

Physical activities in the vision of ancient Greek philosophers

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Abstract

History means not only facts and events, but also real people and their personal lives, with their qualities and faults, in a specific period. We can explain why we chose a fragmentary reconstruction of the history of human physical activities. We based our study on the sources of the written text, but we tried to go beyond them, searching for answers behind words and sentences.

The human being is the only entity that lives and expresses him in full consciousness. The human being placed himself in the center of his creation, in order to make him perfect.

By the help of antique thinkers, in this creative effort, the human being became aware that he has some native predispositions, a future basis for his improvement. Among these predispositions, the motric aptitudes are well defined; they are a gift for man, making his own accomplishment easier.

From the earliest times the human being became aware that physical activities were important for his well being. Early Greek philosophers realized that sport competitions influenced private and social lives, preserved the idea of human physical movement, and helped the development and accomplishment of motric aptitudes and abilities including utilitarian ones as they strived towards the common idea of human perfection.

Keywords: philosophy, sophists, physical competitions, Socrates, Plato, Aristoteles.