate the body with oil (Arieti, 1975, p. 431). Before training, athletes lubricated with olive oil (Christesen & Kyle, 2014, p. 25). It is believed that the oil was used for several reasons: for hygiene (their sand does not get into the pores), to protect the skin from the sun, to protect the body from heat and cold, to soothe skin, to massage, to avoid the loss of body fluids; as a type of clothing, because they were completely naked, to show tantrum, and to hide stink (as hunters). In addition, oiled athletes, glistening in the sun, were the object of beauty of the human body. It can be compared with today's bodybuilders, who before the competition of the oil to add muscle tone. Others in oil lubrication see a symbolic association with magic and cult that gives the athlete more strength. There are also those who consider that athletes lubricate the oil to help muscles to warm faster and thus massage and burn them.



After training or competition, athletes would scrape oil with a curved tool of the concave section called strigil (strigilos). The strigil was mainly made of bronze, although iron was sometimes used (Miller, 2004, p. 15). There is evidence that athletes kept their thumbs on the inside of the scraped, so that they could more easily manage dirt. This mixture of oil, sweat and dust called gloios, was collected in a gymnasium and sold for the presumed medical value. Once they dirty the dirt, athletes used gloios sponge to wash them completely. The literature even describe some kind of powder that would put athletes on the body after training, when they would finish cleaning. The gymnasium also had a special room intended for that, called a consistories. Philostratus mentions the dust made of brick, terracotta, and asphalt, but recommends yellow powder as the most attractive. It is believed that the powder was thrown into the air to distribute as a cloud correctly to the athlete's body. But all sources of this originate from the Roman era, so we do not know if the same practice existed in the Greek era (Miller, 2004, p. 17).

According to the tradition of the Olympic Games, they were founded in 776 BC. At the very beginning, only the inhabitants of Olympia and its surroundings took part, but through time they gained an ever-increasing importance, and they created a model of competitions that all other cities followed (Christesen, 2007, p. 35). The time of the drafting of the games has become one of the most popular dates in Greek history, but there are opinions that this is not the exact date of the draft itself. It is considered that this is the year when the games were recorded for the first time, because it is roughly the same time when the Greek alphabet appears. Some believe that the games started back in the 9th Century BC. (tripods and figures in Olympia were found), others think that they started around 700 BC. (an increase in the number of water wells), and the third that the beginning is around 600 BC. (because there are no written sources about the Olympics itself). The Olympic Games are the oldest and most prestigious Greek athletic competition, and they were held every four years during Zeus's Blessed Day at his sanctuary in Olympia, Elida (Kyle, 2015, p. 91). They were the largest of the fourteen Panhellenic Games, among which there were also Pittsburgh Games in Delphi (588 BC), East Games near Corinth (588 BC) and the Nemean Games in Nemea (573 BC.). These four Panhellenic games were organized in certain annual cycles (some every 4 years, and some every 2 years), so that they did not coincide, and that "circle" was called the periodos, while the winner of all 4 competitions won the title periodonikes, i.e. the winner of the round.

Modern Olympic Games, appear only in the 19th century. It is not certain whether the founder of modern games, Baron Pierre de Coubertin, followed the ancient tradition or chauvinism of the 19th century, when he did not allow women to participate in the first Olympic Games of 1896. Ancient and modern Olympic Games, however much they were different, had several similarities: the name, several of the same sports, the four-year cycle, the swearing, the peace council, the passing of athletes and strong competition (Crowther, 2007, p. 48). In antiquity, people believed in the concept of excellence, arrest. This can be associated with a modern thought to win at all costs, and with the motto of the games "citius, altius, fortius" (faster, more, stronger) (Christesen & Kyle, 2014, p. 21). Ancient Olympics attracted the largest number of spectators for some sporting activity in Greece, as the modern Olympic



Games have become the largest sporting attraction in the whole world. In addition, in ancient games women were not allowed to attend, so there were no women's categories. Similarly, in the beginnings of modern games, women were not allowed to compete, and later it was changed. In the year 1992 an Olympic truce is inaugurated under the auspices of the UN, for the "peaceful resolution of conflicts". It was an attempt to variation of the Greek ekecheiria (the Greek personification of truce and ending of hostility, but also the Olympic truce), but the purpose of ancient times was to secure a passage rather than solve the problem. On the other hand, ancient times and modern games were very different: ancient were always held in the same place - in Olympia, while modern games held every year held elsewhere in a luxurious set of buildings specially made for that occasion. In ancient times there were no water sports, ball games, weight categories or team sports. In addition, ancient games were not divided into seasons, they were only one, while modern ones were divided into summer and winter (which alternate every two years). Medals, as such, did not exist, neither the second nor the third place (because the Greeks of victory meant everything, the others were not important), and the winner of the games would get a wreath from the branches of the wild olive tree (Kyle, 2015, p. 95). The difference is that modern games are intended more or less all over the world (at least those countries that want to join), and the ancient ones were intended for the Greeks.

## References

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