

ANCIENT GREEK RUNNERS - A STUDY

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Ancient Olympic Sports - running, long jump, discus, pankration

In Ancient Greece, the history of running can be traced back to BC. Running was important . Athletics in ancient Greece became a very scientific and philosophical field of study and practice. Many philosophers had their own ideas about.

The Athletes | The Real Story of the Ancient Olympic Games - Penn Museum

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Athletics, Greek - Oxford Classical Dictionary

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This was not a concern of the Greeks since ancient athletes regularly received prizes worth substantial amounts of money. In fact, the word athlete is an ancient .

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Translated by John Marincola. Aristotle thought that an appropriate amount of exercise was a key part of education; however, he recognized how much some athletes over-trained. This was a primitive form of martial art combining wrestling and boxing, and was considered to be one of the toughest sports.

When the Athenians threatened to go over to the Persians if they would not send To learn more, view our Privacy Policy. Sounds fascinating.

The Greeks saw these occupations as necessary to the health of the state and therefore institutionalized them with professional training.

There is also the attribution of particular value to some foods 14-forexample first Olympic Games took place in the 8th century B.