

Brief Historical Background of the Old World, Medieval and New Era Sports Facilities

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Annotation

History has shown that sports competitions were held in ancient Greece. Each city had its own sports facilities for these competitions. Archaeological excavations have also proved this. For example, excavations in Mycenae, Crete, on the Aegean coast show images of games, exercises, and controversy. Exercises were used to train fighters for military training. Homer's Iliad and Odyssey describe mass running, wrestling, boxing, discus throwing, archery, and chariot racing (12th-9th centuries BC).

Key words: history, game, military, physical, running, wrestling, fighting, sports, construction, physical education, ancient.

The historical roots of physical education and sports have long been known. Archaeological excavations have revealed that sports were practiced in the Stone Age. This is based on the discovery of sports facilities in historical excavations (India, Arabia, Central Asia and South America). From ancient times the people understood the importance of physical education.

Physical education and sports are important sources of health-enhancing workforce productivity.

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The arena of the Greek stadium is rectangular in shape and 200 meters long.

The ancient Olympic Stadium is located on the natural southern slope of Mount Kronos, and the stadium is located on the slopes of the mountain. These grandstands had a capacity of about 40,000 people.

Later, similar stadiums were built in Delphi (second half of the 5th century BC), Athens (second half of the 4th century BC), Epidaurus (first half of the 4th century BC) and other cities. The Olympic Games are an important part of the development of ancient Greek physical culture. According to the Olympic Games, which are held every four years in the Olympic City (Figure 1), this is the beginning of the holiday, corresponding to the beginning of 776 BC.

In the 7th century BC, the Olympic torch was lit and a bronze Ifit disk was kept at the Gera monument in the city of Olympia. The disc contained the rules and regulations of the Olympic Games. The decision of the All-Greek Olympic Games to hold small-scale games in many cities of Greece, but of great socio-political significance in the life of the state.

Excavations in a number of Greek cities and districts have uncovered the remains of many games and stadiums.

View of the ancient Olympic city of Greece

Ancient stadiums are divided into three periods:

1. Ellenik
2. Ellenistic
3. Stadiums in ancient Roman times

Ellenic period. Ancient Greek cities, considered independent states, have always competed with other states in the fields of science, culture and sports. The

spirit of good neighborliness and friendship competitions has a great influence on the development of physical culture and sports in ancient Greece. Greek stadiums are distinguished by their architectural forms, width and harmonious harmony of the landscape. Ellenic stadiums played a leading role in the social life of the state. Stadiums of this period were built without seats.

Hellenistic period. Hellenistic stadiums played an important role in public life. In addition, they will become a spectacle for the residents of the city. The stadium's stands were small, but they were reserved for the city's residents. For example, the stadium in Miletus, with a population of 1,000,000, was built within that city.

Gera monument of the 7th century BC (50 meters long and 18.7 meters wide).

Olympic Torch Relay. Greece, Olympic Ancient Roman period. Many stadiums and sports facilities date back to the beginning of the Roman Empire (early AD). During this time many Hellenistic stadiums were rebuilt.

In the second century CE, stadiums in Athens and Delphi were rebuilt. Due to the increase in the number of participants, the stadium area was expanded and marble stands were installed for spectators. The stands of ancient Roman stadiums were built in the shape of a crescent to make it easier to see. Stadiums of this period became architecturally complete objects. In the first century BC, the amphitheater, an ancient Roman structure, began to take shape. The amphitheater, in turn, played an important role in the construction of modern sports arenas.

The Amphitheater (Greek: mpmphitheatronronronron -) is a monumental building in ancient Rome where theatrical performances are performed. The amphitheater is an elliptical sports arena in the middle of which the rows of seats rise from the bottom to the top in the form of stairs.

These amphitheatres were built in Pompeii in the 70s BC and have a capacity of 15,000 spectators. The world-famous Colosseum in Rome was built in 125

BC and seats 50,000 spectators. The Colosseum originally consisted of three tiers, the fourth of which was completed in the second century AD. There was an animal fight at the Colosseum, and then a gladiator fight. There were a lot of rooms under the stands. There are also cages and other rooms for animals under the arena. There is a slave village 1 km from the Coliseum, which is connected by an underground passage to the stadium arena. The Coliseum is covered with a tarpaulin and is believed to have been turned into an indoor stadium.

Colosseum-like stadiums existed in every major city in Rome. Of particular importance is the huge Circus Maximus, also known as the Hippodrome for carriages. The building seats about 250,000 spectators. In ancient Rome, much attention was paid to the construction of baths. This is a large swimming pool, built between the 1st and 2nd centuries AD. The largest and most famous terms, Diocletiana and Caracalla, cover an area of about 120,000 square meters, are 337 meters long, 338 meters wide and 6 meters thick. These baths can accommodate up to 3,000 people at a time, including bathing, steaming, massaging, showering, bathing, and swimming in a pool (cold, warm, hot).

Ruins of the Colosseum in Rome Roman terms are distinguished by their magnificent decoration and equipment. Precious marble was used to decorate the walls of the building. Rome is again equipped with water pipes and heaters. Ancient Rome was also famous for its water pipes and heaters. Christianity came to Rome in the 4th century AD with the support of the state. The church actively fought against the Roman spectacle, which drew 3,000 people. Gradually, the decline of national culture began, while physical education also declined. The spread of Christianity, which denied the culture and all-round development of the human body, led to the illegal demolition of many of the great sports facilities of the ancient world. Some have been converted into a church.

Medieval buildings. The beginning of the Middle Ages is characterized by a complete decline in physical education. The main reason for this is Christianity.

Christianity denies the culture and all-round development of the human body. As a state religion, many stadiums and sports facilities were illegally demolished.

But in the tenth and eleventh centuries, sports and exercise slowly began to develop. This was due to the trade conquests of the East, which began in the 11th century, and the rise of the Knights. In their spare time, the knights practiced mostly military exercises and participated in tournaments. The various games of the knights, with special rules, were held in the courtyards of the palace. In the Middle Ages, the main purpose of physical training was to prepare knights for war.

In the developed feudal society (X-XI centuries) under the influence of class struggle the physical culture of the people (townspeople and peasants) and the physical culture of the dominant class (feudal lords, knights) are formed.

Ball games appeared in the 15th and 16th centuries. There are playgrounds and playgrounds, parks for the townspeople, parks for the intelligentsia. Examples are the Villa Montalno (XVI) swimming pool in Rome and the Boboli Garden Amphitheater (XVII) in Florence. In some European countries, halls for javelin and ball games, archery ranges and playgrounds have been built. Sports are also popular in Central Asia. Examples of these games are equestrian, archery, wrestling, kupkari, fencing and other sports. The end of the Middle Ages was the period of the collapse of the feudal system and the birth of bourgeois culture.

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