

English Tutorial Classes Week 4

Olympism and the Olympic Movement



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What is Olympism?

Olympism is a philosophy of life which places sport **at the service of humanity**.



This philosophy is based on the interaction of the qualities of the body, will and mind. Olympism is expressed through actions which link sport to culture and education.

What is Olympism?

This philosophy is an essential element of the Olympic Movement and the celebration of the Games. It is also what makes them unique.

The pursuit of this ideal and the other fundamental principles of Olympism gives resulted in a series of values, which are applicable both on **the field of play and in everyday life.**



The International Olympic Committee is a non-governmental sports organization based in Lausanne, Switzerland.



Founded in 1894 by Pierre de Coubertin and Demetrios Vikelas, it is the authority responsible for organizing the modern Olympic Games.

The International Olympic Committee (IOC) has identified the following **three** Olympic values:

- Excellence
- Friendship
- Respect



Excellence

In the Olympic ideal, this value refers to **giving one's best**, on the field of play or in life, without measuring oneself with others, but above all aiming at reaching one's personal objectives with determination.

It is not only about winning, but mainly about **participating**, making progress based on personal goals, striving to be and to do our best in our daily lives and benefiting from **the combination of a strong body, will and mind**.



Friendship

Men and women are at the center of the Olympic Movement's focus encouraging the **connection** and **mutual understanding** between people. This value broadly refers to building a peaceful and better world through **solidarity, team spirit**, joy and optimism in sport.

The Olympic Games inspire humanity to overcome political, economic, gender, racial or religious differences and make friendships in spite of those differences. The athletes express this value by forming **life-long bonds with their team-mates**, as well as their **opponents**.



Respect

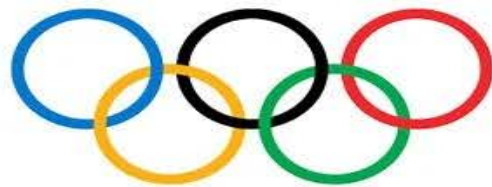
In the Olympic ideal, this value represents the **ethical principle** that should inspire all who participate in the Olympic programs.

It includes **respect for oneself and one's body, respect for one another, for rules and for the environment.** It thus refers to the **fair play** that each athlete has to display in sport, as well as avoiding doping.



The values and meaning of Olympism are expressed by the Olympic symbol (**the five rings**) and other identifying Olympic elements (**the flame, the torch relay, the motto, the maxim, the anthem and the oaths**). They give the Olympic Movement and the Games their own identity.





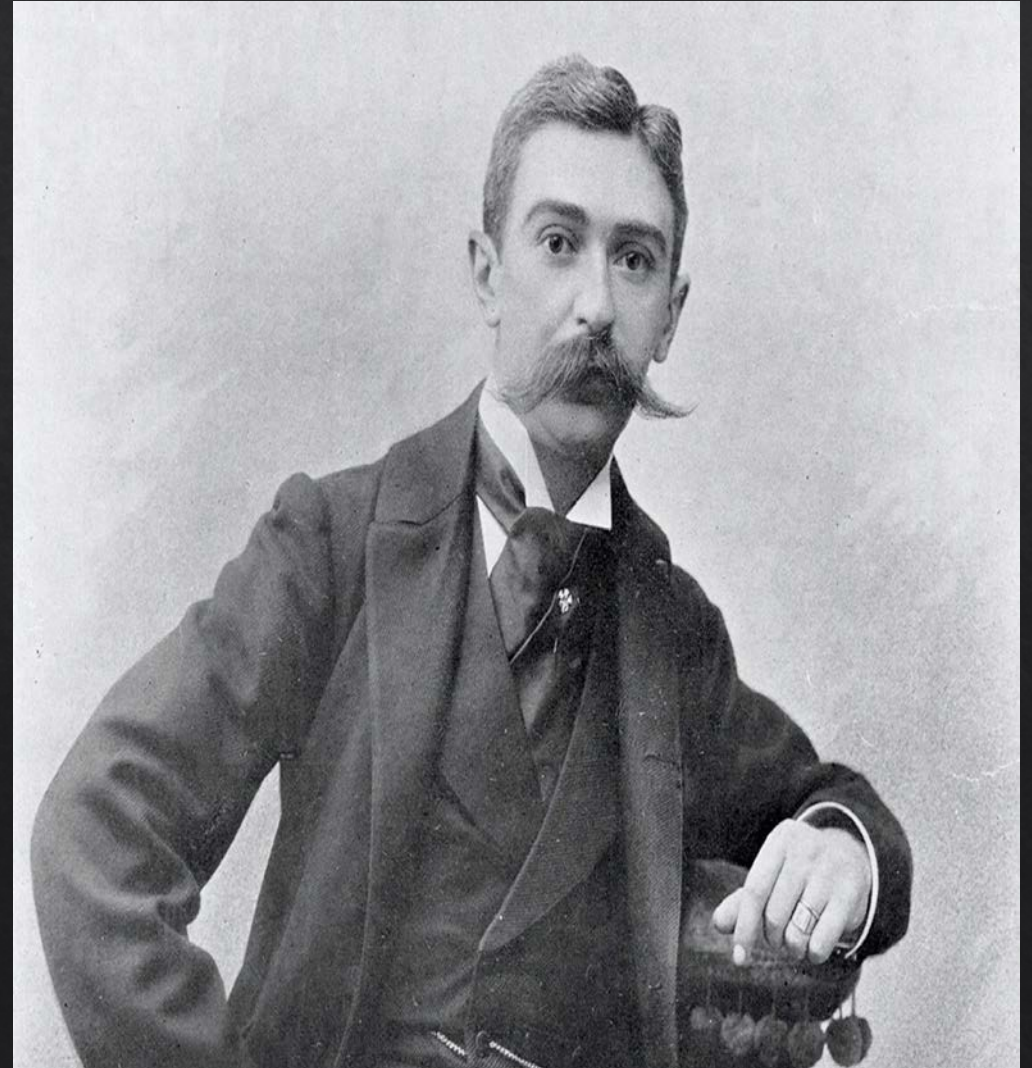
Olympism is a philosophy of life,
which places sport at the service of humankind



Baron Pierre de Coubertin

It was **Baron Pierre de Coubertin** who revived the Games. Born in 1863, he devoted his life to the reform of education and youth in France.

Fascinated by the English education system, which **included sport in the teaching programme** (a new idea at the time), he wanted to convince his contemporaries in France that sport could be beneficial for young people.



Baron Pierre de Coubertin

Not everyone shared this view, so Coubertin looked for a way to make people change their views. That was when he had an idea: **to revive the Olympic Games.**

While this was not the first attempt to revive the Games, Coubertin brought a modern and international dimension and succeeded in re-establishing them. But for him, the Games were not an end in themselves. Rather they were part of a much broader project: **education through sport.**



The Olympic symbol: the five rings

A very powerful symbol, the five rings are the visual representation of Olympism. It was Pierre de Coubertin himself who designed the symbol.

The five rings represent **the five continents**. They are interlinked to show the universality of Olympism and how athletes from all over the world come together for the Olympic Games.

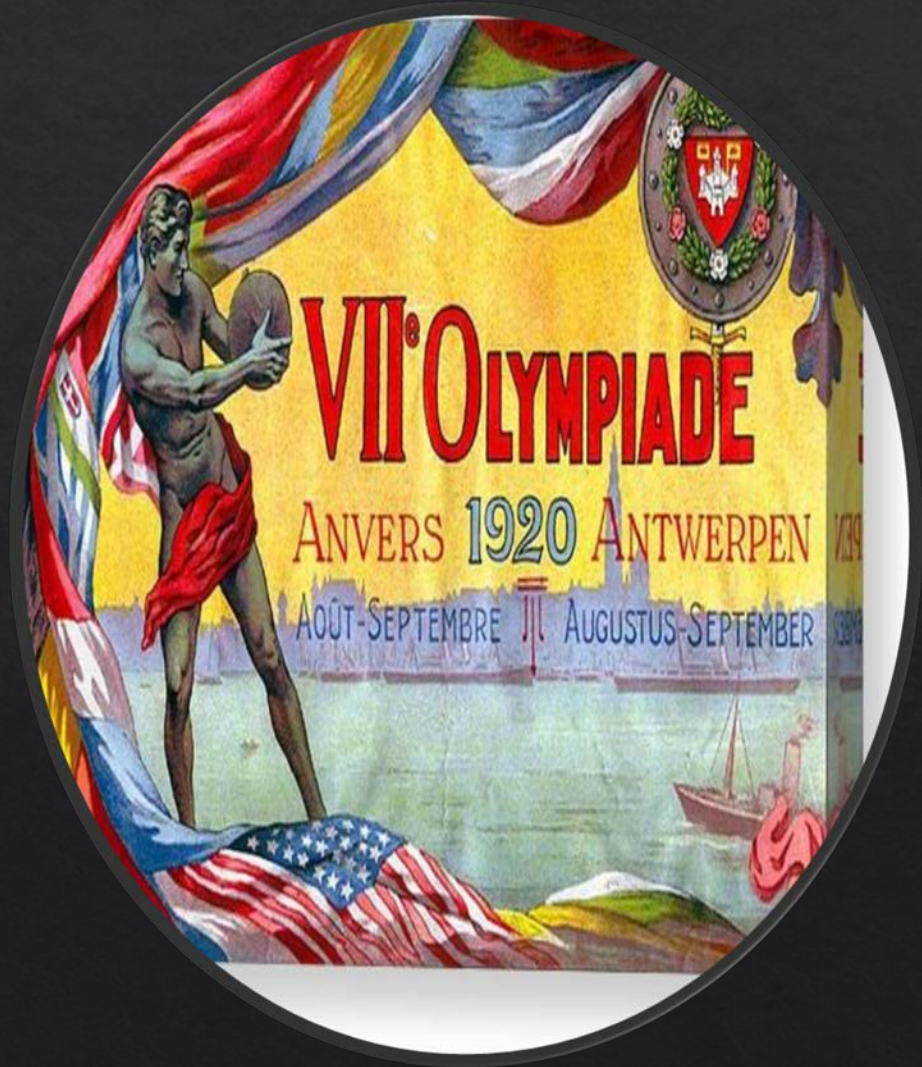
On the Olympic flag, the rings appear against a white background. Combined in this way, the six colors of the flag (**blue, yellow, black, green, red and white**) represent **all the nations**.



The Olympic symbol: the five rings

It was also Pierre de Coubertin who had the idea of an Olympic flag. He presented the rings and the flag in June 1914 in Paris, at the Olympic Congress.

But as the First World War prevented the Games from being held as planned in Berlin in 1916, it was not until **1920** at the **Games in Antwerp, Belgium** that the flag with its five rings was flown in an Olympic stadium for the first time.



The flame and torch relay

With the flag, the Olympic flame and torch relay are the best-known elements of the Games.

The Olympic flame is an expression of the positive values that human beings have always associated with the symbolism of fire.

The flame is lit at **Olympia in Greece**, recalling **the Ancient Greek roots** of the Olympic Games and also emphasizing the link between the ancient and modern Games.



The flame and torch relay

From Olympia, the flame is carried to the city hosting the Games by thousands of torchbearers.

Wherever it goes, the flame announces the Olympic Games and transmits a message of **peace and friendship** to all those it meets along the way. It also promotes the culture and natural riches of the regions through which it passes.



The flame and torch relay

At the modern Olympic Games, a flame was lit for the first time in the stadium at **Amsterdam, in 1928.**

The torch relay was not introduced until the **1936 Games in Berlin.**



Berlin, 1936

The motto and maxim

A motto is a phrase or a few words expressing a way of life or a code of conduct.

The Olympic motto is composed of three Latin words: CITIUS-ALTIUS-FORTIUS, which mean **FASTER – HIGHER – STRONGER**.

These three words encourage the athletes to give their best when they compete.



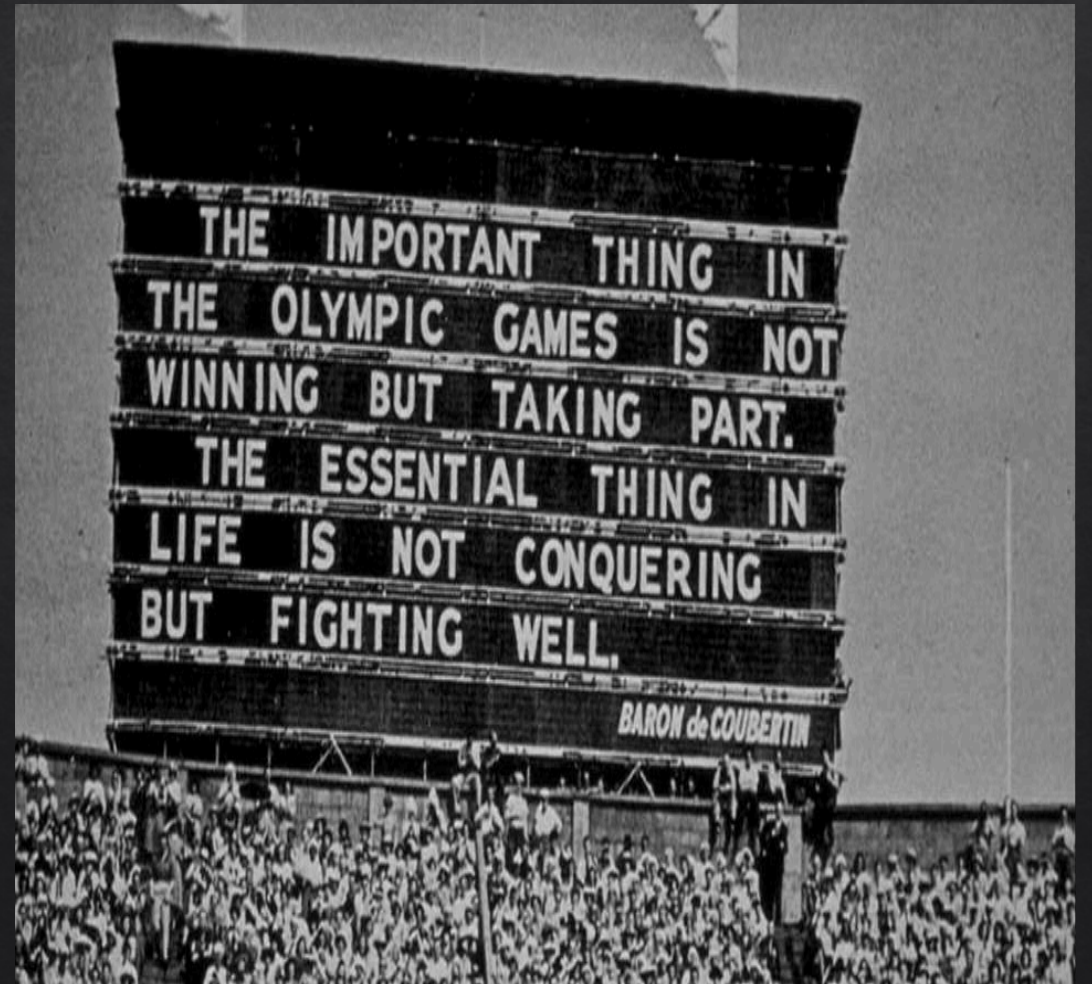
**FASTER, HIGHER,
STRONGER -
TOGETHER**



The motto and maxim

To better understand the motto, we can compare it with the Olympic maxim:

The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.



The motto and maxim

Taken together, the Olympic motto and maxim represent an ideal which Coubertin believed in and promoted as an important lesson for life learned from taking part in a sports activity and the Olympic Games. Giving one's best and striving for personal excellence is a lesson which still holds true today, not just for athletes but for every one of us.

The three Latin words became the Olympic motto in 1894, when the IOC was created. The idea for the maxim came later, during the 1908 Games in London.



The anthem and oaths

The Olympic anthem and the oaths (taken by an **athlete**, a **referee** and a **coach**) are part of the official protocol of the Olympic Games opening ceremonies.

Those who take them are nationals of the host country, and they hold a corner of the Olympic flag as they say the words.



The anthem and oaths

The Olympic anthem was composed by **Spiros Samaras** while the lyrics were written by Kostis Palamas.

Although played for the first time in 1896, at the first modern Games in Athens, it became the IOC's official anthem only in **1958**.



The anthem and oaths

Like the athletes at the ancient Games, today's Olympic athletes take an **oath**. The words of this oath were written by Pierre de Coubertin, and it was spoken for the first time at the **1920 Games in Antwerp**.

The **referees' oath** first featured at the Opening Ceremony of the Games in 1972, while the **coaches' oath** was introduced at the 2012 Games in London.



The anthem and oaths

It is important to note that the oaths have been modified over the years to reflect the changing nature of sports competition.

For example, the reference to **doping** was added to the athletes' oath at the **2000 Games in Sydney**.



Thank you for your
attention!