

AIM OF THE COURSE (*content and acquired skills*):

The study of history helps students acquire a discerning mind and the ability to judge and criticize with arguments. The aim of the course is to: a) provide students with information on the historical development of physical education and sport from Minoan time till the Byzantine period (athletic festivities in Minoan Krete, the Mycenaean period and the Homeric epics are examined) and b) investigate the organization and the competition program of pan Hellenic sacred games, the role of exercise in the education of youth, the participation of women in sport, the attempts to revive the ancient games and the organization of the 1896 Athens Olympic Games.

COURSE CONTENTS (*outline – titles of lectures*):

1. Prehistory of the games - Sport in Egypt and Minoan Krete.
2. Mycenaean civilization - Sport in the Homeric epics.
3. Athletics and education in ancient Greece - Physical education in Athens, Sparta and other Greek cities.
4. The games in ancient Greece: competition rules, the judges of the games, the institution of truce.
5. The main athletic events of Greeks: foot race, wrestling, boxing, pankration.
6. Other athletic events of Greeks: pentathlon, horse races.
7. The ancient Olympic Games.
8. Pythian, Isthmian and Nemean Games.
9. Women and athletics - Training methods in ancient Greece.
10. Sport and recreation in ancient Greece - The relation between music and athletics.
11. Athletics during the Hellenistic and Roman periods.
12. Athletics during the Byzantine period and Turkish domination.
13. 1st modern Olympic Games.

TEACHING METHOD (*lectures – labs – practice etc.*):

1. Lectures
2. Documentaries.

ASSESSMENT METHOD(S):

1. Written project.
2. Mid term exams.
3. Final (written) exams.

LEARNING OUTCOMES:

- Upon the completion of this course the student will be able to understand the:
1. Evolution of physical education and athletics from the Minoan period until the archaic era.
 2. Panhellenic sacred games and the athletic activity in ancient Greece.
 3. Art of training, the role of exercise in educating young people and the participation of women in athletic activity during antiquity.
 4. Revival of ancient games in Athens, 1896.
 5. Evolution of physical education in modern Greece.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Evaluation</i>	<i>Students Work load (hours)</i>
Understanding of the evolution of physical education and athletics from the Minoan period until the archaic era.	Lectures, home study.	Interim examination with oral tests of cognitive assessment.	20
Understanding of the Panhellenic sacred games and the athletic activity in ancient Greece.	Lectures, documentaries, individual essay, home study.	Interim examination with oral tests of cognitive assessment. Submission and presentation of the 1 st paper.	40
Understanding of the art of training, the role of exercise in educating young people and the participation of women in athletic activity during antiquity.	Lectures, interactive discussion, moral dilemmas, role playing, lesson planning, home study.	Interim examination with oral tests of cognitive assessment.	20
Understanding of the revival of ancient games and the organization of the Athens 1896 Olympic Games.	Lectures, interactive discussion, moral dilemmas, role playing, lesson planning, home study.	Interim examination with oral tests of cognitive assessment. Submission and presentation of the 2 nd paper.	20
Understanding of the evolution of physical education in modern Greece.	Lectures, interactive discussion, moral dilemmas, role playing, lesson planning, home study.	Interim examination with oral tests of cognitive assessment.	20
		TOTAL	120

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

<ol style="list-style-type: none"> 1. Albanidis, E. (2004). History of sport in ancient Greek world. Thessaloniki: Salto publications. 2. Muratidis, J. (2000). History of physical education. Thessaloniki: Xristodoulidis publications. 3. Giatsis, S. (2000). History of sports and physical education in the Greek world from the Hellenistic period until nowadays. Thessaloniki: Private publication. 4. Giannakis, Th, (1980). Physical education and sports. Athens: DPESS Athens. 5. Decker, W. (2004). Sport in Greek antiquity. Athens: Papazisis publications.
