

# **SUMMARY OF THE GENERAL HISTORY OF PHYSICAL ACTIVITY AND SPORT**

## **INTRODUCTION**

The antecedents of "sport" can be traced back to the most remote antiquity, although these first playful or agonistic physical activities did not have a proper institutionality. However, they can be grouped in a chronological order that indicates the five most significant stages and that set the standard for the paradigm prevailing in those times, arranged as follows: Cultural or non-agonistic Game practiced during the prehistoric period - from the emergence of man -, during protohistory, part of Antiquity and until the beginning of the Olympic Games of Antiquity that begin in 776 BC; Agonistic Game carried out from the beginning of the Olympic Games of Antiquity in the aforementioned year, whose term is with the beginning of Amateur Sport with the establishment of the Olympic Games of the modern era in 1896; Media Sport emerged between 1930 and 1940, specifically in 1936, (Olympic Games of Germany), which were the first to be broadcast on television, and finally the stage of Professional Sport occurred with the incorporation of the North American basketball team known as "Dream Team", during the Barcelona 1992 Olympic Games.