

Education and Physical Education in Medieval Times

KIN 375 – Dr. D. Frankl

Midium Aevum

(Medieval or The Dark & Middle Ages
500-1400 A.D.)

- A time associated with knights in shining armor, lavish banquets, wandering minstrels, kings, queens, bishops, monks, pilgrims, and glorious pageantry.



Image source: <http://www.ibiblio.org/wm/th/2.htm>

The Middle Ages



- Medieval life, as depicted by Hollywood seems heroic, entertaining, and romantic. In reality, life in the Dark and Middle Ages, was sometimes all these things, as well as harsh, uncertain, and often dangerous.

The Middle Ages

- For safety and for defense, people in the Middle Ages lived on an isolated manor, which consisted of the castle, the church, the village, and the surrounding farm land.



Image source: <http://www.ibiblio.org/wm/th/2.html>

The Middle Ages

Peasant Life



Image source: <http://www.ibiblio.org/wm/th/2.html>

- Peasants worked the land and produced the goods that the lord and his manor needed. They were heavily taxed and were required to relinquish much of what they harvested.

The Middle Ages



- The feudal king awarded land grants or "fiefs" to his most important nobles, his barons, and his bishops, in return for their contribution of soldiers for his armies. At the lowest echelon of society were the peasants, also called "serfs" or "villains."

The Middle Ages Religion

- Monks and Nuns Monasteries in the Middle Ages were based on the rules set down by St. Benedict in the sixth century. The monks became known as Benedictines and took vows of poverty, chastity, and obedience to their leaders. They were required to perform manual labor and were forbidden to own property, leave the monastery, or become entangled in the concerns of society.

Medieval Monks

- † Orphans and/or young boys that were given to a monastery by their father (as a tax payment--"tithed") had to first become an "oblate" or if old enough could become a "novice." A teenager could take his first vows and become a novice. Then, after several years, with the abbot's (head of the monastery) blessing, the novice could take his final vows and become a monk.

Religion



- Monks and their female counterparts, nuns, who lived in convents, provided for the less fortunate members of the community. Monasteries and nunneries were safe havens for pilgrims and other travelers.

Religion: Its Influence on Medieval Education

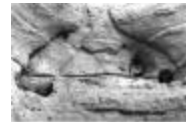
- Jesus' approach to teaching was personal and direct, persuasive but not dictatorial, fearless but not coercive. He preached the word of God and His actions exemplified His teachings.



Medieval Education

- Early Church monasticism and asceticism was adopted from mystic Hindus, Persians, Hebrews, and Egyptians. These ideals that promoted strict obedience and charity had a mellowing effect on the Teutonic culture.
- From 6th to 11th century monasteries and convents comprise an overwhelming majority of educational institutions.

Medieval Education Goals



- Monks were spiritual soldiers and athletes. Their harsh life of hard labor made them strong. Thus, they had no use for exercise nor was it of any value to them.

<http://www.innerlightproductions.com/gallery/galgrec.htm>

Medieval Monastic Education Goals

- *Trivium*: grammar, rhetoric, and logic
- *Quadrivium*: arithmetic, geometry, astronomy, and music
- All curricular materials were directed toward theology. Hot baths and swimming were forbidden. Cleaning one's soul was more important than the body.

The Middle Ages Knights & Chivalry

- “Chivalric education failed to fully realize its ideals, but it served as an ideal of civilized Christianity in a world of savage barbarism.”
- Van Dalen & Bennett (1971, p. 99)



Chivalry and Physical Education



- The only profession nobility had was war. Thus, physical education and sports prepared the young for the military. War, not peace was the normal way of life.

Knights & Chivalry The Joust



- The joust grew from the chaotic melee of the tournament. As restrictions were put on this dangerous form of combat practice, an event designed to test the horsemanship and weapons skill of the individual knight evolved, and eventually became the focus of the merry spectacle of the tourney.

<http://historymedren.about.com/homework/historymedren/library/weekly/aa051298.htm>

Knights, Chivalry and Crusades

- From the destruction and ashes the crusaders left behind them seeds of progress and change have sprung.



July 4th, 1187 the Battle of the Horns of Hattin.

<http://4middleages.4anything.com/network-frame/0,1855,4860-13124,00.html>

The Decline of Chivalry and the Growth of Guilds



- The invention of gun powder, the increase in trade and commerce, and the rise of a middle class strengthened the monarchies at the expense of the feudal system and chivalry.

The Middle Ages Magna Carta

- In 1215, the English barons formed an alliance that forced King John to sign the Magna Carta.
- The Magna Carta Nobles divided their land among the lesser nobility, who became their servants or "vassals." Many of these vassals became so powerful that the kings had difficulty controlling them.

Middle Ages and Renaissance Sports and Games

Militant sports of 13th century Italy

- Archery
- *Giuoco del mazzascudo* (*Shield and Club*)
- *Giuoco del ponte* (*battle on bridge*)
- *Palio* (*flag race*)
- *Giuoco del calcio* (*free-for-all fist fight with ball*)

Middle Ages and Renaissance Sports and Games II

- Wrestling – more like war than sport
- *jeu de paume* and fives – the precursors of Tennis and Handball



Master Painting
(Cremona, 1570).

<http://www.real-tennis.nl/history.htm>

Middle Ages and Renaissance Sports and Games II

- Lawn bowling or bowls – Bowling
- *cambuca*, bandy-ball or golf – forerunners of cricket
- Football – played with feet using a large ball



Image Source:

<http://www.lezionidigolf.it/Storia/Origini/origini.htm>

Middle Ages and Renaissance The Evolution of Scholasticism

- Sixth to 11th centuries church teachings go unchallenged
- Crusades and contact with Moslem culture stimulates new ideas and thinking
- Challenges to Christian dogma are tackled by scholastics such as, Albertus Magnus, and Thomas Aquinas



Image source: <http://crusades.boisestate.edu/>

Middle Ages and Renaissance The Founding of Universities

- Bologna, Italy, establishment of a specialized school for the study of law around the year A.D. 1076.
- student guilds control the university
- By the fourteenth century, professors were appointed by the city and women professors joined the teaching ranks
- Renaissance: 79 universities in Europe

**Middle Ages and Renaissance
University Curriculum**

- Scholasticism was an intellectual and religious training
- physical education or sports were not part of the curriculum
- "Town and Gown" fights
- Mortal combat between "nations"
- Fishing, hawking, hunting, and ball games