

Physical Education and Sport In the From Perspective Islam

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Abstract

No doubt the sport, one of the issues the community is important and many people are interested in a variety of sports and devote part of their time to it. Islam respects the sport and the athlete looks as exercise can help people reach human perfection and Islam, anything that helps man to achieve perfection, respect affords and knows it well. Today we witness the athletic fields and we are lucky people to exercise. Millions and millions of people engaged in the sport are interested in sporting events. Given the importance of lifestyle factors explain Islam, the Islam of the sport and the athlete question arises what view? This article tries as poor using the verses and traditions to deal with this question. In this paper we describe the types of sports that analysis of religious texts will be studied and the importance of exercise aspects are discussed. Further, the characteristics of Muslim athletes and the dos and don'ts of ethics in this regard.

Keyword: Sports, Physical Education, Islam.

Introduction

Islamic explain the importance of the lifestyle is no secret. One of the components, the quality of entertainment in style and way of life, including leisure, to engage in sport. Today, sport is especially important in contemporary life and we see development of our sport. Has developed a sports field and sports enthusiasts, there is, so that visitors to the Olympics almost three and a half billion allocated (Vyvsymsvn and Jennings, 2003, p. 30).

Physical education is one of the themes in the sports community, because Islam was influenced by the rich culture, it is important that proper meaning and not its rightful place, and not understanding the true in Act ambiguity it was made to understand that physical education is not correct. Western physical education was to book less homogeneity and continuity of the culture of our society were brought to the string writing. Physical education from an Islamic perspective only in health and fitness, not body wants that in relation to the tasks of defense and survival of generations of religious and political, economic, and scientific and research activities and services, put on his responsibility There, too, is strong and has the strength and stamina required. If physical education bodies develop in a balanced climate and natural

conditions suitable, taking all kinds of fat, meat, bakery, vegetable, starch and beverages, healthy, strong, balanced and properly perform his duties they do not absolutely ideal (Vyvsymvsn and Jennings, 2003, p. 30).

Physical education should limit itself to a variety of sports activities that they are necessary, but while it is not a sufficient body's activities in this respect are necessary in terms of income and expenditure and bloom desirable being difficulties 'sit has not. On Bayhaqi said when BOZORGMEHR.BRANCH converted to Christianity, was him why ancestral religion of Zoroaster withdrew his permission. Defiantly replied: because the reason the truth of Christianity is recognized and bound and obliged. Anushirwan ordered him held in solitary confinement and in terms of food and water to be hard for him to be warned and the way that you go back, or you die. BOZORGMEHR.BRANCH time passed but not the way back and not died. When he got out of prison, saw no inconvenience, but happy and cheerful and lively. Stability and vitality BOZORGMEHR.BRANCH, after leaving behind a series of physical and mental suffering, thanks to physical and mental exercise and abstinence and faith in God and the truth of the way he had chosen. Such stories abound in the history and the past. And strong in the reshaped to this fate are (Hashemi N., 2005, p. 17).

In one of the battles of retreat were occasionally some. The Prophet had to retreat when a person calmly and firmly said he would be good to join us and if it is not good to be away from us. Finally, reported that A. retreated. The Messenger of Allah said about Bazaar the same sentence, but Abazz retreat with others, was different. Because that's the way of the camel stopped. Tabs the effort to bring the camel was not possible. Inevitably, after some time the army was behind the conception and carried on camels and camel left and went to the Army of Islam. On the way to the trough deal that has accumulated rain water was clear. Water bottle and poured her drink the water Prophet decided to drink a drop of it. A. To get to the army to take a lot of effort. Finally, while hard-thirsty army was approaching. They found that a person from seeking to grab army on the move. Reported the Messenger of Allah, Muhammad is hoped that Abazar.

Little by little closer and the soldiers he knew the Messenger of Allah and the Prophet is reported that Abazar. He said: I said that if A. is good to join us. Once completed their army, the severity of the weakness found thirst. The Prophet ordered him to bring water. A. noted in his backpack and brought them Fhmanyd water. Islam is the religion of these men. A. pattern that physical education should be emulated their activities to produce it. People who symbolizes patience, resilience and have strong moral tons, the Islam is that it needs and that by which Islam into practice and accomplished. Islam knows someone strong in hardship, hunger and thirst, the cold and the heat and the difficult incidents remain strong and firm and tone and soul is weak and worn out. To this Mnzvrhast the austerity of body and spirit is strong. One that your body and mind powerful enough to find out that yoga gives your body and mind against the will of tamed themselves and never give in and committed to their physical and mental needs are not (Vyvsymvsn and Jennings 2003 p 30).

Physical education from an Islamic perspective

Physical education in Islam and the teachings of Islam that part of the educational system that fosters strength through exercise causes the body's normal growth and development. Maintain balance and

harmony with the other dimensions of the human being makes and prepares the individual to accept human and divine mission objectives.

The goal of physical education in Islam cannot be separated from the higher human purposes. to accept God's laws and traditions and does not care does not follow any ways worthy of reverence, because the best way to worship Allah, the Beneficent, the straight path in the order they are servants of the Holy Quran. Islam gives so much importance to human health which says that if obligatory fasting during Ramadan is harmful to the person taking it is forbidden. In Islam the human body must be strong and healthy and is not allowed to bring any harm to the body (House, 1403 AH, vol 91, p 125).

According to Islam, the importance of exercise in health

According to the sport and its development efforts among all segments of society, due to the positive effect that this can be achieved because the exercise would avoid unemployment, fight the boredom and laziness, increase physical and mental abilities, courage, physical and mental health as well as a vehicle for social pluralism is. Today, sport is one of the things that made world headlines in large groups in different ways deal with it, some people are professional athletes and amateur athletes, fans and interested in the sport and see the programs, contests and shows spirit and scientific implications of the Prophet (PBUH) says about the human body: your Lord is right and your body right for you and your family as you are right. The aim of the present study and the importance of exercise in the health status of Islam by examining verses, hadiths and the infallible Imams of the Prophet's words and deeds. This study is a retrospective study using books, texts and computer programs that tried to useful and documentary sources, such as whether the Quran, hadiths and sayings of the Prophet and the Imams (AS) in the field of exercise and its impact on health are examined (Hashemi N., 2005, p. 17).

Sports and Recreation Islam

Entertainment and sports healthy body and mind and gives vitality, the things that are necessary for man, and the principles on human life form that works for the human being, his right to play, and the one who works, his right to re-strengthen, and it hardly takes a person who is entitled to a rest. Mahmoud al-Assad is playing Allhybyan to work is good and it is one that works and plays together, the result is the one that works more and better work and not play. Islam is the religion of nature and, therefore, the willingness to recognize and it has been confirmed and consolidated, and the Hadith says: Verily, to thy Lord is right upon you and you have a right to your body and then to The truth, the truth that he uttered companions of the Prophet (pbuh) said: 'O Messenger of Allah, when they are with you, heaven and hell for us, so that if you define them with their own eyes see, and when you go out with women and children and their home, we entertained and engaged. They will forget many things, then he answered: As you if you they are to me, the angels in bed and in between the way you shake hands and hour, but it is still another hour, and this is repeated three times one of the events of the Prophet (PBUH) which, for reciting Quran were, one Arab poet came forward and asked to read a poem, then Abu Bakr said, 'Are the Quran and poetry? The Messenger of Allah (PBUH) said: hours and hours of it (1). And Ibn Abdrabuh narrates that the Messenger of Allah (PBUH) was the home of Hassan bin Habit their passage, while she sings for the Maid And I push on and inasmuch constriction means you mercy, do me harm if they sing? The Prophet (PBUH) smiled and said: Bugs Nyst.ly ibn AbiTalib (AS) has said sorry hourly refresh your minds,

because when the heart is forced to work Grdd.abv blind Drda' said. I'm certainly a bit of fun, rest until we do the right help me (Turks, 2001, p. 10).

Including delicious and healthy entertainment that Islam considered it permissible, is harmless humor, because humor and sadness of the heart is a happy heart, because narrated that the Prophet (PBUH) always said: O Allah, I seek refuge from thee grief, and jokes he said, but not the right thing Gft.az traditions about the old woman quoted the Prophet (PBUH) came and said: O Messenger Allah the Lord asked me to take me to heaven, then he said: 'O mother, old woman will not enter Paradise, and while she was upset But soon the Prophet (PBUH) explained that: old woman while the old is not in heaven, but by God for the young woman and the virgin returns, while the young girl is in heaven, and he recited the words of Allah that "Verily We created women from the creation of a special sort, then a virgin girl and love their husbands and their husbands have made the same age." (Surah event, verses 35-37).

And the delicious story of the Prophet laugh and books of hadith have narrated it, a story that cites Ibn Maja says Naim Abu Bakr to be out of business and Svybt Ben Hrmlh that both were BadrMujahideen were with him .nyman was walking with luggage and Svybt the man was joking, so once Naimi said: Give me food, Naeem while he was waiting and said: you'd be angry, and Abu Bakr was unaware of them, so Svybt this he was in the hold and then the caravan entered the neighborhood, the neighborhood Svybt people said I'm selling it if you can Order? They said: Yes, he said: My servant, talkative person, and claims that is free, do not listen to him and give him to you would be to me, and if you listen to him go on to another customer , said the problem and we trust you will Knym.ps said he bought the ten camel Young camels, and came and neck turban or a Naimi said: I am free and I am not the man you mocks them, they said: We know you'll find the claim and did not listen to him and he Brndn.ps when Abu Bakr came to understand the story, of the Naim than the revenge Svybt He had food, laughed and went to buyers after the camels and Naeem returned to to Medina, Abu Bakr the story to the Prophet (PBUH) and his companions be defined, and all for one year from the Adventure laughed and some companions ever saw Naimi saying thank God for the education of children from a sport health and happiness Umar ibn al-Khattab narrated that Nyst.az empty: Behold the prophet to the fathers of how to educate their children with the speech has determined that their children learn swimming and horse riding and popular proverbs and poetry well make them watered (Jahez, bayan and Altbyyn, vol. 2, p. 92).

The status of physical education from an Islamic perspective

Physical education from an Islamic perspective only in health and fitness, not body wants that in relation to the tasks of defense and survival of generations of religious and political, economic, and scientific and research activities and services, put on his responsibility There, too, is strong and has the strength and stamina required. If physical education bodies develop in a balanced climate and natural conditions suitable, taking all kinds of fat, meat, bakery, vegetable, starch and beverages, healthy, strong, balanced and properly perform his duties they do not absolutely ideal (Turks, 2001, p. 10).

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BOZORGMEHR.BRANCH, after leaving behind a series of physical and mental suffering, thanks to physical and mental exercise and abstinence and faith in God and the truth of the way he had chosen (Turks, 2001, p. 10).

Such stories abound in the history and the past. Saadi also has a story of two people who died in prison and another one in hunger and darkness had survived, first because of breeding and having a healthy body and strong in terms of accommodating the latter having a healthy body and strong in terms of the fate are reshaped. In one of the battles sometimes were some setbacks. The Prophet had to retreat when a person calmly and firmly said he would be good to join us and if it is not good to be away from us. Finally, reported that A. retreated. The Messenger of Allah said about Abazar the same sentence, but Abazz retreat retreat with others, was different. Because that's the way of the camel stopped. Tbazz the effort to bring the camel was not possible. Inevitably, after some time the army was behind the conception and carried on camels and camel left and went to the Army of Islam. On the way to the trough deal that has accumulated rain water was clear. Water bottle and poured her drink the water Prophet decided to drink a drop of it. A. To get to the army to take a lot of effort. Finally, while hard-thirsty army was approaching. They found that a person from seeking to grab army on the move. Reported the Messenger of Allah, Muhammad is hoped that Abazar. Little by little closer and the soldiers he knew the Messenger of Allah and the Prophet is reported that Abazar. He said: I said that if A. is good to join us. Once completed their army, the severity of the weakness found thirst. The Prophet ordered him to bring water. A. noted in his backpack and brought them Fhmanyd water. Islam is the religion of these men. A. pattern that physical education should be emulated their activities to produce it.).

Islam knows someone strong in hardship, hunger and thirst, the cold and the heat and the difficult incidents remain strong and firm and tone and soul is weak and worn out. To this the austerity of body and spirit is strong. One that your body and mind powerful enough to find out that yoga gives your body and mind against the will of tamed themselves and never give in and committed to their physical and mental needs not to be.

The status of physical education at the time of the Prophet (PBUH)

Come on that in a war between Muslims and infidels was actually the Prophet (PBUH) by soldiers participated in the war and later against the army agreed to be shut down for three days of fighting. The second day the Prophet went alone to walk slowly and went to the foot of the hill was. Called, when the Prophet opened his eyes soldiers with naked swords above their heads to see him. But the slightest fear, panic and concern they showed up and just looked at the soldier. Enemy soldiers asked the Prophet Who now will save you from my hand and the Prophet said (God). He said low fixed now that God cannot protect you from my sword. Cool Prophet said fixed now. Soldiers decided to kill the prophet and for this purpose one foot forward and left foot back to kick his sword during the work. At this time due to vibration monitoring of the hill sword fell from his hand and was shot down. She rose quickly and he picked up his sword. Now he is gone and the Prophet's sword, standing over him. The Prophet said: Who now will save you from my hand. Infidel soldiers could not tell it (God), said that the cream you will save me. The Prophet asked him to get up and move to the camp, the soldiers of Islam.. The historical story of courage, spiritual strength, spiritual and physical strength and the beauty queen of the great human side talking.46).

The aim of the exercise in Islam

Islam purpose of the exercise, collect money and gaining prestige and reputation, but also a means to better worship and serve the people. Camille says in prayer "organs" with the Lord, strong battalion members me to serve you, "or the fourth day of Ramadan prayer read" O Qvny Fierro Ali filed Amrk "God, in this day brought me to Fairmont strong battalion. Without a doubt, strengthen the body, without exercise is not possible. In fact, we seek God for the success of the exercise. It should be noted that with morality and moderation lead to the desired result. As Islam is a religion of moderation and Moderation in all things is order. For example, the culture of the ancient sport, culture, Alewives and moderation. Name of God, respect for ancient traditions and Islamic ethics distinctive feature of this sport. The sport veterans for beginners and youth have priority. Championship spirit is evident in all its movements. They have always been the companion of the oppressed oppressors. P. But the story is well known example. He was sent to the ship to get to the city. The city went to mosque Unman read the first time. When you get out of the mosque praying old woman says.

But was so excited. P. But asks the mother is very worried, says: Yes, my son is a hero of the city. I've heard the have another champion, culture fail if I am poor, because I woo girls. But they have said that if our daughter to your son win this race. Furthermore, I am the only breadwinner. Dynamic says mother can be sure that your son will win. When they entered the later grapple, decides to accept defeat and thus saved his mother from worrying. This is the logic of religion (Vyvsrvn Ali Kahn me Anfs-hm even Khsash).

Many diseases affect the body on the left is Azania the spirit corporeally origination can also adversely affect Bergh. For example, many physical ailments effects and causes of mental disorders such as anxiety in man., treatment recommendations, consult a doctor orders during illness, ban the event that damage to the body and so on.

Every Muslim by faith to desire the ultimate goal, which is near to God, to follow God's commandments. And hence of many of these provisions, whether they are related to individual tasks (such as prayers) and those social obligations contained (including support of the Oppressed) has a close relationship with sport and physical education. The sayings and traditions of Muslims emphasis is largely on physical health. The Prophet declared that God's blessings valuable health. To encourage Muslims to nurture body says "The strong believer is better and more popular than the weak believer" and to attract the attention of Muslims, independent personality and the right to put the body and said: "body that it should not pay"

Imam Ali (as) excelled strong and chivalrous date, Frmayshaty that his attention to the necessity of health education and gaining physical strength of the show. When praying to the Lord his God, pious Lord wanted him to serve the strong investment returns "QvlyKhdmtk organs". The importance of health in Islam is so strong that even Agraday practice (prayer Vrvz·h) endanger the health or obligatory duty goes through, or how to pay it the appropriate body to accept change.success will be more obviously physical education that ensures the health and balance of the human psyche prominent place in Islam is not Fudge growing body of Islam is considered necessary.

In Islam Azksalt and lazy to exercise and avoidance of great importance and the faith of all believers to power military and encourage physical said. All the prophets of God Vavlya' physically have the power and dynamism, and not even one of them is on the weak side. For example, the Prophet had so much strength, that Ali (AS) said, when Karjng grew, we took refuge in him. Commander of the Faithful

strength in the direction of Moqtada all are heroes and they did so 4 that no warfare to war unless it was defeated. Strength Prophet Musa (AS) was so great that only a handful of people killed.

Religion has encouraged parents and even sometimes the food and take exercise sports events of that time were appropriate to their sometimes the said event.

Sports recommended in Islam

Encouragement to exercise the horse, shooting, swimming, fencing, hiking, martial arts, unique to the time and space, including things that the Prophet Imams (AS) during the life of the initiative are self done. In this regard, the general rule is that religion the two you are deprived of enjoying the world and the hereafter. Hiking, climbing, and two, including exercises that have been discussed so in Islam. For example, in the story of Moses that he fled from Egypt, for eight hours a day walking to a nearby city to reach median was Vishnu this while hungry the blister.

Islam walk Dryly taken into account food, as food is necessary for survival, education is also essential body in the verse food to eat and walk toward the rest of the market is well known. Another thing worth mentioning is essential that Imam Khomeini Shia authority that comes from a text Scant movement was pure Islam until taken to the hospital and then placed under surgery ended his demise, despite upper numerous engagements of age, significant amounts every day (twice) was walking. the prophets with the mountains as a sport, but also to various forms of Islamic texts, particularly the Quran, reminding been confirmed and it is good for mountaineering.

Individual works Sport

Exercise on the various aspects of the person affected. Exercise, on the one hand increases the athlete's physical strength and on the other hand, the health of the human body; a blessing that the words of Imam Ali lot better property. It also helps balance the body and soul leads. Sports, man's soul is joyful and vivacious spirit, makes the body full of freshness and vitality and healthy body, heart and soul to achieve the perfection level helps

Mental effects of exercise

Exercise, as it affects the human body, spirit and soul influences. One of the beneficial results of exercise on individuals, increase confidence. Athletes successful, self-made and the problems are more resistant. The psychological consequences of exercise, increase vitality athlete and his hope for the future. Man, with less exercise and falls into the trap of temptation and sin, bad habits, such as addiction have not. The psychological effects of exercise, it is anti-long depression. Sports, athlete, and his lively dejection insurance against the (desertion, 2009, p. 46).

Social work, sport

Man, a creature that only health community to come and individualism and isolationism, with the essence of the conflict. To achieve this collective spirit and solidarity of the public, there are a variety of ways. One of these ways is to exercise. Sports, the expansion of the group. In team sports, without coordination and avoid selfishness, cannot be achieved, and it will boost the spirit of the people. Also, spread a sense of honesty and convergence in the sport. For sports teams and form a coherent group, have passed their "I" to "we" turned (Tusi, nd, vol. 6, p. 289).

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The psychological effects of exercise

Sports are several ways humans can cause relaxation

A) Through the inner discharge

Man in connection with the exchange energy with the environment permanently. The Imaging foods and liquids, sleep, and energy, and on the other hand the energy consumption and discharge are received. If the energy accumulated inside humans do not correct their discharge and commissioning, may itself in various forms, such as explosions, psychological, personal and social unrest and uncontrolled emotions slowly Senna also show anxiety. Exercise causes the dense inner energies in the old time spent working Raft movement ... to be healthy and productive use and discharge path to inner balance between energy intake and consequently Pay establish the existence of his mental relaxation prevail. This is especially important for young people and leads to mental relaxation serenity after exercise in humans. It is said that in ancient times of anxiety, depression was less than today because of the mobility of physical activity were significant, with that time and did not have a chance to anxiety depressive illnesses, occupational therapy is a method of treatment of the mentally ill, as well as work a type of exercise that causes internal energy and other beneficial effects of the discharge (Klein, 1429 AH, vol. 6, p. 47).

B) Create a joyful mood

One of the stories that all athletes in his speech pointed out that, through the exercise of a portion of the energy that is lively sorrow and misery and anxiety and depression did not catch them through the head pose (Mohammad Reyshahri, 1416 AH, H 22434).

C) An increase in endorphins in the body athletes:

Reports of increasing endorphin production as a drug approved to reduce the effects of body flesh athletes pain in the body followed hypnotic effect of this material is that the result can cause sedation.

D) Change of posture:

General physical condition and the condition of the body and facial expressions of different takes, the show is casting his moods and all the mental states influence and drive change will provide them. Perhaps one of the reasons mentioned in the traditions that arose during intense anger Viv, you are the same thing. Change the anxiety expressed. For example Kath by Charles Dickens at the time of failure and anxiety, began to walk the streets. Exercise can be a good way changes in body position and thought, out of anxiety comes from the environment (Tabarsi, 1965, p. 182).

E) Finally, by fostering a sense of confidence and feeling of self-esteem

Nowadays, more and more is going to pay more attention to the effects of physical and mental exercise shown beneficial effects of exercise in exploring. For example, according to a study published in the Journal of epidemiology America has shown that increased participation and sports programs, physical exercises physical activity is strongly associated with depression, restlessness and anxiety is feeling unwell (Tabarsi, 1965, p. 182).

Being strong Quran

By studying the Quran, we find that is always strong in the Quran as a positive factor and points assessed. To clarify this issue, to some verses in this regard include:

1. When the children of Israel, "Saul" from the prophet, "the Holy Ishmael" as a leader, criticized the answer, he says in response:

Sty Allah be upon VladBath Fi Science and transport;

God has chosen him over you, and scientific and physical power greater than you put him.

2. The necessity of strengthening military combat and says:

VedaAlum we stem strengthened me;

Against them [the enemies] the ability to use "force" to prepare.

Of course, this "force" not only includes the military and martial arts, but also to the economic, cultural, and political and digest anything that can help us in victory over the enemy, the minister continued. Even in some of the stories we read:

Abkhaz my Alva;

One example of the "power" in this verse, the white hair color is black.

Islam even hair color to older men, younger face up to terrify the enemy, is not taken into consideration and this shows how much the concept of "power» the above verse far-reaching.

3. When it tells the story of Prophet Moses (pub) said, he's a strong man and a strong introduction. At one point says:

And elsewhere says:

Or the beginning of good Starch I LavvyStart Amin;

Shoji told his daughter he said: O my father! Moses hire, surely the best person that you can hire someone who is strong and honest.

4. Who wants one of the blessings of God be upon him Hvdlyh his people in the society, said:

And to increase the body.

Chronicles from the Holy Quran and the public follows that of large bones, strong body and were powerful. According to them, we read:

I Naqvi maximum;

Who of us is more powerful?

Verily, your Lord is mighty and victorious

Anna and Rely strong Allah's Books Allah Laughlin;

God made sure that I have written and messengers [the enemies] dominant that God is mighty and victorious.

If being a strong trait was not good, Allah, he is not qualified to make it.

Some of the sayings and traditions of the sport:

The Prophet (pbuh) said

1. Thy Lord is right, and your body has a right over you, your family (also) has a right on you...
2. The best entertainment for the man of faith, swimming
3. Good and well until doomsday forehead horse, is tied
4. God loves man strongly strong
5. Lucky one who accepted Islam as much as their livelihood, income is a strong body forces
6. The right to write to her son's father is Tiran up Vshna a comfort. One day, her only way to provide clean solvent

Conclusion

Islam and the Qur'an, the largest model and opens the door to human life and dignity in all things until the Day of Resurrection. In this paper, the physical education from the perspective of Islam as the importance of exercise and strengthen the body in addition to strengthening the spirit and the practical implications. Here we refer to some of these Yet- medium written a book, which opens the door to athletes, sports and other social groups is a believer and a Muslim.

- With regard to the exercise of religious resources there that Islam is in favor of exercise, but exercise moral dos and don'ts', which must be adhered to.
- Exercise cannot be the ultimate goal, but a tool that should be in the service of a higher purpose.
- Sports and athletes have no moral value and can cause harm to individuals and society. Since athletes as role model and the model is, it must adhere to ethical issues.
- Strength and physical strength is an advantage and a value. One way of achieving this strength is physical exercise. Every sport and every physical activity that causes physical strength is not contrary to religious principles, praiseworthy. However, it should be noted that the well-being and value of Islamic power and physical strength and utility value and depend on someone else to do something you want it. If it is legitimate to ask for, with good value and otherwise, would have a negative value.
- An examination of the athlete's moral judgments can be concluded that at least four principles of ethical sportsmanship, fairness, trustworthiness and no harm or damage will be helpful to examine the moral law.
- Review and explain the promotion of ethics and morality wrestling athletes according to their model of great importance and sports authorities should also promote it among athletes, sports ethics qualifications and skills for sport in the selection considered put.

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