

The elements of fitness and skill in the civilization of ancient Egypt and its association with the elements of fitness in modern

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Abstract

The two researchers discussed in the introduction of the research the civilization of ancient Egypt and its historical importance from all fields of sports, economic and scientific, because of its strategic location and the extent of its population's interest in the physical aspect and the exchange of cultures with the surrounding civilizations in its time.

It has had a great role to play in the physical and skill aspect because they were doing speed competitions on horses and carts in addition to training to carry large stones to develop the muscle strength of individuals, not to mention wrestling and combat tools that they used to beat enemies.

It can be said that the physical qualities they enjoyed of strength, speed, scale, agility and flexibility in addition to accuracy and balance were all for the purpose of diapering the country and victory over enemies, as each individual must enjoy high speed of running and great strength and flexibility to perform wrestling in addition to agility in the performance of fencing with a sword and precision in the performance of spear or arrow and balance when performing combat skills or long endurance to carry the weight of long distance when performing daily skills such as agriculture and ploughing. As for the problem of studying is not to address the physical aspect and the elements of physical fitness by the researcher a few, so we note the poverty of the references in this regard, but the goal of the study in identifying the fitness qualities that they enjoyed in the civilization of ancient Egypt and codifying it. And the extent of bonding in fitness and skill in the era where.

The most important conclusions reached by the researchers on the fact that all the physical and skill qualities enjoyed by the members of the civilization of ancient Egypt were the result of long training, practice and absorption of fitness elements, as they used each attribute in its proper place and dealt on the basis of the requirement of that attribute and skill used with weapons despite the weight of weapons and their multiplicity and how to deal with them was never traditional because they were against powerful enemies or for the purpose of building a large building that was not used at the time. All physical and

skill abilities are similar to modern-day physical and skill ary abilities with some differences in the methods of performance and purpose of performance.

Keywords :Fitness, ancient Egypt, modern-day fitness and skill elements

1- Introduction and importance of research

The civilization of ancient Egypt is on the throne in terms of the interests it has emerged and the extent of its philosophy on the physical, skilled and urban aspect, so it is one of the cities that deserve to be referred to Lebanon for its contribution to humanity, science, different culture, urbanization and eternal health.

The Egyptians were the first to give the concept of philosophy of physical education and considered it part of the general education, i.e. the education of eternity besides the education of minds and keen to perform physical and skilled exercises throughout the seasons, they were keen to acquire health for eternity, physical ity and skill and development because it helps them to carry out the tasks of cultivating, blacksmithing, carpentry, etc.(Munther Hashim:34:2000).

And the archaeological inscriptions proved that the ancient Egyptians were interested in the physical fitness of strength and agility in movement and harmony between the organs of the body and fitness was a prerequisite for every king who wants to sit on the throne, and therefore the king was running in front of the audience a long distance to prove that he is physically fit and mentions (William N Zafar)that he found some scenes engraved in the walls of cemeteries and temples showing physical sports, some aimed at agility and some aimed at God and pleasure (William Nazir:2018:58)

There are many sports that play today were played by the ancient Egyptians and illustrative illustrations of the walls of the opposite such as long jumping, wrestling, swimming, archery, athletics, weightlifting, rowing and some football games were common to Egyptians and the importance of the study is manifested in the identification of the most important qualities of fitness and skills enjoyed by the ancient Egyptians in addition to the goal of this is to document the physical aspect of physical fitness and skills as well in the civilization of ancient Egypt.

2- Egypt's ancient civilization, fitness and skills between its folds.

Sports for the ancient Egyptians is an essential part of daily life and an important component in their culture they knew its importance and its benefits on the body and mind and its effect on the building of personality and diaper on health and sports were practiced in Egypt either for entertainment or professionally for competitions or for the purpose of combat training and the inscriptions in the temple bear that kings were attending sports events held on holidays and occasions and honoring the winner.

2.1 The physical and skill aspect of the present ancient Egypt

The pharaonic civilization of the leading civilizations considers physical activities as one of the programs included to prepare citizens educationally and ideologically where the drawings inherited in the antiquities of the Egyptians indicate that they are among the early games known now and interested the ancient Egyptian sports as part of the religious teachings. Fitness was considered a condition of governance where the ruler was obliged to run a certain distance to qualify for the ruling and this was called the "run of the eucharist". Among the most common types of Egyptian sports practiced by ancient Egyptians in the ancient Pharaonic civilization are gymnastics, marathon, handball, javelin, boxing, high jump, archery, weightlifting, swimming, rhythmic gymnastics, and parallel (Munther Hashem:35:2000) handball in Saqqara's tombs, which found 5,000-year-old paintings depicting two girls playing handball, of course, were practiced according to laws other than they are now, winning them not by shooting towards a goal, but in the ability to pass the ball by hand as long as possible without falling to the ground. The handball at the Pharaohs was the ball according to the inscriptions made of leather and stuffed with straw, and it was sometimes more difficult for each player from the team to carry another player on his shoulders and try to pass the ball between the players carried on the shoulders. (Wikibida FreeEncyclopedia). Hockey the ancient Egyptians practiced hockey according to the inscriptions found in the tombs of Beni Hassan Balina, the inscriptions indicated to the players rackets similar to the current hockey rackets, made of palm leaf and with a swastika end as it is known for the hockey racket, and the ball was of compressed papyrus leaves, covered with two pieces of skin each dyed with color and forming half of the hockey circle at the Pharaohs either . Archery "bow and arrow" other than the fact that the bow and arrow is a weapon in most ancient civilizations, including pharaonic civilization, but the Egyptians practiced archery with bow and arrow and held competitions in it. (Per Monta: 2018: 100) Shooting at the Pharaohs and was one of the most important sports for young people and young people, to prepare archers who benefit the Egyptian armies in protecting their lands. The announcement of one of the archery competitions held in the 21st century B.C., in which he found a painting of Amenhotep II holding his bow and in front of him a shooting target plate hit him with the accuracy of 4 arrows, and announced a huge prize for those who destroy editing achievements in the sport of archery. (SamirAdeeb:74:2008) Swimming is a fun hobby found wherever the water is found, but organizing swimming competitions was a sports activity practiced by the Pharaohs in the Nile or lakes. Swimming at the Pharaohs (Paskalv.Yernos andJan:62-67: 1990) Amartoto to link that skill to hunting, which was one of the sources of food in Pharaonic Egypt, was a popular sport in Egypt among young people and held competitions and competitions to show skill and strength, and the pharaohs kings awarded prizes to the winners. It is now one of the most famous Olympic athletics.

Javelin at the Pharaohs (Per Monta: 2018: 101) (Equestrian «horse riding») The Pharaonic state looked at equestrian sports with interest and took care of the knights and their horses, due to the importance of the knights in the armies in the first place, and respect for the noble sport and its practitioners. Fencing is an ancient Egyptian game, now similar to the game "Shish Weapon", and is as important as the sports that the state sought to gain enough popularity to prepare fighters. Yasser Ayoub:2018: 20-26)

2.2 Fitness and skill in modern times.

We mean fitness is the ability and efficiency of the body to perform all the work with high efficiency without falling down the level of performance and efficiency. The importance of fitness is that it plays a prominent role in human health, personality and psychological features and that poor physical fitness will lead to negative effects on human health and the emergence of premature aging and cardiovascular diseases.... In addition, the exercise of sports will strengthen the body and keep it away from diseases and make the human being a decent person in society (Fatima Abd and Nawal Mahdi:2008:42) i.e. the previous goal did not change in the diaper for the safety of eternity and remained a follower of the modern age in addition to not making the body able to do its performance efficiently, which is the same reason that the ancient Egyptians had to practice physical exercises and skills and practice. There is no doubt that sports lead to strengthening the muscular system directly related to the bone system, which is the movement system plus the central nervous system and sports also affect the ability and efficiency of both the circulatory (blood) and respiratory systems in addition to avoiding obesity and many diseases of the era such as diseases of pressure, diabetes, heart, lower back pain and even laziness.(AliAbu Saleh and Ghazi Qassem:19:2009)Generally, fitness is the broad base that can serve as the backbone of all sports activities and at all stages, but it is important that it is all physical and skills, as previously used to be skills such as hunting, weightlifting, horse riding, swimming, running, carrying big weights, wrestling is the same skills that exist and are performed by modern-day individuals as a game of skills. In the past, Egyptians were trained to hunt in order to eat names and train to carry weights and run quickly to get used to the field work in terms of agriculture and tillage does not mean that they were not trained for fun and competitions in festivals and holidays, but the prevailing assumption is to provide enough energy to qualify them to do daily work as well as enable them to defend themselves against enemies.

Fitness elements(Fatima Abd and Nawal Mahdi:2008: 38) For fitness a range of important elements including physical and motor, the most important of which are: 1 - muscle strength 2 - speed:3 - long (endurance):4 flexibility:5-agility: 6 - compatibility:7Balance

3- The extent to which fitness and skill supremo in Egypt's civilization are linkedto modern-day fitness and skills.

The interest in the physical aspect of the modern era is different from the previous one in ancient times, including the civilization of ancient Egypt, as now the interest is either for the purpose of obtaining a perfect form or for the purpose of pleasure and competition for a medal of honor (medal).

The components of fitness and skill are not different from the previous ones and are linked to all aspects of skill as in the past as well as the reasons in the past were training to gain flexibility or strength or spatial carry to brother is for the purpose of facing the requirements

of life and the ability to do daily work and duties to sustain life and ensure a decent life, but in the modern era they are to make the form perfect through strength training and endurance speed to lose weight and adapt the internal organs to get rid of heart diseases and blood vessels or to win In the game and for the purpose of getting a certain achievement or breaking a certain number. This does not mean that there is no correlation, but there is a very large despite the difference from the goal of training in physical and skill abilities.

4- Conclusions: -

- 1- The ancient Egyptians are well-fit and skilled as a result of continuous training.
 - 2- There is a great correlation between what we are doing today and ancient civilizations in terms of physical performance and skills and even there are the games themselves were performed previously the rest of the day and became important games held in world championships
 - 3- Physical and mahari's performance had to do with religious events and today physical and mahari's performance takes place in international festivals, international competitions and tournaments if there is no big difference between the former and today only the type of performance practiced and a simple.
- 5- Recommendations
- 1- The researchers recommend through the study to conduct a similar study extensively involving fitness and skillin in light of the periods that passed in the Nile Valley from ancient to modern
 - 2- A follow-up historical study of some of the games that disappeared or changed from one form to another from the civilization of ancient Egypt to the era where.

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