

SPORT IN MY LIFE



- The history of sports The history of the development of sports totals tens of thousands of years. Since ancient times, man has sought to be stronger, faster, more enduring. In those days, these qualities were necessary for the survival of man, as a species in the wild. Since then, people began to regularly train their skills, develop them and pass this knowledge on to future generations.

- The history of the sport One of the first sports was: archery, belt wrestling, sword fencing, fist fighting, horse racing, chariot racing, spear throwing and hunting The first Olympic Games were held almost 3 thousand years ago in the Greek city of Olympia . During the Games, a “holy world” was declared: wars ceased, and yesterday's enemies peacefully competed for the right to be called the fastest, dexterous and strongest.



Sport in our time. Nowadays, sports and watching them have become very popular. There are more than 1000 sports, and their number is constantly increasing.



I don't really like to play sports, but
I'm happy to watch the Universiade



Universiade (Universiade) - international and national sports competitions among students, held by the International University Sports Federation (FISU). The name "Universiade" comes from the words "University" and "Olympics". Often referred to as the World Student Games and the World University Games. Summer and winter Universiades are held every two years.





- The history of college sports began back in 1905, when the first international student competition took place in the United States. In 1919, the Confederation of Students was created by Jean Ptizhan. Under the auspices of this organization in 1923 the first World Students Games were held in Paris. A year later, a new structure was organized by the International Student Confederation (ISS). During the ISS, until 1939, eight more competitions were held among students. All competitions were held in Europe. The largest number of times the game took France - 3 times.

All competitors must meet the following requirements:

- a) be a citizen of the country they represent;
- b) be not younger than 17 and not older than 28 years on January 1 of the year of the competition.
- c) to be an active student of a higher educational institution or to graduate from a university no earlier than 1 year before the start of the Universiade



THANKS FOR WATCHING