

# CLAS 0210

## Sport in the Ancient Greek World

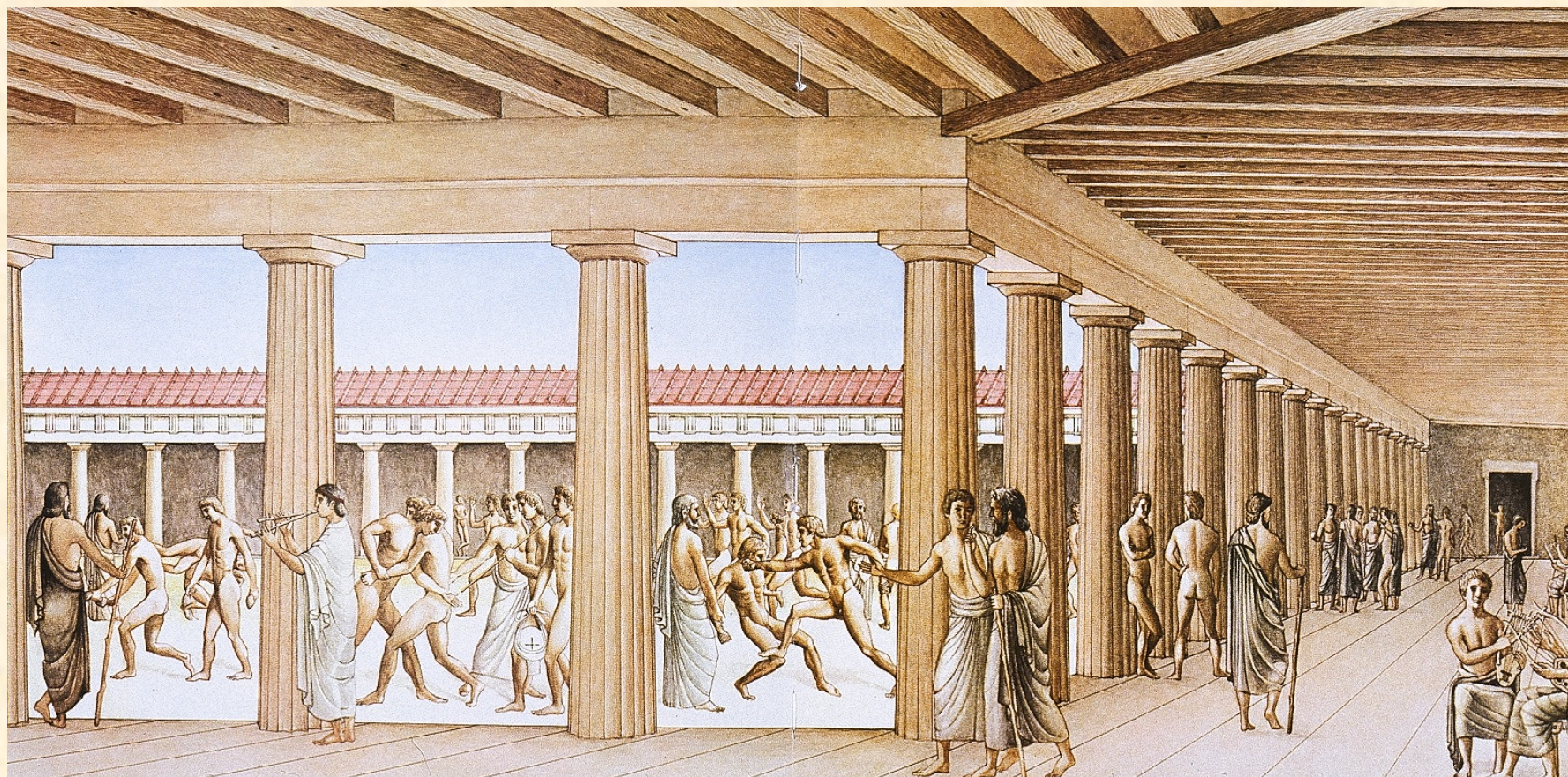


Class 19

Wednesday 10 March

Gymnasia, training,  
trainers, and diet





The gymnasium and the palaistra

# What purposes did the gymnasium serve?

- **Gymnasion** [modern *gymnasium*] —  
from the 6th century BC, a complex of buildings and public spaces designed to fulfill several functions:
  - physical training and practice in all the Greek sports
  - training young men in the necessary military skills required by the state
  - location of institutions of higher education





Phased Plan of Sanctuary at Olympia



## Gymnasia in Athens:

**Academy** [Plato's school, early 4th century BC]  
cf. *academy*, *academe*, *academics*, etc.

**Lyceum** [Aristotle's school, founded 335 BC;  
named after its sanctuary of Lycian Apollo  
The *peripatetics*  
Lycée = French high school

**Cynosarges** [Diogenes; the “cynics”; cynical]

N.B. Gymnasium in Germany =  
the most academic type of High School



Raphael, *School of Athens* (1511)  
(Note central figures— Plato, Aristotle, Diogenes)



### Literary and epigraphic sources mention in the Lyceum:

- Apodyterium (dressing room)
- Dromoi (running tracks, roads)
- Peripatoi (walkways)
- a gymnasium building
- a palaistra (wrestling school)
- cult sanctuaries
- seating area
- stoas (covered colonnaded buildings)
- irrigation channels to keep the area green and wooded



Discovery of Aristotle's Lyceum in 1996



Gymnasia regarded as centers for training the body **and** the soul

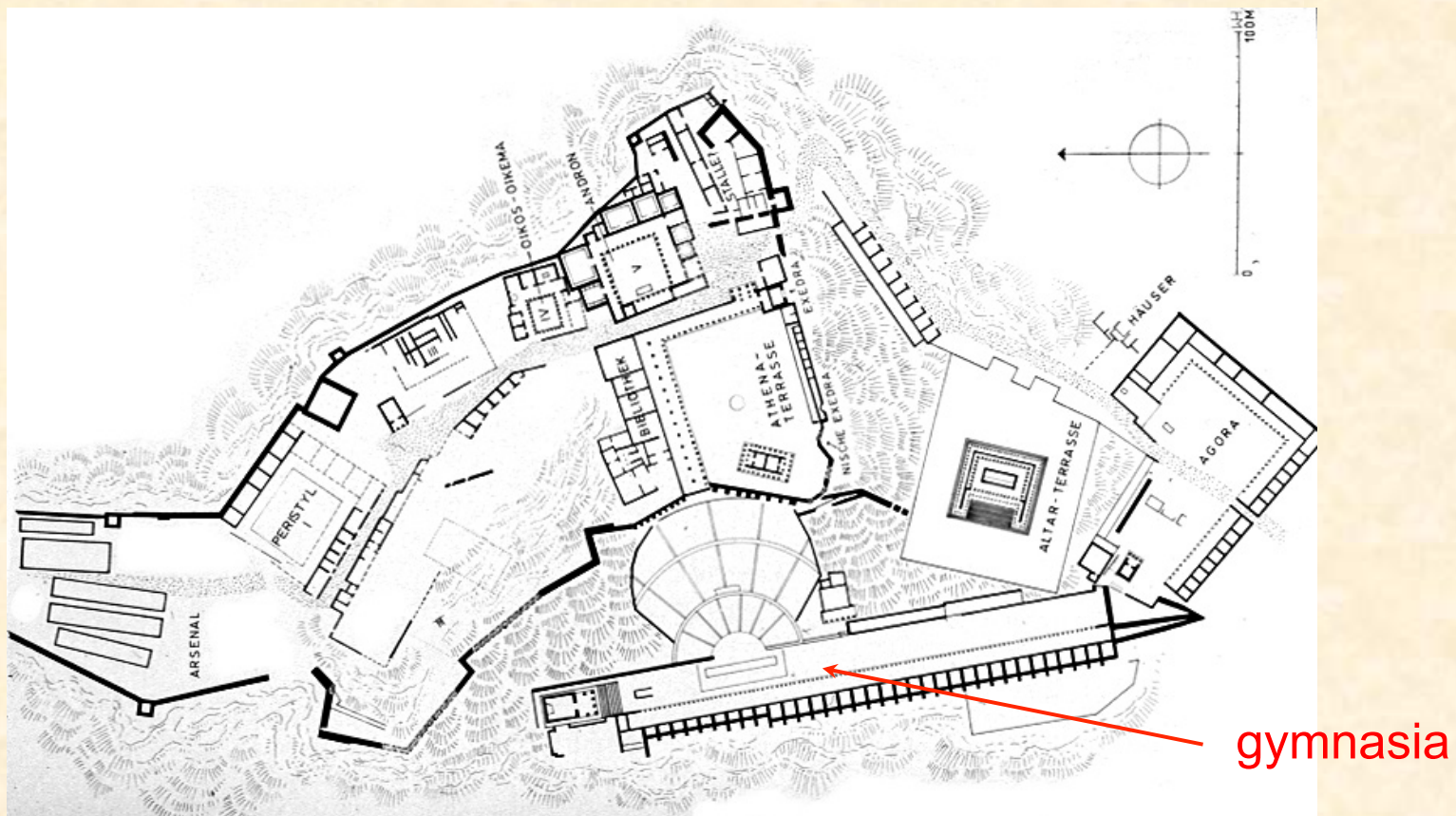
*mens sana in corpore sano*

“a sound mind in a sound body”

reading  
writing  
arithmetic  
geometry  
literature  
music  
etc.

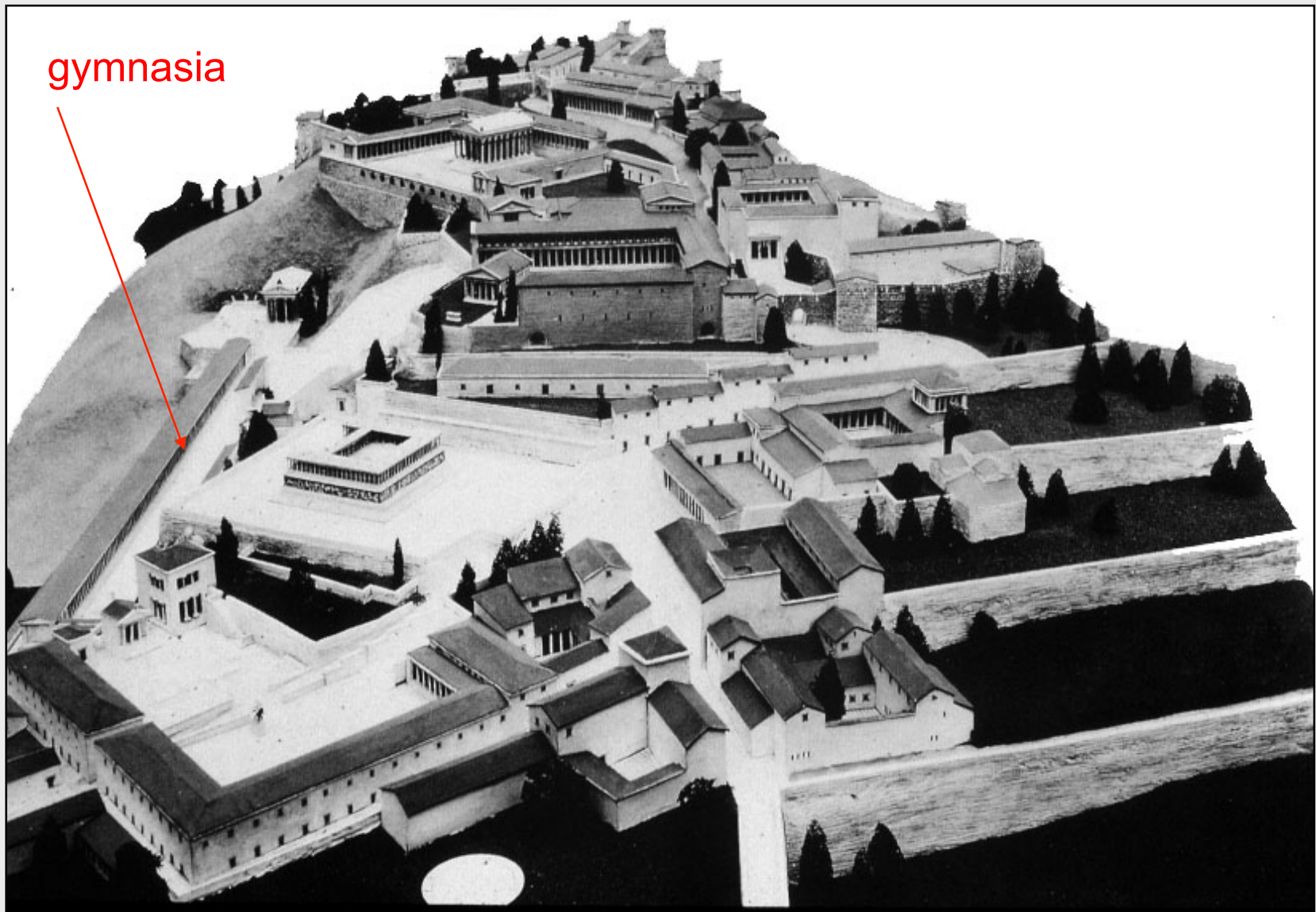
Religion, too: cult of Herakles especially prominent in gymnasia

# Pergamon (Turkey)





gymnasia



## *Training:*

- acquisition of skill in technique
- preparation of the body to face stress
- mental preparation

## *Greek terms for trainers:*

paidotribes: “boy-rubber”

aleiptes: “rubber”

gymnastes: “coach”, “trainer”





foot massage

rubbing on oil

disrobing

## Aristotle:

“The boys should be entrusted to a *gymnastes* and a *paidotribes*. For the former takes care of their physical constitution, and the latter their training.”

“We argue more about the navigation of ships than we about the training of athletes, because it has been well organized as a science.”

*Arete* 36  
*Arete* 217  
*Arete* 37, 47

Philostratus,  
*On Gymnastics*  
(2nd/3rd century AD)  
[See passages in *Arete*]

## The Four Humors

HOT

COLD

WET

Blood  
*sanguine*

Black bile (melaina chole)  
*melancholic*

DRY

Bile (chole)  
*choleric*

Phlegm  
*phlegmatic*



## The Four Humors

HOT

COLD

WET

Blood  
*sanguine*  
*air*

Black bile (melaina chole)  
*melancholic*  
*water*

DRY

Bile (chole)  
*choleric*  
*fire*

Phlegm  
*phlegmatic*  
*earth*

