

ABSTRACT

Sport, movement, and physical culture have been integral parts of human development across the centuries and millennia. Each historical epoch has approached these issues in a specific and contextually unique manner, and today is no different. This study aims to elucidate these approaches based on their philosophical reflections and to explore the meaning of sports that would fulfill the aspects of care for the soul. The study examines the ancient Greek ideals of areté and kalokagathia, highlighting the challenges that the modern era poses to these ideals, physical culture, education, and sport. It primarily draws on the ideas of Platonism and contemporary phenomenology.