

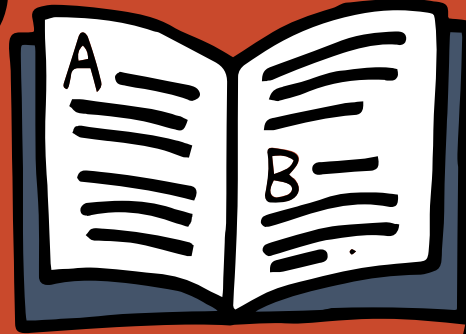
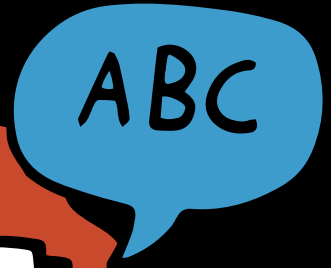


Unit -2

Physical Education



**Course on
Olympism...!!**



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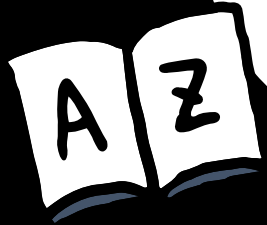




2.1. Ancient and Modern Olympics

Olympics :

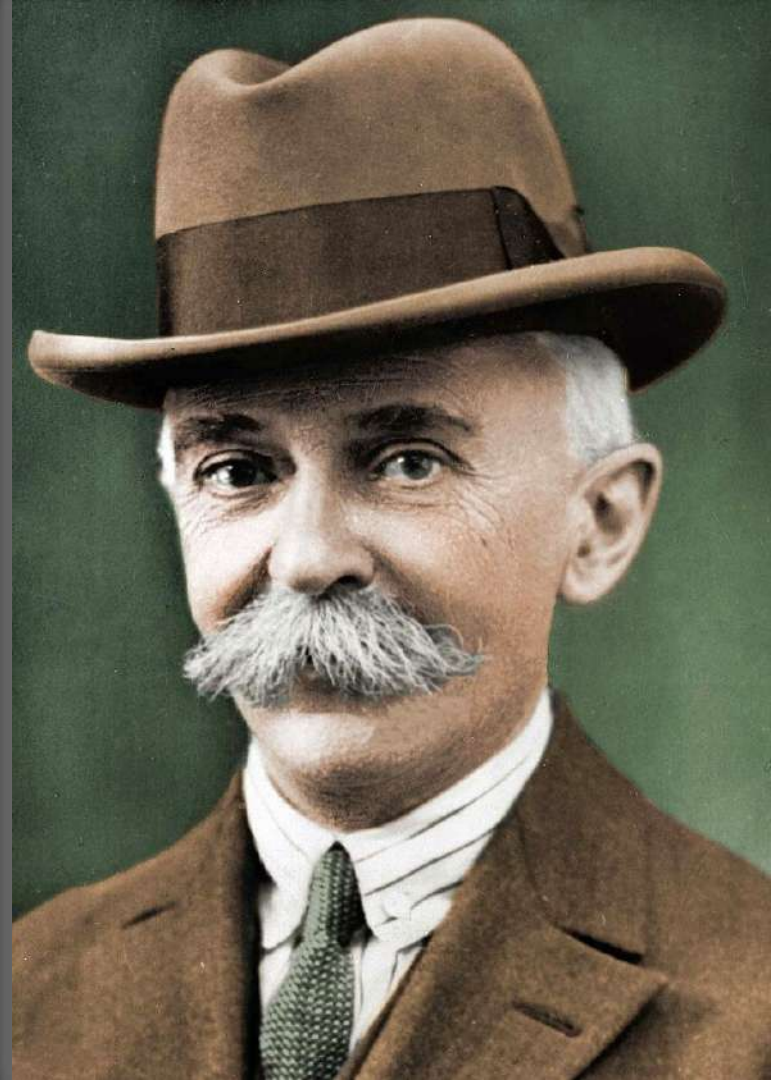
History Reveals that Ancient Olympics were held in the honor of god Zeus, at city of **Athens, Greece** around **776 BC** as the part of Religious festivals.



The revival work of the games was undertaken by **Barron Piere De Coubertin** who is also know as **father of Olympics**.

Due to their hard efforts the **First modern Olympic Games held in 1896 at Athens Greece** and Since then these game are held every four years.

Recent Olympics for 2020 are held at **Tokyo, JAPAN**. (Postponed to 2021 due to COVID19)

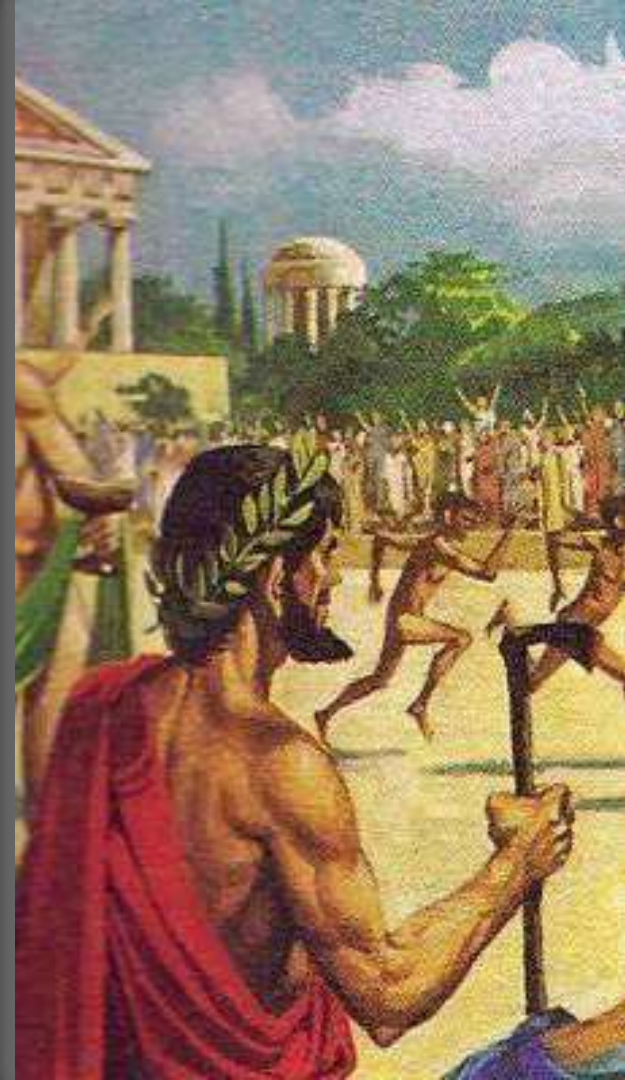


Ancient Olympics :

The Ancient Olympic Games came into existence in **776 BC** in the city of **Olympia in Greece**. These games were held in honor of the Greek God 'Zeus'.

The people of Olympia constructed a magnificent temple and started the tradition of offering sacrifices. Later on, **Hercules, the son of Zeus**, started these games and sports competitions in honour of his father.

These games were **held at Olympia every four years** there after. However, the tradition of Olympic Games was broken when the **Roman Emperor Theodosius** banned them in 394 AD. The statue of Zeus was also broken and the stadium was destroyed.



Modern Olympics :

The credit of reviving the lost tradition of Olympic Games and give it a modern look goes to **Baron Pierre de Coubertin**.

He was born in 1862 in an **Italian family** that was settled in France. He believed that various national and international problems could be solved through **holding the Olympic Games**, as it would give a common platform for the countries to meet.

For this purpose, he called a meeting of various countries in 1893. Some countries viz. Italy, Greece, Spain and Sweden were in favor of commencing these games, whereas other countries opposed the holding of these games.



With his efforts and support from other leaders of that time, the first modern Olympics were held in 1896 in Athens, Greece. **Only 9 countries** participated in it.

However, this number gradually increased over the years and in the **2016 Rio de Janeiro (Brazil) Olympic Games**, 206 countries participated.

Women participated for the first time at the **1900 Paris games** with the inclusion of women's events in Lawn Tennis. The games scheduled to be held in **1916, 1940 and 1944** were cancelled due to two World Wars.

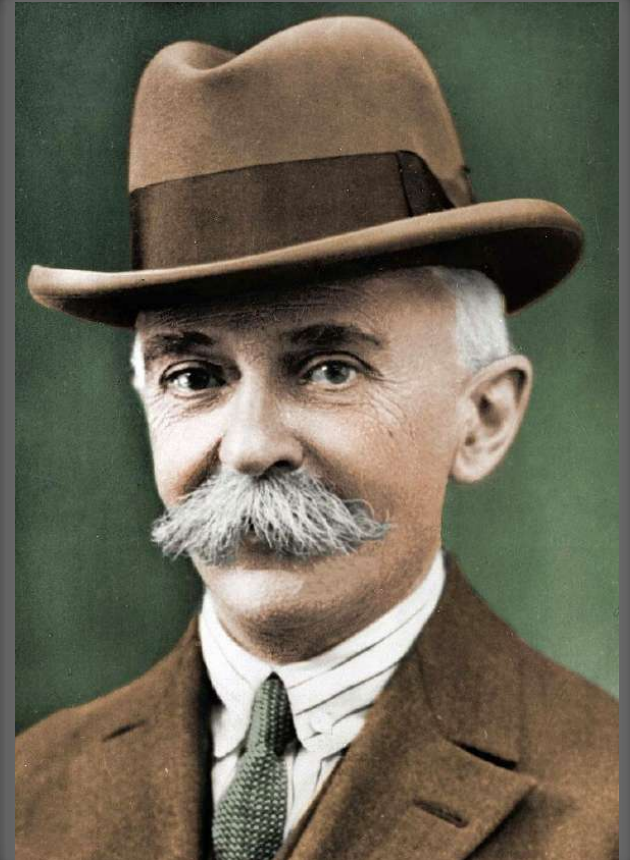


2.2 Olympism – Concept and Olympics Values (Excellence, Friendship)

Olympism :

Olympism refers to the **philosophy of the Olympic games**. Olympism seeks to create a way of life by blending sport with culture, education and international cooperation.

According to the principles of Olympism, the **practice of sport is a human right**. Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit, which requires **mutual understanding with a spirit of friendship, solidarity and fair play**.



Olympic Objectives :

- To develop physical education and **healthy sports competition** among people.
- To develop **moral values**, strong personality, etc.
- To promote **sports ethics** and fair play in competitions.
- To promote physical activities and sports among youth.
- To promote **cooperation, brotherhood** and friendship between countries.
- To promote **international peace** and understanding.
- To **end discrimination** on the basis of race, religion or caste.
- To bring the rich and poor nations on one platform and thereby **promote cooperation**.



Olympic Values :

1. **Friendship** : The Olympic movement provides good opportunities to develop friendship among players, coaches and officials of different countries, which **brings nations closer** to each other.
2. **Solidarity** : The Olympic movement **develops unity** and mutual agreement which gives a feeling of brotherhood among different countries.
3. **Fair Play** : Fair play is based on the value of justice. The value of fair play i.e. **no cheating, no kind of partiality** and not using unfair means, helps in bringing out the best in the athletes.
4. **Freedom from Discrimination** : The Olympic movement lays stress on ending discrimination **on the basis of caste, race and religion**. Thus, it inculcates the value of **equality**.

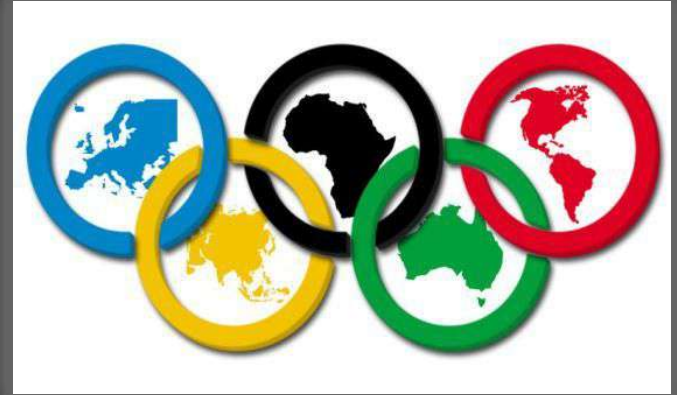
2.3 Olympics - Symbols, Motto, Flag, Oath, and Anthem

Olympic Flag :

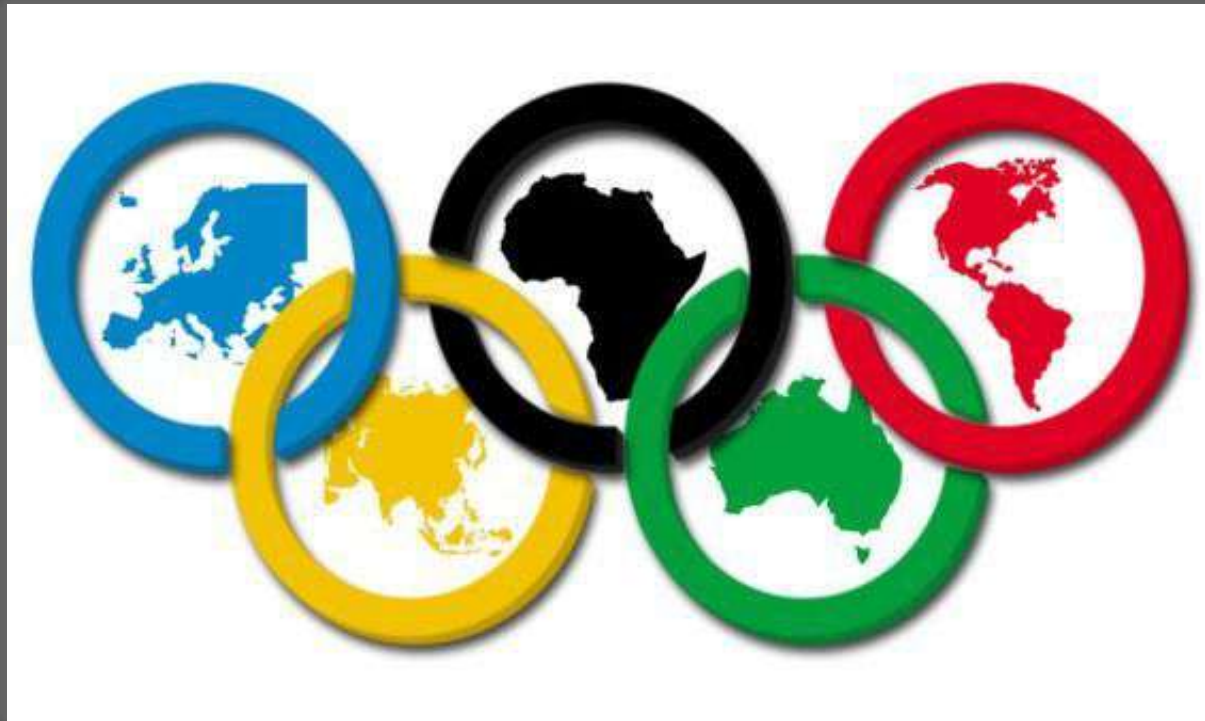
The Olympic symbol was created and designed by **Pierre-de-Coubertin himself in 1913**. He created Olympic flag which is of a milky white texture in the background with **five inter linked rings** of different colors.

The rings symbolize the union of five continents and meeting of the athletes from all over the world at Olympics.

The five colors are Blue, Black, Red, Yellow & Green. Represents America, Africa, Australia, Asia and Europe respectively.



The flag was used for the first time in the Olympic Games of **1920 in Antwerp, Belgium.**



Olympic Flame :

The concept of the lighting of the Olympic flame came from Ancient Greece. It is also a symbol of continuity between ancient and modern games.

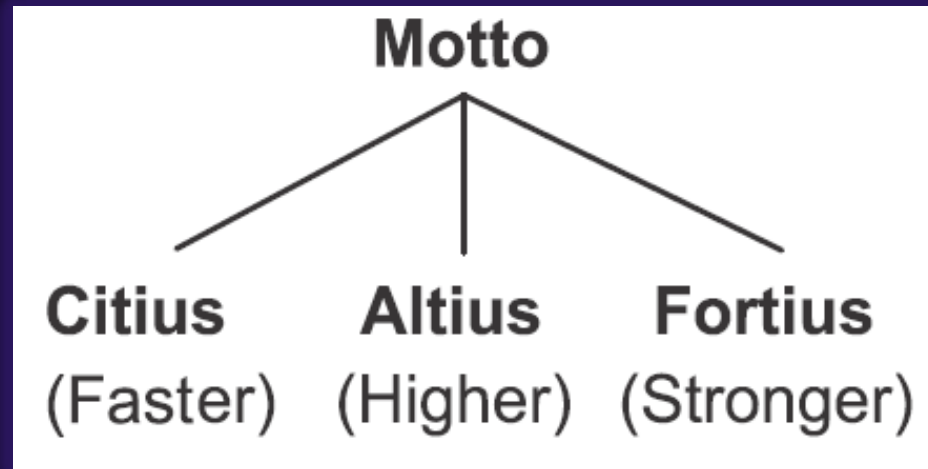
The Olympic flame was **first introduced into Modern Olympics in 1928**, Games held in Amsterdam, Netherlands. Since then, the flame symbolizes the light of spirit, knowledge and life.

The Olympic flame or torch is lighted in Olympic Village of Greece and is carried by the runners to the place where the Olympic Games are going to be organized. During this process, it keeps on burning. At the end of the closing ceremony of the games, this flame is extinguished.



Olympic Motto :

Olympic motto is made from three Latin Words. Proposed by Barron Pierre De Coubertin.



2.4 Olympic Movement Structure - IOC, NOC, IFS, Other members

International Olympic Committee :

The Modern Olympic Games are organised by the International Olympic Committee (IOC) that has its **headquarters in Lausanne, Switzerland.**

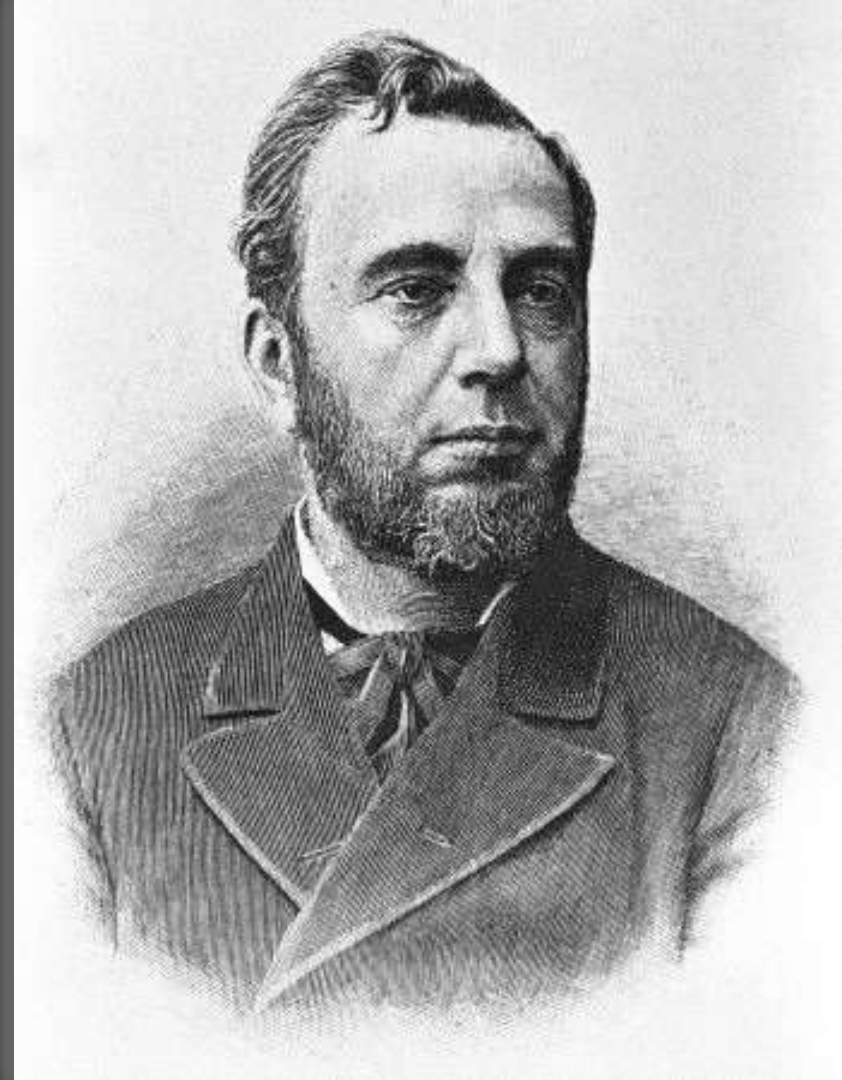
It is committed to support and promote participation in sports throughout the world. The IOC was established by Baron Pierre de Coubertin on **23rd June, 1894.**



Demetrios Vikelas was its first President. Its membership consists of 105 active members and 32 honorary members.

It **organizes both Summer and Winter Olympics**. The IOC selects the dates, sites and venues of the Olympic Games. The IOC consists of members from different countries.

The President of IOC is elected for a **term of eight years**. The four Vice-Presidents are elected for **four years**.



Functions of IOC :

1. The IOC **organizes the Olympics**, decides about the host country and the city where Olympic Games will be held.
2. It ensures the **smooth flow** of all the events held in the Olympics.
3. IOC sets the **general guidelines**, rules and regulations of the different sporting events.
4. It encourages **fair play** without any discrimination.
5. It fights against **doping practices** in sports.



Indian Olympic Association :

Indian Olympic Association was founded in 1927 by **Sir Dorabji Tata and Dr. Noehren** became the founder President and Secretary General respectively.

Sir Dorabji Tata was also the first member of IOC. Its members are chosen **once every four years**.

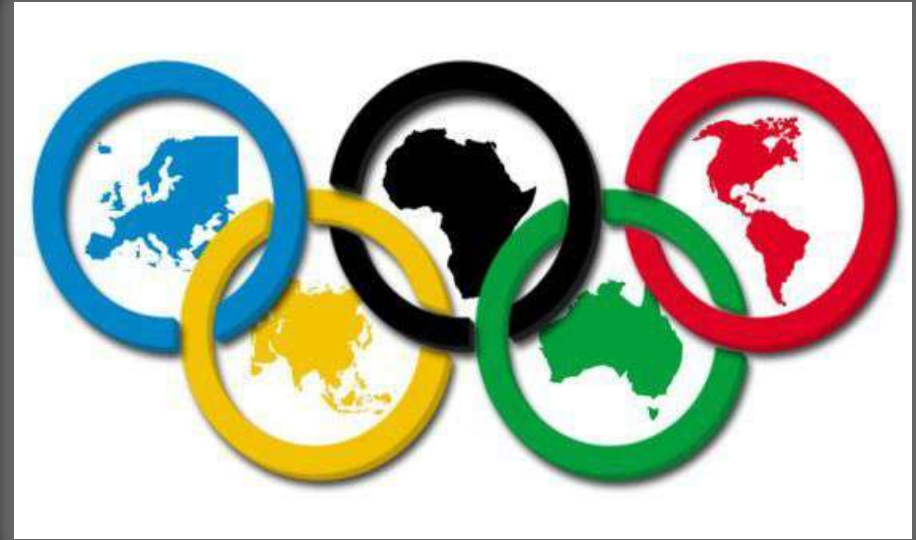
This committee is comprised of a president, 9 Vice Presidents, 6 Secretaries, one Honorary Treasurer.



India participated for the first time in **1928 Amsterdam Olympic games** and **won Gold in Hockey**.

From that time onwards IOA is working continuously for Olympic movement.

IOA is responsible for the participation in Olympic games and some other games such as — Asian games, Commonwealth games etc. All sports federations work to help IOA.



National Olympic Committee(NOC) :

A National Olympic Committee (NOC) is a **national constituent of the worldwide Olympic movement**. Subject to the controls of the International Olympic Committee, NOCs are responsible for organizing their people's participation in the Olympic Games.

International Sports Federations (IFS) :

The International Sports Federations are international non-governmental organizations **recognized by the International Olympic Committee (IOC)** as administering one or more sports at world level.

