
Athletes of the Bible and Muscular Christianity

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The term “muscular christianity” has come to describe the teaching of moral virtues through sports, as illustrated by English schoolboys. A discussion of David, Elijah, Samson, the apostles, Paul, and Jesus demonstrates that the concept of unity of spiritual and physical traits could be attributed to Biblical teachings. Today sports groups in schools and throughout society re-emphasize these same principles. Instead of sports teaching the precepts of the holistic man, instruction in these values is religiously-based with sports being a potential arena for reinforcement.