

CURRENTS OF PHYSICAL EDUCATION IN EUROPE IN THE 18TH AND 19TH CENTURIES AND IN GERMAN AND SWEDISH GYMNASTICS

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Abstract

Gymnastic movements have emerged as a part of physical activities which is a corporate product of ancient Greek culture; these activities have been forgotten with the destruction of the Greek civilization. In the 18th and 19th centuries in Europe, rebirth in science, art, culture and sports began. It was largely free from religious influence and pressure. It is clear that German and Swedish gymnastics deeply influenced the European countries due to physical education currents in the 18th and 19th centuries. German gymnastics served more to military purposes. Sweden gymnastics was used for health purposes.

Key words: 18th and 19th Centuries, Physical Education, Gymnastics.

Emergence and Development of Gymnastics in the World

"Jimnasyum" is derived from the Greek word "jimnos" (McNeely, 2004). Greeks that first used the term gymnastics, that means a person who moves naked in the Greek language (Alpman, 2001), transformed physical education activities into a corporate structure (Tarcan, 1928) and used it as the most appropriate tool in the holistic education of a person (Yıldiran, 2005).

It is impossible to mention a physical education activity because of developing a sense of hostility to body with Christianity was the state religion in 380 AD. It wasn't possible the development of school physical education in early middle ages (500-1000) and high middle ages (1000-1300). However, because of the creation of institutions of chivalry and military functions, the body education began to play an important role (Yıldiran, 2005).

After a long break it is possible to see humanists who laid the basis of ideas of Renaissance as well as in all areas in education starting from 14th century to 18th century, in Italy, Spain, Germany, France and Britain (Yıldiran, 2005).

The idea of physical education in schools was recreate with current of humanism after a hiatus that continues more than a thousand years. In the 18th century laid the scientific basis of modern physical education with humanist ideas put into practise by pedagogists in the Age of Enlightenment (Alpman, 2001).

Gymnastics word was used to describe physical training and development generally more than describe a specific sport in the late 1700s until the early 1800s (Harmsen, 2006). The development of physical education and understanding of gymnastics, at the beginning of the 19th century, arose as the paramilitary purpose gym "Jahn Gymnasium System" in Germany, health purposes

with the name of "Ling system of gymnastics" in Sweden (Alpman, 2001).

German Gymnastics

Modern form of gymnastics origin is based on Friedrich Ludwig Jahn, the German school teacher who lived during the 1800s Napoleon Wars (McNeely, 2004). Napoleon's invasion of Germany and the enunciation of a very severe conditions led to very big dent mentally and physically in the German society, this case put in action German Nationalists (Tarcan, 1928). Jahn was concerned that the people of his country lost their identity under the provisions of the French. He believed that he could help people for developing their body and personality as a German (Jurgen and Jahn, 2005).

Physical education gaining national and patriotic assosiation in Germany has been removed from applications of health and aesthetic purposes (Alpman, 2001)

Jahn supporter the creation of the German assassination defended that physical education and gymnastics are the most important tool in achieving this goal, made an effort in this direction by moving further understanding of current gymnastic (Tarcan, 1928). According to Jahn gymnastics should be done in front of everyone, in the open air, on a high place and perform a bridge which combine all the German (Alpman, 2001). Therefore, Jahn took gymnastics that he didn't distinguish homeland and nation elements, from schools and gave the people. Jahn who binding reason of Germany's fragmentation to the nation's physical disabilities, he intended to strength of race, revive national feelings thereby improving their fitness (Tarcan 1932).

Field, Tools and Materials in the German Gymnastics

Jahn achieved major developments in terms of tools in gymnastics system; especially while parallel, horizontal bar, horses, people like the tools loom

large in gymnastics; exercises such as climbing, swinging, pulling, pushing, lifting, jumping, wrestling was an important place in this gymnastics (Alpman, 2001). He used wooden horse, to jump a horse easily, to make the various turning movements on horse, to dismount to ground in a suitable way. (Tarcan, 1905)

When Jahn saw young had difficulties as they was climbing trees, vertical ropes, the ship blooms, he thought arms ought to be very strong, and therefore he used the gallows serving to lift the weight of the body (Tarcan, 1932).

In the spring of 1811, Jahn further widened his efforts by opening what he called a "turnplatz" or outdoor gymnasium on a slightly hilly stretch of land along the Spree River outside Berlin (Jurgen and Jan, 2005). Jahn played an important role in adoption, recognition of gymnastics by organizing gymnastics performances and festivals for the public.

Application Areas of the German Gymnastics and Application Formats

Jahn by saying that it isn't gymnastics without game, claimed children should be trained by running games, built a game place together with gymnastics area (Tarcan, 1928).

Arrangements within the school gym by giving place to the small and large trips entirely devoted to gymnastics activities on Wednesday and Saturday afternoons (Alpman, 2001). In other days each afternoon is divided into two, in the first part called "cure gymnastics" free activities, in the second part called "gym training is devoted to study within a program. During the rest called "Gymnastics break" between two sections have been given a great attention to sing country songs and do chats.

In exercises gymnasts were divided into a variety of groups according to their age and ability, they are directed by experienced teachers (Alpman, 2001).

Swedish Gymnastics

Towards the end of 18th century in Sweden by Pehr Henrik Ling completely based on scientific principles, can be an alternative to the German Gymnastics, recognised as Swedish gymnastics in the world a new system has emerged, Ling explained his aim in gymnastics as providing human's spiritual, physical and physical development in a balanced and harmonious manner (Tarcan, 1928). Ling has selected the ancient concept of Gymnastics for his system which Guts Muts gave priority, Jahn strongly denied. But this ancient Greek concept, to Ling, does not mean a large mean like in the past. Contrary it is peculiar to movements or movement groups toward a particular goal referring to a specific purpose which is extremely limited. In Ling's system there is no place of any movement's non-healing effect on the body. Because Ling gave great attention to treatment function in his system (Alpman, 2001). Ling did not give place harmful activities in gaining physical strength contrary he chose

activities which selected and picked with scientific methods (Tarcan, 1928).

In his system, Ling divided into two the movement forms as with tool and tool-less by valuing movements and exercises which are important to the health of human body, proper to purpose and have value in the physiological aspect. Ling used tools which gave name helping tools such as cushion, stick, rope, balanced trees, desk, horizontal bars, frames, stairs etc. (Alpman, 2001).

The Field, Tools and Supplies in Sweden Gymnastics

Ling invented horizontal tree, desks, horizontal bars, frames, ladders; balance boards etc. tools as a helping vehicle for his gymnastics. In this procedure, there is a not tool suitable for acrobatics. Gym equipment Ling used; have been a good tool for providing health, education, beauty, running some parts of the body and muscles properly (Tarcan, 1928). These tools have been in nature whether always ready to be used or quick-dry, damaged quality always give opportunity to make move at the same time to whether entire class or a large part of the students (Alpman, 2001).

Application Areas and Application Formats of Swedish Gymnastics

Swedish gymnastics have been built in a different logic from other gymnastics systems developed to date. According to this, the human body was divided into pieces analytically and by taking each part separately subjected to a detailed analysis. It was calculated efficiency of many different movements developed for each organ and chosen the most efficient one among them. Finally a group of movements that aimed to develop the whole body in harmony has accrued. In terms of tight control, surveillance, concentration to details, analytical studies Swedish gymnastics can be considered as the first example of processing as a mechanism in the discipline of physical training (Ançel, 2005).

Effects of German and Swedish Gymnastics to Foreign Countries

Gymnastics has been a national reality by spreading all over Germany with Jahn's efforts (Tarcan, 1932). German gymnastics showed its effect to neighbouring countries by going out of the borders, too. Especially Guts Muts has a great effect in this area. Guts Muts mentioned as the father of modern gymnastics, started a new movement in physical education for German school age teenagers and published a book named "Gymnastics for Young" in 1793 (Harmsen, 2006). Denmark has been the country gave importance which was necessary to physical education among European countries. In this country gymnastics was handled by Franz Nachteggall who was one of Guts Muths students (Alpman, 2001)

Per Henrik Ling who was Swedish scientist, started a physical education movement in his country like Guts Muths and Jahn, too. King of Sweden supported Ling's idea of building a physical

education institute as a way to develop military strength of nation and was built Royal Gymnastics Central Institute (Harmsen, 2006)

Sweden gymnastics stayed unknown for Germany nearly a century and was rejected. But it was handled as the most appropriate system with its scientific principles which were clear and separated for the army and school in also this country between years 1851-1863 (Acet, Yıldiran, 1999).

Especially in Denmark Ling's gymnastics took a quick spread place in clubs as well as in schools and caused German gymnastics to be removed. At the beginning of the last century it accrued obligation to make some changes in Sweden, Finland and even in system structure of Denmark, efforts were made to separate from this gymnastics substantially medical gymnastics especially by Thule in Sweden, Niels Bukh in Denmark. Swedish gymnastics that has used in Roumania, Spain, Finland, Greece, Belgium, Bolivia armies and schools, has found application place in school physical education and Paramilitary Youth Organization in Turkey for years, too (Acet, Yıldiran, 1999).

Comparing German and Sweden Gymnastics

Swedish gymnastics wants each movement make a physiological effect which was examined. Ling's gymnastics which he has taken out, intends to be done necessary movements for the body in a soft and pleasant way. It is understood from that, this method is completely opposite of German gymnastics. The aim of method of German gymnastics is being very strong; the aim of method of Swedish gymnastics is directed to be healthy by reaching strength of enduring a long time (Fişek 1985)

According to Jahn gymnastics can develop only in open air, in front of everyone's eyes and so the smallest places should be a gymnastics area. Jahn provided big developments from the point of view of tool; especially while tools are being more important like parallel gallsows, horse, ring; exercises such as climbing, swinging, pulling, pushing, lifting, jumping, wrestling has an important place in this gymnastics (Alpman, 2001; Tarcan, 1932).

In Swedish gymnastics, it is cared to be worked muscles of back and occiput with important stomach muscles. Because it is thought it is very important in terms of health of society to forestall distortions that everyday life and school life that has caused primarily in spine, to fix the position errors by running the opposite muscle groups. This orthopedic side of Swedish gymnastics if you think the majority of incorrect postures in school youth, is the most powerful side of Ling (Acet, Yıldiran, 1999)

CONCLUSION

In this study, development of German and Swedish gymnastics that emerged in Ancient Greece, reformed and developed in Europe in 18th and 19th

centuries, its features and effects to foreign countries, have been investigated.

Physical education currents in 18th and 19th centuries show important similarities. These similarities can be bind similar problems that empires try to solve with physical education in these terms.

Jahn hasn't seen enough gymnastics only in schools and built gymnastics places to take gym out school in open air. In this way he has aimed to unite all the Germans. He wanted to provide German union and he reached this aim.

German gymnastics served military purposes much more. There are principles of independence and concurrence in the basis of this idea that cares military development much more.

Swedish gymnastics has been used as health purposes. In Swedish gymnastics, rather than bigness of muscle, it was studied that the body has an aesthetic structure.

Swedish gymnastics contrary to German Gymnastics system that Jahn developed consist of simple movements to be able to done by everyone.

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