

Dobiesław Dudek, *Polska myśl o kulturze fizycznej od czasów dawnych do roku 1939*, Bronisław Czech Academy of Physical Education, Kraków 2018, pp. 290

The publishing house of the Bronisław Czech Academy of Physical Education in Kraków has released Dobiesław Dudek's paper, titled *Polska myśl o kulturze fizycznej od czasów dawnych do roku 1939*. The monograph presents the genesis and development of ideas on physical culture, forms of participation in physical culture, as well as terminology related to physical activity until 1939. The study is not just a synthesis of existing knowledge on the subject but most importantly introduces significant innovation. As written by D. Dudek, 'The development of thought on Polish physical culture was showcased by us [...] against the background of cultural, social, educational, organisational and legal circumstances. All these occurrences are depicted in relation to the circumstances of European and global physical culture'¹. The topic of D. Dudek's monograph should be regarded as original and relevant.

The structure of the study is adequate, based on subject and chronological classification. The monograph comprises an introduction, seven chapters, conclusion, references and index of names. In possible future issues of the book, the author should consider including abstracts in the monograph in Polish and English. The monograph was based on a very solid source database and involves extensive literature of the subject matter. The references contain 1123 source items and 111 study items. Accumulating such an extensive reference material is worth a praise.

The topic of the monograph chapters refers to the following ideas: physical education, recreation, gymnastics, tourism, games, sport, and physical culture. Chapter one – physical education contains subsections: *educatio corporis*; physical sciences; physical education or body education; physical education; first projects of national physical education and physical education in the Second Republic of Poland. The author validly began his considerations from presenting the thought on the development

¹ D. Dudek, *Polska myśl o kulturze fizycznej od czasów dawnych do roku 1939*, Kraków 2018, p. 7.

of the term 'physical education' in Polish terminology. Physical education is a form of participation in physical culture, in contrast to sport, physical recreation or mobility rehabilitation, which constitutes its fundament². According to D. Dudek, 'the genesis of the term "physical education" should be seen in a Latin phrase "educatio corporis"' (early 16th century)³. The author then depicts the history of the term 'physical education' in the Age of Enlightenment, the 19th century and the period of the 20th century after 1939. In particular, the 19th century is an important period in terms of development of physical education, visible mostly in the genesis and development of physical education systems abroad and in Poland. The development of thought on physical education in the Second Republic of Poland is attributed to the theorists of physical education such as Stanisław Ciechanowski, Eugeniusz Piasecki, Walerian Sikorski or Władysław Osmolski. Physical education in the discussed period went through a series of transformations, becoming a mandatory subject in school curricula.

The scope of chapter two, which discusses recreation, presents recreation customs of Polish landowners; recreation of school students; recreation as free time of Polish society, recreation breaks between lessons in the educational system of the Second Republic of Poland; free time in form of holidays and vacations. It is an exceptionally interesting chapter, prepared with extensive knowledge. It constitutes a body of knowledge – synthesis of the genesis and development of recreation in Poland, starting from the Age of Enlightenment to the year 1939. It is worth noting that D. Dudek presented in great detail the legacy of recreation in Poland during the partitioning, and its further growth in the period of the Second Republic of Poland.

Chapter three of the monograph refers to gymnastics. In this part the author presented i.a. the following subsections: *Ars gymnastica*; gymnast art in Polish tradition in 18th century; directions of development in Polish gymnastics in 19th century; educational gymnastics; curative gymnastics; hygienic gymnastics; athletic gymnastics; criticism of gymnastics. The development of gymnastics led to expansion and differentiation in Polish gymnastics in the 19th century. An important place in discussion on this area of physical activity is occupied by educational gymnastics (school gymnastics). 'In Polish terminology of the 19th century', as noted

² H. Grabowski, *Teoria Wychowania Fizycznego*, Kraków 1994, p. 55. As written by H. Grabowski: 'If physical recreation, sport and mobility rehabilitation can be considered the pillars of contemporary physical culture – understood as education though and for that culture – constitution its foundation'.

³ D. Dudek, *op. cit.*, p. 11.

by D. Dudek, 'a dual approach to gymnastics could be observed. Some believed that gymnastics was a synonym of physical education, others that gymnastics was only the implementation of physical education'⁴. One of examples of development in educational gymnastics were the first handbooks issued in the 1870s discussing the subject. It is worth noting that in this chapter the author presented the evolution path of gymnastics, starting from the broadly understood term as the entirety of physical activity to separation of gymnastics as a form of sport.

In chapter four, the author discusses the issues relevant to tourism. He included the explanation of terminology used in relation to tourism, i.a.: peregrination, peregrinator, pilgrimage, pilgrim, travel, traveller, wander, wanderer, voyage, voyager, pioneer, globetrotter, tourism, mountaineering, mountaineer, alpinism, alpinist. Discussion regarding these terms was 'spiced up' with historic aspects. A part of the material contained in chapter four was devoted to the development of tourism in Poland during the interwar period, i.a. to problems regarding tourism management in Poland (tourism as an area of national economy; tourism industry); school tourism; landscape tourism; sports tourism (qualified). First structures of tourism were created in interwar Poland, i.a. in 1919 a Division of Tourism was established at the Ministry of Public Works, and in 1932 a General Tourism Department at the Ministry of Communication. Chapter four is an excellent addition to studies regarding historiography of tourism in Poland⁵.

Chapter five involves movement games. In this part of the monograph the author included i.a. the following aspects: old Polish traditions of movement games, modern formula of movement games; examples of adapting movement games for sport. D. Dudek concludes the chapter with consideration whether the old Polish movement games can be regarded as sports. Works dedicated to movement games were presented, the authors of which include Jędrzej Kitowicz or Łukasz Gołębiowski. The chapter can be somewhat regarded as insufficient in scope of movement games during the interwar period in Poland. Eugeniusz Piasecki, for instance, had significant achievements in that area⁶. Thanks to E. Piasecki and his

⁴ *Ibidem*, pp. 54–61.

⁵ I.a. J. Gaj, *Zarys historii turystyki w Polsce w XIX i XX wieku*, Poznań 2001; idem, *Zarys historii turystyki w Polsce*, Warszawa 2003; idem, *Dzieje turystyki w Polsce*, Warszawa 2008. See also: T. Drozdek-Małolepsza, A. Płomiński, E. Małolepszy, *Przewodnik bibliograficzny z dziejów turystyki i rekreacji (świat, Europa i Polska)*, Częstochowa 2013.

⁶ E. Małolepszy, *Tradycje gier i zabaw ruchowych w Polsce a problem usportowienia wsi w świetle posiedzeń i prac Rady Naukowej Wychowania Fizycznego*, in: *Humanistyczne aspekty sportu i turystyki*, ed. Z. Dziubiński, Warszawa 2008, pp. 420–426.

co-workers, it was possible to prepare materials on movement games in Poland. Due to the outbreak of World War II his work was not published⁷.

The largest part of the study is chapter six, which covers the issues of sport. It contains the following subsections: physical exercise and proof of strength in old Poland; establishment of sport in Polish lands before the partitioning; aristocratic vision of Polish sport; from hunting and the art of the hunt to sports hunting; from fishing and art of fishing to sports fishing; from the art of horse riding and horse racing to equestrian sports; from armed combat to fencing; democratisation of Polish sport; cultural evolution of the Polish society regarding sport; first sports handbooks; from gymnastic exercises and circus arts to sport; from games and movement activities to sport; from utilitarian activities to sport; handbooks on general sports and sports hygiene; Japanese system of body education in Polish literature; development of sports press; the trend of treating movement exercises and other activities as sport; collecting postcards as a form of sport; sport in painting; institutionalisation of Polish sport; directions of development in sport; women's sport; beginnings of professional sport; critics and opponents of sport; attitude of the 'Sokół' Gymnastic Society to sport; attitude of education and university authorities to sport; Polish sport during World War I; Polish sport in the Second Republic of Poland; professionalism in sport; records and obsession about beating sports records; doping in sport; brutalisation and accidents in sport. The author of the monograph clearly presented the issues of the genesis, evolution and development of sport in Poland until 1939.

The last chapter involves considerations regarding physical culture. According to the author of the monograph, 'we found the first known record of the term "physical culture" in Polish language [...] in a publication of Jan Wiernikowski of 1824'⁸. In the interwar period in Poland, the notion of physical culture referred to two aspects. The first pedagogical approach argued that 'physical culture was a system of values defined as harmony of spiritual and physical development of a person. [...] The second trend of celebrants and propagators of achievements and records narrowed the meaning of physical culture almost entirely to sport'⁹. In that part of the study, the author brought up various ideas and descriptions of the term of physical culture in more detail. During the interwar period, the notion

⁷ Only after World War II partial results of the research have been published: E. Piasecki, *Tradycyjne gry i zabawy ruchowe oraz ich geneza*, in: *40 lat od Katedry Wychowania Fizycznego UP do Wyższej Szkoły Wychowania Fizycznego w Poznaniu*, ed. M. Ćwirko-Godycki, Poznań 1959.

⁸ D. Dudek, *op. cit.*, p. 216.

⁹ *Ibidem*, p. 225.

of physical culture was used more generally i.a. publications were being made (mostly articles) which contained the phrase in their title. The first women's organisation which used the term 'physical culture' in their name was the Association for the Promotion of Physical Culture in Women (1933).

The monograph of D. Dudek titled: *Polska myśl o kulturze fizycznej od czasów dawnych do roku 1939*, constitutes a contribution to historiography of physical culture and tourism in Poland. It organises and enriches the history of studies on physical culture, forms of participation in physical culture as well as terms referring to physical activity. I highly recommend the book to historians, teachers (pedagogues), students of: physical education, sport, tourism and recreation, and to people working in institutions involving physical culture and tourism.

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