From medicine and science to sports medicine and sport sciences: relations, definitions, historical roots

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Healing a disease or curing an injury have always been crucial to human race and many ways have been found to apply treatment techniques and methods. Medicine is concerned as an art of healing which uses scientific methods whereas others indicate that, the medicine is the science of diagnosing, or preventing disease and other damage to the body and mind. It is generally believed that the term medicine comes from Latin (c.1225) “medicina” which means healing art and science. In fact, some authors indicate that the term medicine can well be related to Ancient Egyptian (Kemetic-KMT) Medicine. Very few are aware that ancient Kemet (called Egypt by the Greeks, meaning the Black Land-fertile soil of the River Nile) was the intellectual, spiritual, scientific and industrial center of the world. As revealed from various medical papi, KMT medicine was incredibly advanced and people were probably the first in the world to have based their knowledge off careful observations, as well as trial and error. Hippocrates (so-called father of medicine) was one the famous ancient Greek scholars who was educated (like many others as Socrates, Plato, Aristotle, Democritus who have attended Kemet’s famous temple-universities in Ipet-Isut-Karnak in Arabic, Waset-Thebes in Grek and Luxor in Arabic and) in MenNefer (Memphis) at the temple of Imhotep (the earliest known physician, c.B.C.2980). The physicians in Ancient Egypt were known as “SWNW” or SUNU (or zuwnu) which can be translated into “doctor”. Ke’Met – sunu which is pronounced very close to medicina in Latin. Presumably, ancient Greek scholars have adopted the name of Kemetic priest-magician-healers Ke’Met sunu and this was than transformed to Latin term medicina. Greeks have than served to dissociate medicine from magic and religion to a secular practice. Galen(A.D. 131-201), the personal physician of the Roman Emperor Marcus Aurelius, became the first physician who documented his observations and known as the founder of experimental medicine and Aesculapius (the ancient hospital and according to Homer, also the name of mortal father of Machaon and Podaleirius-all three were “healers”). In his writings, he has stressed the need to grasp “the nature of what is” or PHYSICS (study of matter and energy), as a reflection of the evolution of medicine away from religion. That’s why, in English, medical doctors are also called as “physicians” which further underscores the departure of medicine from metaphysics. The word “science” comes from a Latin (c.1300) word “scientia” which means knowledge (of something). The term “science” is sometimes pressed into service for new and interdisciplinary fields that make use of scientific methods at least in part, and which in any case aspire to be systematic and careful explorations of their subjects. Sports medicine has always been difficult to define because it does not involve just one area but a wide scope of health care of professionals and recreationally active individuals with the functions of curative, rehabilitative and preventive aspects. Athletes and active individuals demand expertise and sport-specific knowledge varying from musculoskeletal problems to environmental stresses, from cardiological to dermatological, from endocrinological to psychological problems. Moral, legal and health related difficulties (such as doping) of a highly professional athlete poses a unique and complex picture to medical doctor. Finally, prevention is an area of increasing specialized knowledge, interest and expertise. Many believe that sports medicine will make its most significant contributions in the area of prevention. The world’s first sports medical establishment took shape in Germany Dresden (1911) during the first decades of the twentieth century. The term “sports physician” was first used in 1904, the first sports physicians” congress held in 1912, the first university course on sports medicine held in 1919, the world’s first sports college (Berlin) established in 1920, and the first sports medical journal founded in 1924. First sports medicine department was established in and Charles University in Praha (founded in 1348 - Czech Republic) has the honour of establishing the first institute of sports medicine in a medical faculty by Dr.Jiri Král (in 1945). The ambition to elevate athletic success has been a basic for all sports culture. The sport sciences can be defined as those natural scientific disciplines that can be applied to the theory and practice of athletic performance. The rise of physiology and exercise physiology during the nineteenth century coincided with the development of many sport disciplines in Europe and in North America. Sport sciences has been, in a way, triggered by physiologists, physicians. This inevitably does not apply to some other sport science disciplines like biomechanics. For example, the analysis of athletic movement was first made possible by the "chronophotography" invented by the great French physiologist Etienne-Jules Marey (1830-1904). The high-speed photographs and computer-generated stick-figures that enable biomechanics experts to assist runners and throwers today can be traced back to Marey's work. In conclusion, (sports) medicine is a discipline (a well-established profession having a long historical back ground) in health sciences whereas it can be regarded a scientific discipline in cooperation with sport sciences. Sport is a cultural phenomenon. Any related aspects (athlete himself or events happening) in sports are observed, measured, evaluated, analysed and documented using techniques and methods by several scientific disciplines so-called sport(s) sciences. Coaching, as clinical medical practice, applies the information gained through studies in sport sciences. Both serve to the benefit of active people and professionals within two distinct perspectives, as one pushes the limits, the other scopes to protect the athlete’s health within these limits.

REFERENCES
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