According to Harris “ the word ‘sport’ covers every diversion by which man disports or amuses himself in his leisure time; it is essentially the antithesis or work”(13.)However, the Greeks would define sports very differently. Sports, in the world of ancient Greece, were a form of entertainment that stood as a multifaceted and essential part of life. They were a means of raising national pride, building heroes, and shear enjoyment, displayed through history and debate of the time. Sports were important in Greek life because of their usefulness in preparation for war, being well-rounded, and being a better person. It is clear that sports were not only an important part of Greek life but helped to shape its course and development.