

OLYMPIC SPORTS IN SUMMER OLYMPIC GAMES

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Key words: Olympic Games, Olympic Sports, contest

Abstract: The Olympic Program has known a sinuous evolution over its 100 years of existence, marked by periods of decline, stagnation or progress, this last one being its main characteristic after 1948. The importance of the Olympics determined some countries to adopt a strategy regarding their participation in various sports, in order to obtain medals. Thus, some countries became “expert” in one sample contest or another, getting a “monopoly” of certain Olympic Sports.

Introduction

Greeks' effort to succeed better and more beautifully in the art of physical exercises needed a stimulus, a consecration. Measurements were made through competition games, based on a contest or struggle system, strongly related to their mediteranian temperament stimulated by ambition and feeling one deep inner proud in their glorious instants.

The general feature of these competitions is that they did not mean only gym exercises, but everything that could highlight the physical and moral value of the humain being, including musical and poetical contests.

Material-method

There were two kinds of celebrations, some of them having a local character, other Panhellenic character. The most significant were the Olympics – the most famous and the most loved competitions, with large contribution to spreading the ancient Greek culture in space and time.

Olympics belonged to Panhellenic Games – there were accepted as participants only citizens of Greek cities – , counting four competitions: the Olympics – the most representative, the Dwarf Games, the Isthmus Games and the Nemea Games.

Olympics are the oldest and the most famous; initially they were celebrated in honor of Pelops, considered the Olympics' Father (the 12th century BC). Later, they were dedicated to Zeus and held in Olympia (NW of the Peloponnese Peninsula), being restored and reorganized by the legendary Hercules and the King Ifitos of Elida.

The first edition of the ancient Olympics is attested by documents in 776 BC. The festivals were held every four years and lasted five days. The ancient Olympic Program included running, wrestling, pugilat, Pancras of Rome, pentathlon, horse and cart races.

The 19th century brought a lot of researches of certain personalities to improve the practice of physical exercises. Teachers and creators of physical exercise system studied and reconsidered the Athenian conception (that of the harmonic ideal) on practicing exercises. The practice of physical exercises generated methods for analysing the athletes' progress and also determined the appearance of sports competitions.

Results

Athens, 1896: there were held competitions in nine sports – athletics, cycling, fencing, gymnastics, weightlifting, wrestling, swimming, tennis, shooting. Since then, the Olympic Program has known a lot of changes, some sports disappearing (golf, pulling the rope), another being excluded and reintroduced later (archery), other new sports emerging (triathlon, taekwondo). Beijing Olympic Program included nine original sports to which the officials added another 19: rowing, badminton, baseball, basketball, canoeing / kayaking, horseback riding, soccer, handball, hockey, judo, modern pentathlon, softball, taekwondo, table tennis, archery, triathlon, volleyball divided into 302 contest samples.

In order to be included in the Olympic Program, one sports activity should meet the following conditions:

- To be practiced on a large area (for male – being practiced in 75 countries on four continents, for women – in 40 countries on three continents);
- To apply the Anti-Doping Code of the Olympic Movement;
- Not to depend on mechanical means of propulsion.

Athletics and swimming are the most viewed / watched sports of Summer Olympics.

Due to popularity, there were introduced new demonstrative sports either for being more and more promoted worldwide, or for increasing the number of practitioners.

Over the years, the number of sports knows periods of growth, respectively decay, as follows:

- 1896 – 1920 the number of sports increases from 9 to 22;
- 1924 – 1932 there was recorded a decline from 22 to 14 sports included in Summer Olympics;

- 1948 – 1996 the number of sports increases from 17 to 28.

There is a similar fluctuation with the number of samples:

- 1896 – 1920 the number of samples increases from 43 to 153;
- 1924 – 1928 the number decreased to 109 samples;
- 1932 – 2008 the Olympic Program included 302 samples.

National Olympic Committees deal with a different situation, some causes of regresses (the number of participating countries is 10 lower than the previous edition) being either a too long distance (St. Louis 1904, Los Angeles 1932) or the trying of some countries to boycott the Olympics (Montreal 1976, Moscow 1980, Los Angeles 1984), otherwise the number of participating countries steadily increased from 13 (1904) to 203 (2008).

The number of competitors gradually increased from 241 (Athens 1896) to over 11,000 (Beijing, 2008). Women's presence in Olympics significantly increased from 8 (1%, St. Louis 1904) to 4412 (40%, Beijing 2008).

Discussions

The current Olympic Program counts 28 sports (athletics, badminton, baseball, basketball, boxing, canoeing, horseback riding, cycling, football, gymnastics, weightlifting, handball, hockey, judo, swimming, kayak / canoeing, wrestling, modern pentathlon, sailing, fencing, softball, taekwondo, tennis, table tennis, shooting, archery, triathlon, volleyball) with 302 contest samples. The program's evolution has brought a lot of benefits, especially more and more competitors – men and women – respectively more and more participating countries.

References

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Titlu: Sporturi olimpice la Jocurile Olimpice de vară

Cuvinte cheie: Jocuri Olimpice sporturi olimpice, competiție.

Rezumat: Programul olimpic a cunoscut o evoluție sinuoasă în cei peste 100 de ani de existență, marcată de perioade de declin, stagnare sau

progres, aceasta ultimă caracteristică fiind specifică după 1948. Importanța Jocurilor Olimpice a determinat unele țări să adopte o strategie în ceea ce privește participarea lor la diferite sporturi, cu scopul de a obține medalii. Astfel, unele țări au devenit "experte" în unele probe de concurs, care adus la apariția unui "monopol" la anumite sporturi olimpice.

Titre: Sports olympiques aux jeux olympiques d'été.

Mots - clé: Jeux Olympiques, sports olympiques, concours

Résumé : Le programme olympique a connu une évolution sinueuse sur ses 100 années d'existence, marquée par des périodes de déclin, la stagnation ou le progrès, ce dernier étant sa caractéristique principale après 1948. L'importance des Jeux Olympiques de déterminer certains pays à adopter une stratégie en ce qui concerne leur participation à diverses activités sportives, afin d'obtenir des médailles. Ainsi, certains pays sont devenus des «experts» dans un concours de l'échantillon ou d'une autre, obtenir un «monopole» de certains sports olympiques.