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THE CONNECTION BETWEEN SPORTS AND LOGIC

Submission Date: November 15, 2023, Accepted Date: November 20, 2023,

Published Date: November 25, 2023

Crossref doi: <https://doi.org/10.37547/ajsshr/Volume03Issue11-13>

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ABSTRACT

Sports and logic are the rules that regulate body and mind and allow both to function healthily when practiced regularly. Sports training with a body-affirming mindset is a body of knowledge that allows people to gain wisdom. Logic, on the other hand, consists of rules that ensure that the mind can reason correctly. In ancient Greece, Plato and Aristotle were the first philosophers to comment on the importance and importance of sports and logic to the human body and mind. Plato recommends teaching children and young people physical activities to make the body strong, healthy and aesthetically beautiful. On the other hand, Aristotle, as the founder of the science of logic, creates a way for minds to think correctly and measuredly. Accordingly, applied according to its own rules, logic is the science of the means by which reason is prevented from falling into error. On the other hand, sports is a science that explains how to perform physical activities that are beneficial to the human body, thus ensuring that the body has a measured and balanced structure. In other words, logic is the criterion for healthy functioning of the mind, and sport is the criterion for a healthy body. Sports and logic are forms of this basic structure. In this study, we first problematize what sport is and try to reveal its essence through logical analysis. Next, we will focus on what logic is. Logical thinking, critical thinking, creative thinking, intuitive thinking, etc. We will try to discuss the relationship between sports and logic in relation to types of thinking.

KEYWORDS

Sport, logic, measurement, mind, body.

INTRODUCTION

Logic is a criterion of the human mind, and sport is a criterion of the body, two separate mental and physical activities that shape the mind and body and ensure healthy functioning. The common history of both events goes back to the city-states of ancient Greece. While logic as a science was founded by Aristotle (384-322 BC), the emergence of sports as a science was postponed until the present time. However, both Aristotle and his teacher Plato (427-347 BC) in their writings introduced ideas that prepared the theoretical part of the sports sciences by discussing the value and importance of gymnastics or physical movements - as they were called in their time. healthy functioning of the human body and mind. In addition, during this period, sports training became not only physical activities for the purpose of health, but also acquired a religious character with the appearance of the Olympics.

In ancient times, sports or physical activities were not only valuable for the health and aesthetic appearance of the body, but also for the health of the soul or mind, which is more valuable than the body. Therefore, for Plato, sport is a necessary activity, like mathematics and music. In addition, in Plato's utopian state structure, it is emphasized the need to engage in sports to perpetuate the names of state defenders and heroic warriors. For this purpose, attention is paid to maintaining the ideal shape of their bodies through

regular physical activities. Gymnastics is a physical activity that must be strictly followed for the physical, mental and spiritual development of young people. After first mentioning here what logic and sports are, in the context of Plato's and Aristotle's views, we will consider the relationship between these two activities in terms of thinking styles such as logical thinking, critical thinking, creative thinking, intuitive thinking, etc. will be released. Next, what constitutes rational thinking for sports science, and what benefits it provides.

WHAT IS A SPORT?

Sport is a set of technical and aesthetic actions in which various physical actions are performed in a measured and unique way. Although these actions are human nature, they are artificial in that they are a game played with known, regular, measured, and defined rules. Because with these actions, a person gets a certain form. Although humans, like other animals, naturally have the ability to move, jump, bend and stand. Although capable of performing movements, it is the only living species that can convert these movements into sporting events. In fact, with this feature, people have been described as living beings who engage in sports. Here, a person will have the opportunity to train his natural abilities and use his body effectively, and then his mind and spirit. On the other hand, having

a "game" character of sports provides people with mental development, especially. The fact that the game teaches and maintains rules along with freedom forces people to find the one that leads to success by following the rules among different alternatives. Indeed, in a game with an uncertain outcome, people try to think of all the possibilities without going beyond the rules, choose the "best" among them, and reach the result by making quick conclusions. So, sports is an activity that is directly related to making logical conclusions, whether it is a "game" or just physical activities.

WHAT IS LOGIC?

Here we can discuss what logic is as a science of mental actions from the point of view of the classical logicians. The science of logic, developed by Aristotle in ancient Greece as a method that informs the rules of correct thinking and studies issues related to the formation of arguments in the modern era, is the most reliable tool for obtaining scientific knowledge. Because in many fields of science, from physics to metaphysics, there is a need for correct, consistent and reasonable thinking. Once permanence and immutability have been established between existence, language, and thought by the universal and accepted principles of reason, called identity, contradiction, and the impossibility of a third state, how is consciousness right? must be able to think conceptually and reason using these concepts.

Here, in the history of thought, Aristotle's work called Organon attempts to establish a deductive way of thinking that all human reason can agree with and confirm its correctness. This thinking technique, consisting of concepts, propositions, and rules of thought, is claimed to be a common form of intelligence for every human being. More precisely, this formal way of thinking, which we also call two-valued logic, has continued to exist for centuries as a true logical structure that forces every human mind to draw conclusions in the same way and aims to reach the same conclusion. same information. Therefore, it can be said that the logic systematized by Aristotle in the ancient Greek world was the only formal structure that directed the mind to think in a certain way.

ANCIENT SPORTS

The word sport dates back to the 19th century. Although it is accepted that it began to be used in 19th-century England to mean physical activity, we can trace the use of the word physical activity or gymnastics as a term to Ancient Greece. During this period, gymnastics was used as a form of physical education that every Greek citizen had to perform, and for the training of athletes participating in the Olympic Games. This activity started from childhood as a physical activity that helps to shape the body and continued as a movement within a specific discipline. Thus, an attempt was made to maintain the ideal body shape through regular physical activity.

Accordingly, sports is a course included in all types of educational programs of citizens of the state. Sport is not only an exercise given to athletes competing in the Olympics, but a practical lesson taught for the first time to every citizen of Greece, including the guards/warriors who protect the state and the philosopher-administrators who run the state. their childhood education. Plato and Aristotle clearly state that primary education should begin with music and sports. For example, in the Republic, a utopian and at the same time famous work in the field of political philosophy, Plato begins the education of children with music and sports. In his opinion, music education should be supplemented with physical education. Because both sciences ensure that the spirit and body of young people are in order.

Measured and intelligent physical education strengthens the body physically. If such training is not applied, the body will be forced to fight against diseases. Here, the unity of mind and body is quantified through sports and music, and the peace achieved allows the mind to function properly. In this context, according to Plato, the main purpose of learning music and gymnastics; We can emphasize that this is mental education. To be more specific, these two forms of education instill in people a love for science that is nurtured with a passionate heart. Music and gymnastics as two forces within a person are like two strings in a stringed instrument, that is, these two

disciplines provide harmony in the body and soul as a mechanism that relaxes and tenses a person. If music education is only taking a trace, the mood is empty. On the other hand, if only physical training is continued, a tense mood will appear. In this case, music with a mathematical structure calms the human spirit, and physical training helps to maintain balance by putting tension on the relaxed mental structure.

According to Plato, preparation for science and philosophy education is carried out through education that provides physical and spiritual balance during childhood and youth. First of all, educating the body of the youth causes the body to grow and mature as a good servant of philosophy. Here, Plato emphasizes that the guards who ensure the security of the state must also undergo two types of training. mentioned above. Music and physical training help the guards to be strong in spirit and body. In fact, philosophers were trained as martial athletes (athletes) in their youth. That is why the teaching of gymnastics, which is related to birth and death and deals with the disorder of the body, is at least as indispensable as the teaching of other sciences. Therefore, for Plato, sport is not only a physical activity. ulot, perhaps above all sciences, because it gives a measured and balanced structure to the body and soul. This is an obligatory education for the education of true philosophy.

Focusing on the importance of sports in education, Aristotle also touches on the effects of physical activity

when explaining the relationship between the mind and the body. Aristotle, who places sport near the highest level of human activity, believes that sport is a serious activity with the freedom and benefits of play that it gives people, even if it is not the highest knowledge produced by humans. thought. In his understanding of the state, male citizens who develop their bodies through physical activity have stronger social roles than others. In other words, in his opinion, a person reveals his perfection through sports games. Human perfection is achieved by serving goodness and benefit, and this; It is possible by teaching in four areas: reading and writing, physical education (gymnastics), music and painting. The aim here is to make people strong and brave through gymnastics. In particular, it is more valuable for warriors to have a strong physique than to be brave. Because a brave warrior will continue to fight until the danger becomes too great or a physically strong warrior will drop his ammunition and run away. In a word, physical strength is the most important for success in any field.

SPORTS AND LOGIC

At this point, we can ask the question of what connection can be established between sports and logic as a science that develops the skills of correct thinking. Can sports people contribute to thinking patterns such as logic, intuitive thinking, creative thinking and critical thinking? Or we can examine what concepts such as struggle, competition, game in sports

mean from the point of view of logical thinking. Although sports and logic appear as separate forms of action, it is clear that there is a partnership between them in terms of shaping and aiming for moderation, as well as a specific initiative in terms of contributing to each other's development.

The connection between logic science and sports science is that it teaches the athlete to achieve success through the correct application of different ways of thinking, especially in competitions, as well as to draw consistent and reasonable conclusions in physical education. The first subject of classical logic; It focuses on conceptual thinking. Logic aims first at the correct construction of concepts in order to reach conclusions consisting of judgments. For this purpose, the presence of universal and necessary concepts about things in the mind and language is mentioned by separating and classifying beings according to general (genus) and special (species) important and similar characteristics.

At the same time, the nature of each concept gives its definition. Thus, each definition constitutes the conceptual content of things. Knowing the concepts and definitions in science means knowing the main issues of this science. Accordingly, knowing the concepts of sports science and their definitions allows the athlete to acquire the correct forms in learning and training physical movements. More precisely, since logical thinking teaches concepts to be thought

correctly, clearly and clearly, the athlete learns to think clearly and clearly about all kinds of concepts related to the game and their definitions along with physical actions. . The concepts used by the physical education teacher must be correctly understood by the athlete. At the same time, the ability to conceptualize, that is, to think from the concrete to the abstract, helps the athlete to conceptualize the concrete situations in the game by abstracting them. Once conceptual thinking is established, reasoning and conclusions resulting from their integration are taught.

Knowledge, which is essentially a unity of concepts, describes existing things

CONCLUSION

As a result, in this study, which aimed to explore the relationship between sports and logic, it was understood that a formal thinking style that aims to make logic and thoughts clear and concise can benefit athletes in many ways. A logical way of thinking, that is, the ability to know what one thinks by creating a solid foundation in thought and the ability to communicate it to people by fully owning the meaning of what one thinks, helps to create a solid intellectual foundation for the athlete. his physical actions or actions in sports games. In addition, an athlete who knows and uses deductive, creative, and critical thinking styles can have a successful game with quick thinking in every play he creates or analyzes his

opponent's play. Here, the tactics developed together or individually, especially in team games such as football and basketball, can improve the knowledge and skills of the athlete and achieve success. On the other hand, people with a background in sports have a strong practical side of logical thinking and may find it easier to draw conclusions by making plays in debates.

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