



ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΙΑΣ
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ΞΕΝΗ ΓΛΩΣΣΑ & ΑΘΛΗΤΙΚΗ ΟΡΟΛΟΓΙΑ ΜΕΟ153

Ancient Olympic Games



The ancient Olympic Games were originally a festival, or celebration of and for **Zeus** (**Δίας**); later, events such as a footrace, a javelin contest, and wrestling matches were added.

The Olympic Games were a series of athletic competitions among representatives of city-states and one of the Panhellenic Games of ancient Greece.

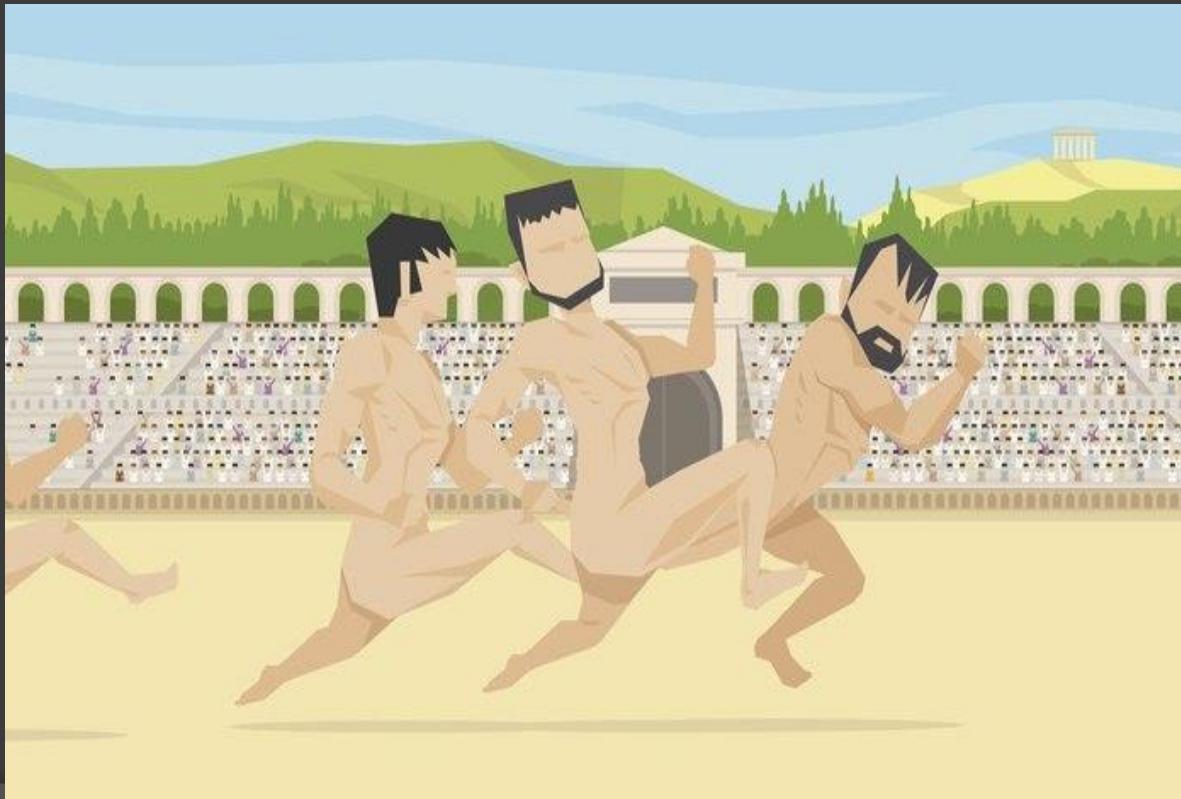
OLYMPIC GAMES IN ANCIENT GREECE



The ancient Olympic Games were initially a one-day event until 684 BC, when they were extended to three days. In the 5th century B.C., the Games were extended again to cover five days. Later, the ancient Games included running, long jump (**άλμα εις μήκος**), shot put (**σκοποβολή**), javelin (**ακόντιο**), boxing, pankration (**πάλη, λάκτισμα, πυγμαχία**) and equestrian (**ιππικά**) events.

RUNNING

Running contests included:
the stade (στάδιο) race, which was the pre-eminent test
of speed, covering the Olympia track (στίβος) from one
end to the other (200m foot race),
the diaulos (two stades - 400m foot race),
dolichos (ranging between 7 and 24 stades/4,800m).



LONG JUMP- JAVELIN-DISCUS THROW

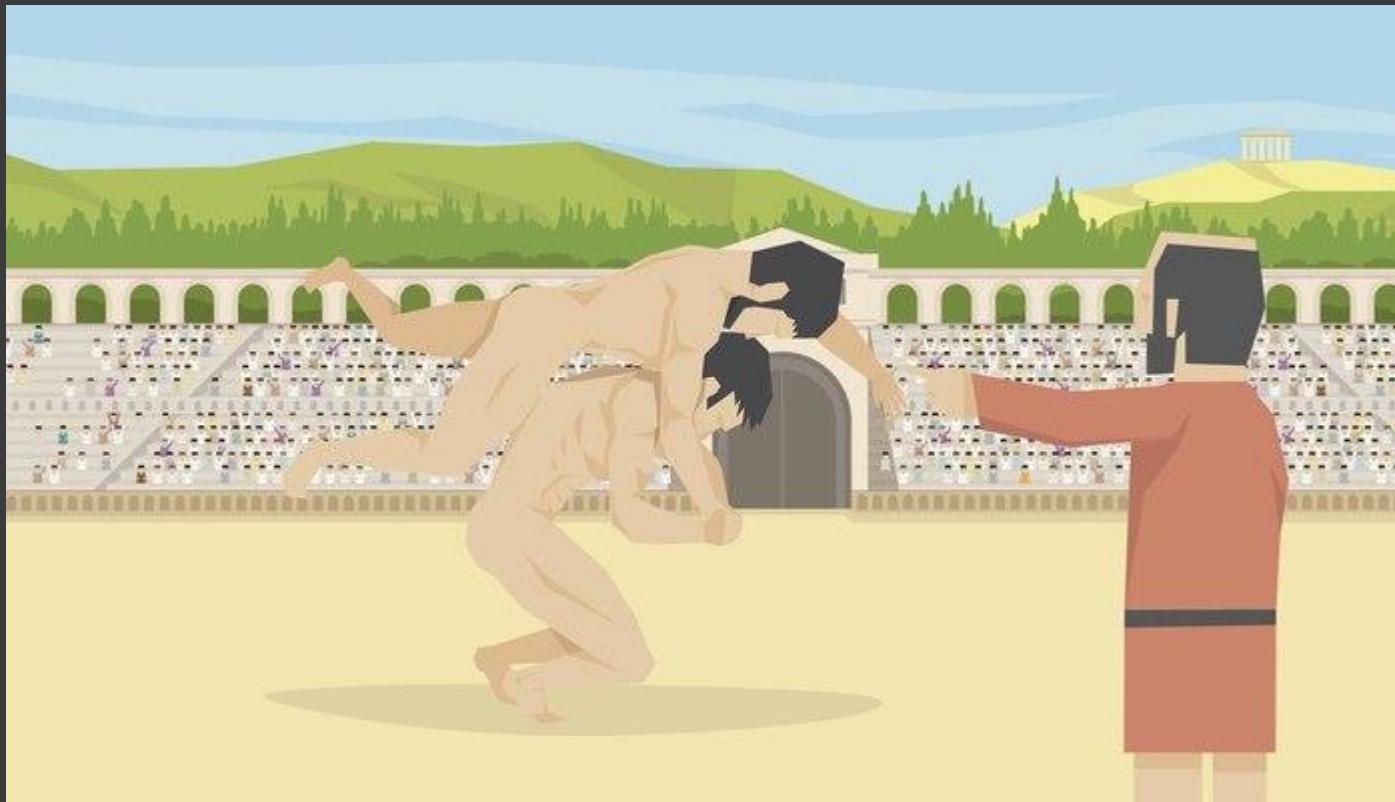
Athletes used stone or lead weights (βαρίδια από μόλυβδο) called halteres to increase the distance of a jump. They held onto the weights until the end of their flight, and then jettisoned (πετάω) them backwards.

The discus was originally made of stone and later of iron, lead or bronze. The technique was very similar to today's freestyle discus throw.



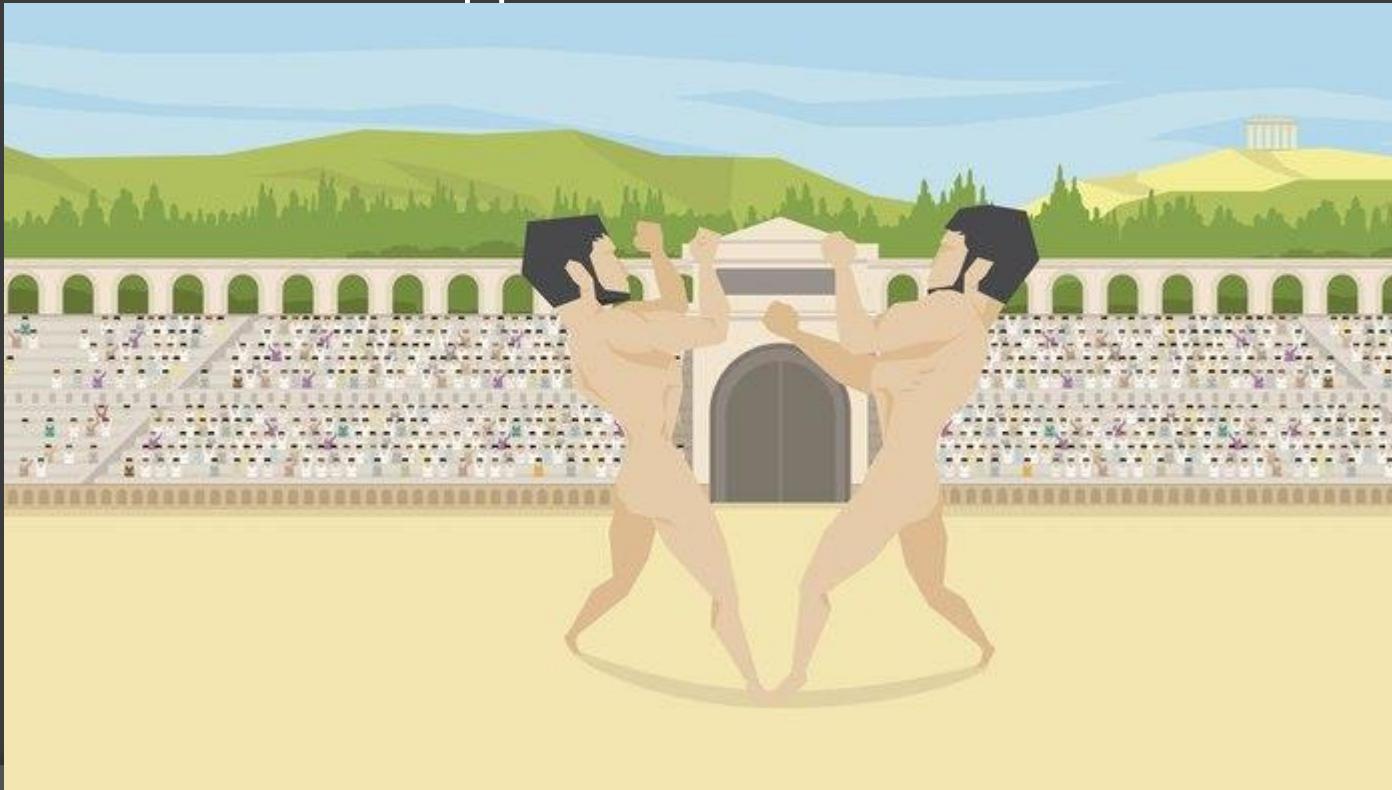
WRESTLING (ΠΑΛΗ)

This was highly valued as a form of military exercise without weapons. It ended only when one of the contestants admitted defeat (ήττα).



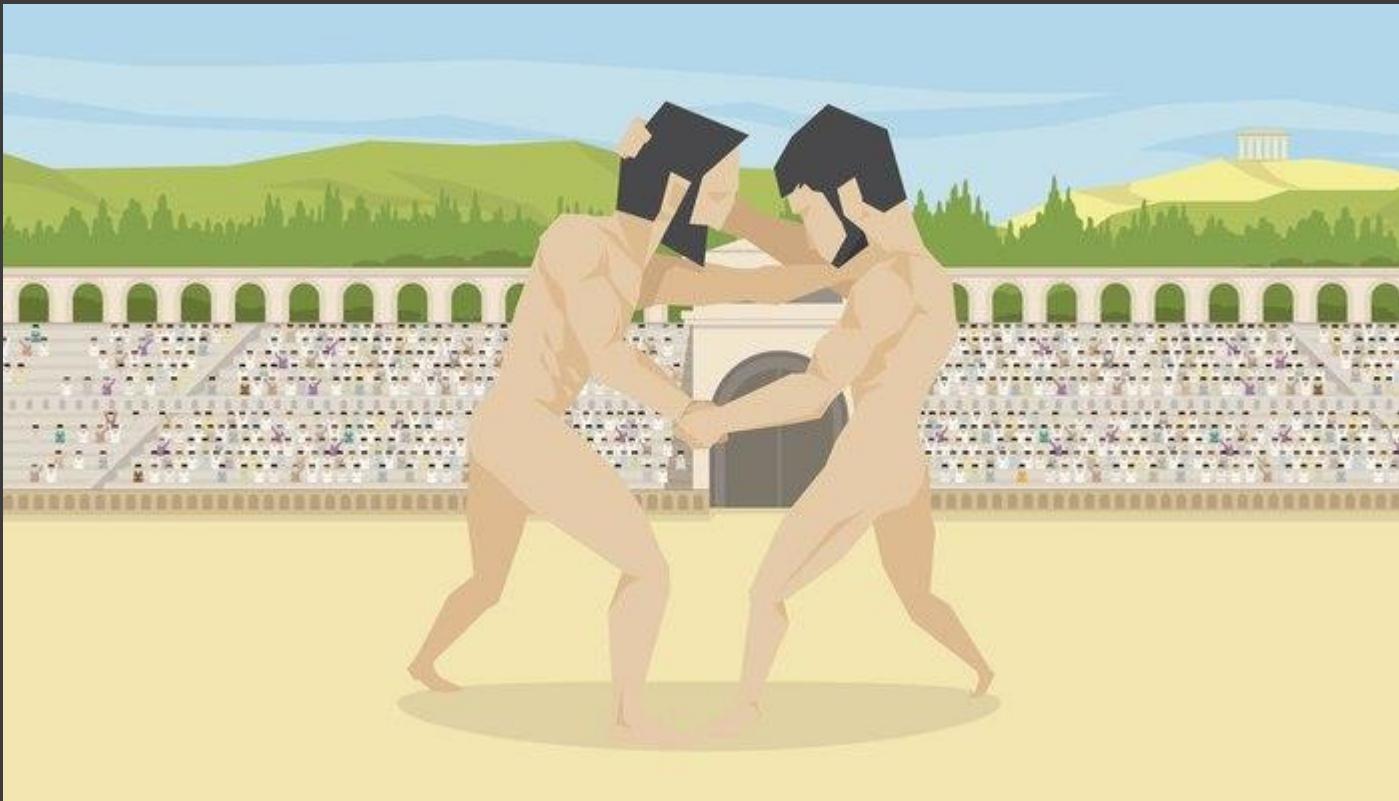
BOXING

Boxers wrapped (τύλιγαν) straps (λουριά/ιμάντες/himantes) around their hands to strengthen their wrists (καρπούς) and steady their fingers. Initially, these straps were soft but, as time progressed, boxers started using hard leather straps, often causing disfigurement (παραμόρφωση) of their opponent's face.



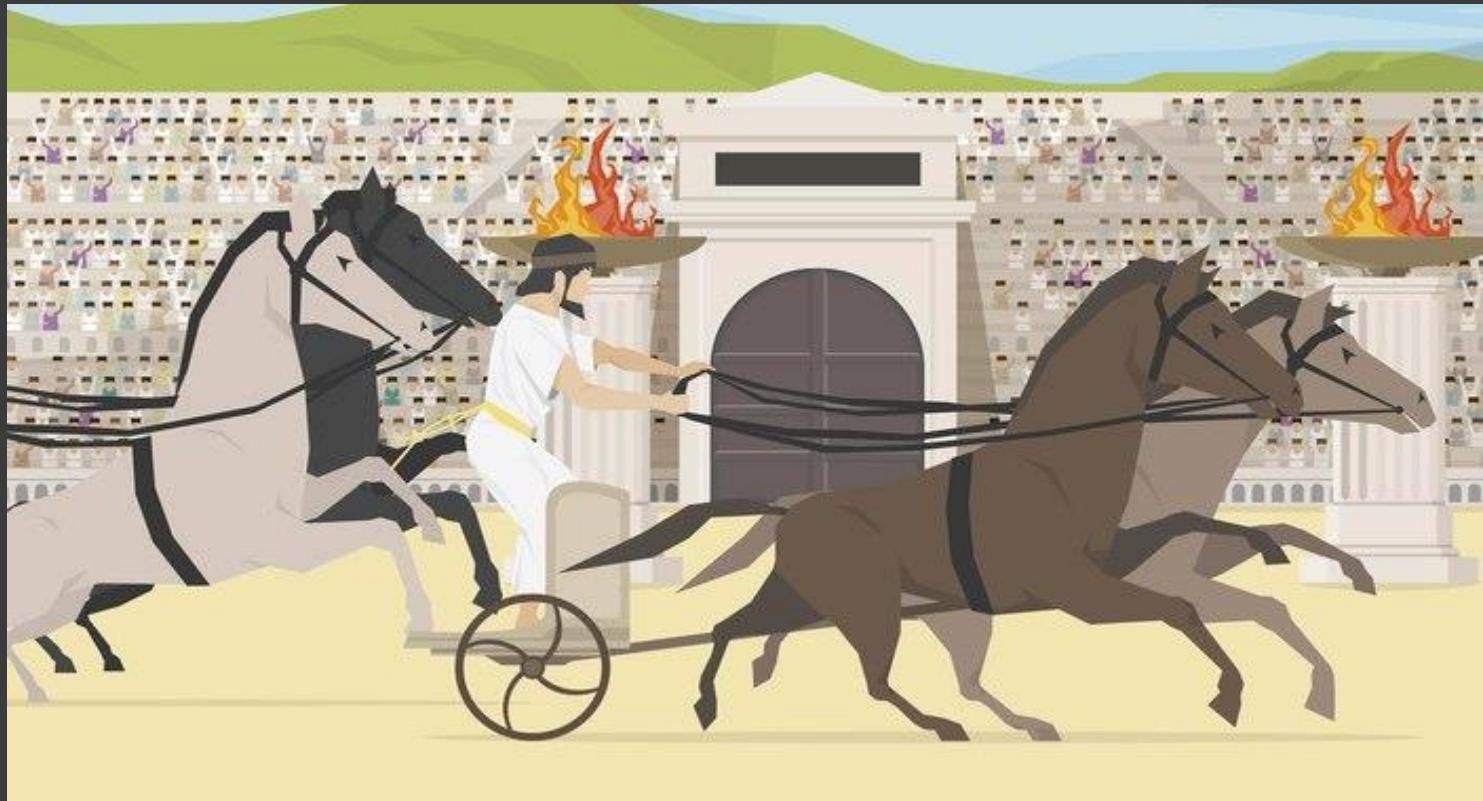
PANKRATION

This was a primitive (πρωτόγονος) form of martial art (πολεμική τέχνη) combining wrestling and boxing, and was considered to be one of the toughest sports. Greeks believed that it was founded by Theseus when he defeated the fierce Minotaur in the labyrinth.



EQUESTRIAN (ΙΠΠΙΚΑ) EVENTS

These included horse races and chariot races (αρματοδρομίες) and took place in the Hippodrome, a wide, flat, open space.



SYNONYMS

- | | |
|-------------------|-----------------------------|
| 1. Among | a. Vicious |
| 2. Representative | b. Win |
| 3. Initially | c. Early years |
| 4. Extend | d. Ancient vehicle |
| 5. Stade | e. At first |
| 6. Pre-eminent | f. Notable |
| 7. Equestrian | g. Stadium |
| 8. Chariot race | h. Make longer |
| 9. Primitive | i. Speaks for others |
| 10. Defeat | j. With many of |
| 11. Fierce | k. Relating to horse riding |
| 12. Strap | l. Belt |

A

B

2004 Summer Olympics

Motto: Welcome Home

(Καλώς ήλθατε σπίτι)

A
premier international
multi-sport event held
in Athens, Greece,
from 13 to 29 August
2004



The categorization of sport branches (τμήμα-παράρτημα)

- ✓ **Olympic and non-Olympic sports**
- ✓ **Paralympic sports** [people with various physical or mental impairments (αναπηρίες)]
- ✓ **Recognised sports** (sports recognised by the IOC: International Olympic Committee)
- ✓ **National sports** (focusing on particular cultures, nations, regions or countries)
- ✓ **Extreme sports**

Olympic sports prerequisites (προϋποθέσεις)

- An **Olympic** sport must be widely practised by men in at least 75 countries and on four continents, and by women in at least 40 countries and on three continents.
- A **discipline** (άθλημα, τομέας) is a branch of an Olympic sport including one or more events [e.g. Aquatics (θαλάσσια σπορ) as an Olympic sport has 4 Olympic disciplines: swimming, diving, water polo, and synchronized swimming)]

OLYMPIC GAMES TODAY



What are the 5 new sports for 2020 Olympics?

On 28 September 2015, organizers submitted their shortlist of five proposed sports to the IOC: baseball/softball, karate, sport climbing, surfing, and skateboarding.

SYNONYMS

- | | |
|-----------------|--|
| 1. Premier | a. Water sports |
| 2. Recognize | b. Identify |
| 3. Branch | c. Land mass |
| 4. Mental | d. Requirement |
| 5. Physical | e. Area of study/exercise to develop a skill |
| 6. Impairment | f. Best, leading |
| 7. Prerequisite | g. Field of study, division |
| 8. Continent | h. Involving the body |
| 9. Discipline | i. Involving the mind |
| 10. Aquatics | j. Disability |

A

B



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THANKS FOR YOUR ATTENTION