



# SCIENCE STUDIES IN SPORT SPORT IN HISTORIC PERIODS

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Sport is considered to have been created by ancient Greeks, who wanted, at least in a small degree, to become similar to their divine patterns. They visualized gods they worshiped as beautiful and ideal beings. At first, they considered ideal only male body - athletic, proportional, almost "sculptured". It took them time to notice the beauty of female body. The examples for it might be: "Winged Victory of Samothrace" or "Venus de Milo"

Leonardo da Vinci, who lived between the Renaissance and the Baroque (XV - XVI), in many of his works shown ancient images of Greek and Roman gods. It is known that in the Baroque, a woman with rubenesque shape, small breasts, very bright skin and hair artistically pinned up was considered the ideal of female beauty. "Leda and the Swan" by Leonardo da Vinci is the painting, which we put in the cover of our book.

"Sport in historic periods" is a book, which depicts the development of sport from Ancient Times, through the Middle Ages, times to the present day. In particular chapters and parts we will describe the changes, which were made throughout the ages, connected with sport and science studies. In the first chapter devoted to ancient Greece you will learn about the original shape of sport and the development of Olympic Games, history of Panathinaiko Stadium, you will also follow the fate of citizens of Sparta, who from their childhood prepared themselves to defend their homeland.

A chapter devoted to ancient Rome will bring You much necessary information, considering upbringing and education of slaves to become gladiators, also fighting techniques they used. In middle ages, we will show You closer elements of medieval warriors weaponry, the weight of armor and its changes in following centuries.

Next parts of our book we leave without introductory information, for specially interested readers among You.

We'd like to make you sure, that next chapters will bring You a lot of new, unknown and very interesting information. We thank for buying our book at we wish You good reading.

This book (at the moment) is available only in Polish, because we planned to issue it in English in a few years, and later on, in other languages.

We greet our Readers !!!

