



## STAGES OF DEVELOPMENT OF WOMEN'S SPORTS AND THEIR SIGNIFICANCE

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### Annotation

In this article, the author examines the history of women's sports, its formation and popularization through cultural and sports festive events on the example of the Olympic movement, when in the middle of the 19th - early 20th centuries. the participation of women in the physical culture and sports movement is becoming especially relevant. The values of the International Women's Sports Federation (FSFI), headed by the Frenchwoman Alice Milliat, are considered.

**Keywords:** cultural and sports festive event, women's sport, history of women's sports, women's Olympic movement.

The history of women's sports dates back to antiquity. For example, in ancient Sparta, much attention was paid to the physical development of not only boys, but also girls, since it was believed that expectant mothers should have physical health in order to be ready for childbirth in the future. So, girls from early childhood practiced running and wrestling.

It is worth noting that although women were forbidden to take part in the first Olympic Games, the so-called Heraic Games were held for them, competitions in honor of Zeus's wife, Hera. The Gery Games were held at the same time as the Olympic Games with a frequency of once every 4 years.

Despite this, the issue of women's participation in the physical culture and sports movement was seriously approached only in the 18-19th century. The second half of the 19th century was marked by the development of national systems physical education [4]. Particular attention was paid to the problem of the health of girls and women, including women's sports.

It is worth noting that it was in England and Germany that the need for women's physical education was first identified. In women's educational institutions, they began to raise the issue of the physical development of students. The previously common ideal - the image of a weak and pale girl - is replaced by an energetic and strong-willed type of woman. Thus, in addition to traditional dances, gymnastics began to be introduced into the curricula, and a new position appeared - a gymnastics





teacher. So, by the end of the 19th century, it becomes bad form to be an opponent of the need for female physical development.

Proving their social equality, women strove, along with men, to participate in competitive sports activities, which at the beginning of the 20th century became a symbol of high status in society. Sports competitions acquire the character not only of a widespread hobby, but also of a school of moral discipline. Accordingly, the competitive aspect comes to the fore in women's physical education, which causes resistance from the conservative part of society. Therefore, at the turn of the 19th-20th centuries. the problem of women's participation in the physical culture and sports movement becomes urgent. The bodily image of a woman as a whole begins to form, including her potential participation in recreational and competitive activities. For example, it took almost 100 years for women's football to gain recognition. In 1895, the British Lady Football Club was founded in England. At the same time, the first match in women's football took place, which gathered full stands of spectators. It is worth taking into account that women's football gained particular popularity during the First World War. This sport enjoyed the greatest success among girls for leisure activities. The stands were never empty, so all proceeds from ticket sales went to charity. However, in 1921, the English Football Association banned the organization of women's football matches, so women's football has not yet managed to grow into a big sport.

In the early 70s of the 20th century, 2 unofficial Women's World Cup. At the same time there was a women's committee, the existence of which did not last long. It was not until 1991 that the first World Women's Football Championship took place, and in 1996 it was included in the program of Olympic competitions. It is difficult to say what time is considered to be the time of the formation of women's hockey. The National Hockey League (NHL) claims that women first picked up sticks in Ottawa, Canada in 1889, while the Canadian Hockey Association is of the opinion that it happened in Barry, Canada in 1892. However, despite these controversy, in the late 19th century, women's hockey began to gain momentum. In the 20s of the 20th century, women's hockey spread to the United States and Canada, although it almost disappeared during the Second World War.

Women's hockey was revived only in the 60s, when women's leagues appeared and the first tournaments began to be held. In 1987, the first international women's ice hockey tournament was held, in 1990, the first World Championship, and in 1998, women's ice hockey was recognized as a new Olympic sport.

In general, it is worth saying that it was the second half of the 19th century that was marked by the emergence of the physical culture and sports movement, international





associations, unions and sports federations, and, not least, the birth of the Olympic movement. The concept of Pierre de Coubertin (the initiator of the organization of the modern Olympic Games) was supplemented, and women received the right and opportunity to compete with each other in some sports. So, at the 1908 Olympic Games (London, Great Britain), athletes competed in tennis, archery, and figure skating for the first time.

The issue of women's participation in the sports and competitive movement was very serious, and therefore, there were much fewer women's sports than men's. However, in 1921, the Women's Sports International Federation (FSFI) was created, headed by Alice Milliat, a Frenchwoman who was fond of non-male (for that time) sports - football, hockey, rowing. In response to the protest of men about the inclusion of women's athletics in the Olympics, Alice Milliat

announced the World Women's Games. The World Women's Games, organized in 1922 in Paris (France), which brought together athletes from five countries, received an unexpected success. As a result, the International Women's Sports Federation achieved the inclusion of athletics in the Games, held in 1928 in Amsterdam (Netherlands).

Already in the next World Women's Games held in Prague (Czech Republic), in addition to athletics, the sports program included basketball and handball. The next success of these Games forced the International Olympic Committee (IOC) to decide on the introduction of women's athletics in the 1932 Olympic Games (Los Angeles, USA), and already in the 1936 Games in Berlin (Germany), women's athletics were represented by almost all types. In the same year, the International Women's Sports Federation was dissolved, having fulfilled its main task - the consolidation of women's athletics in the program of the Olympic Games. To date, there are no purely male and female sports left, full gender equality has been achieved. As a result, such sports as women's weightlifting, men's rhythmic gymnastics, women's competitions in ski jumping, men's synchronized swimming, etc. appear. For example, the 2012 Summer Olympics (London, UK) were marked by the final victory of women's sports, since it was the first time women's boxing competitions were held there, and consequently, there was not a single sport left where women would not be represented [3].

Considering the issue of winter sports, it can be noted that the first two Olympiads, women took part in competitions in only one type - figure skating. Later, at the 1932 Olympics (Lake Placid, USA), women's speed skating was introduced, albeit as a demonstration sport. It is worth noting the Olympic Games in Garmisch-Partenkirchen (Germany, 1936), where for the first time medals were played in alpine skiing not only in men's, but also in women's combination. Thus, gradually, all types





of alpine skiing, cross-country skiing, speed skating, luge, women's hockey, curling, and women's biathlon were included in the program of the Winter Olympics for athletes. One of the latest in the program of the Winter Olympics were women's bobsleigh and skeleton (Salt Lake City, USA, 2002), and in 2014 (Sochi, Russia) women's ski jumping appeared [1, p. 17]. Therefore, we can conclude that the formation and popularization of women's sports took place for more than a dozen years. I had to go through a lot to change public opinion in favor of the active participation of women in the physical culture and sports movement, including in the summer and winter Olympic Games.

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