



## An analytical study of physical and health activities as mentioned in the Holy Quran.

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### Abstract:

*The theoretical and practical Islamic approach in ancient and modern times included all areas of life without neglecting any of them. Allah Almighty said: {We have not neglected in the Register a thing} (Al-An'am, 38), and it was full of many wonderful mathematical models that exploited their strength and fame in defending the meanings of truth, justice, freedom, and peace. Islam considered mathematical sciences as one of its basic sciences to reach its desired goal.*

### *Physical Strength Activities as Mentioned in the Holy Quran*

*Many verses in the Book of Allah have spoken about sports activities and their importance in daily life, and progress in the sports environment has become evidence of the renaissance and advancement of nations.*

### *Physical Health as Mentioned in the Holy Quran*

*Islam and sports undoubtedly refine morals and raise people with every good character and keep them away from evils and corruptions because of their health and moral benefits and other things.*

### Conclusions:

*The researchers concluded from this study:*

*1- The most important type of drink coming out of the stomachs of bees is honey. And Allah Almighty has made healing in the Qur'an, and He combined healing with the Qur'an and healing with honey. It became clear that Jesus, peace be upon him, healed the sick and treated the deaf, the blind, and the lepers.*

*2- Throwing and running were mentioned in the same modern concept, and it became clear from this that the thrower's need for physical strength as mentioned by Allah Almighty*

**.Keywords:** (Analytical study, Holy Quran, Physical activities )

### Introduction:

The theoretical and practical Islamic approach in ancient and modern times included all areas of life without neglecting any of them. Allah Almighty said: {We have not neglected in the Register a thing } (Al-An'am, 38), and it was full of many wonderful mathematical models that exploited their strength and fame in defending the meanings of truth, justice, freedom, and peace. Islam considered mathematical sciences as one of its basic sciences to reach its desired goal. In the history of our nation, when sports represented part of the nation's goals and its greatest goal, sports were imbued with the sanctity of these goals and derived from them and extended them. It did not stop at the limit of fleeting pleasure or entertainment but rather turned into one of the greatest means of upgrading the human soul, preserving sanctities, protecting religion, preserving homelands and money, spreading sciences, peace, exchanging cultures, and so on.

Masoud Awis stated that sports sciences achieve their goals by spreading the values of Islam, health awareness, love, optimism, understanding, and narrowing the cultural gaps between peoples (10: page 49). Many researchers in this field have linked, after rigorous scientific studies, the renaissance movement and scientific development witnessed by Islamic countries in their golden age, and the development and spread of sports arenas and interest in physical activities in the country's regions extending throughout the world, which demonstrated the service of sports to Islam throughout history at the local and international levels. After collecting information from its sound sources, researchers have tried to clarify some of the sports activities mentioned in the Holy Quran that are considered among the theoretical and practical sciences of Islam, which are now supported by the civilized trend throughout ancient history and our contemporary history. Researchers had to study the scientific and practical relationship between sports and Islam, and that it is a goal

that considers sports sciences as one of its basic means that always extend their arms to religion without hesitation. The best evidence we can draw after the Book of Allah is what Imam Muslim narrated on the authority of the Noble Messenger (peace and blessings of Allah be upon him), who said: (The strong believer is better and more beloved to Allah than the weak believer, and in All good) (13: Book of Fate, Chapter on the command to be strong and leave weakness, and seek help from God, and delegate fates to God, Volume 4, Page 2052, Hadith No. 2664). In what was mentioned in the related studies, Hussein Jassim Al-Kuwaidlawi (8: 2006 AD) mentioned: The provisions of entertainment and recreation in Islam, the researcher aimed to define games and recreational sports activities relying on linguistic dictionaries and books of jurisprudence, and the results were that there are provisions of entertainment and recreation that are appropriate to the provisions of Islamic law. and the study of Osama Abdul-Ghani Rubaiya (5: 2010 AD): Body language in the Holy Quran, the researcher targeted the verses in which the uses of body language were mentioned in the Holy Quran, and the researcher also used the inductive analytical method, and the most important results were that communication between people does not take place through spoken words only, but goes beyond that.

#### **The scientific and applied importance of the study:**

The importance of the study, which shows what is mentioned in the Book of Allah Almighty related to physical activities, is to take its appropriate place in contemporary Islamic society to contribute with its educational, physical and cultural data to the advancement of the youth of the nation, and to be formed in our societies in the same garb that it wore in Western societies to advance them and make them pioneers. The study also contributes to increasing and deepening Islamic sports understanding and awareness, in addition to stimulating the interest in sports practices after learning about their good compatibility with the provisions and controls of Islamic law. It is also a guiding reference for writing rare analytical research in the sports field.

#### **Study procedures:**

The analytical inductive approach will be used because it suits the nature of the research; and among the tools and means of data collection are secondary sources: from Islamic and mathematical references and previous studies.

#### **Study objectives:**

The research aims to show what the Quran mentioned about physical activities, through:

1. Show what the Holy Quran mentioned about physical activities within its holy verses.
2. Explaining the Holy Quran's inclusion of many skills and terms in physical activities.

#### **Study hypotheses:**

The researchers hypothesized the following:

1. What are the physical activities mentioned in the Holy Quran?
2. To what extent does the Holy Quran include terms and skills in physical activities?

### **Physical and health activities as mentioned in the Holy Qura:**

The Holy Quran has urged the practice of beneficial physical activities that are beneficial to health and made them a tool for strengthening the body. It is noted that physical activities yield their desired fruit if they are accompanied by spiritual and moral activities and Islamic manners. When arguing and competing, it is necessary for competitors to remember the honor and morals that the true religion raised them on. This section has been divided into the following chapters:

#### **Chapter One: Physical Strength Activities as Mentioned in the Holy Quran:**

Many verses in the Book of Allah have spoken about sports activities and their importance in daily life, and progress in the sports environment has become evidence of the renaissance and advancement of nations. Samir Abbas Omar (and others) explained in track and field competitions that the first thing a child does when he stands on his feet is walk, and when his growth intensifies, he begins to run, jump, and throw things right and left, meaning that he naturally practices sports, track and field sports (7: page 13). Allah the Almighty mentioned them in His Book and explained many of their types that are known in our modern era.

#### **First topic: Throwing**

Throwing is one of the manifestations of ancient physical strength since primitive man knew hunting and defense. Man knew throwing in order to preserve his life and defend himself in order to ensure his survival, just as he knew the attack and retreat, wrestling and many types of physical activities. This is similar in our time: throwing the spear, throwing the hammer, throwing the discus and others that require special physical strength. Allah Almighty mentioned throwing, saying: {And you threw not, [O Muhammad], when you threw, but it was Allah who threw } (Al-Anfal: 17). It is clear that mentioning throwing with the same modern concept was the reason for the revelation of this noble verse, as in the interpretation of the verse.

Ibn Kathir said: Al-Suddi said: The Messenger of Allah (peace and blessings of Allah be upon him) said to Ali (may Allah be pleased with him) on the day of Badr: "Give me some pebbles from the ground." So, he gave him pebbles with dirt on them, and he threw them in the faces of the people. Then the believers followed them, killing them and taking them captive. Then Allah Almighty revealed: {And you threw not, [O Muhammad], when you threw, but it was Allah who threw } (Al-Anfal: 17). When the people approached, the Messenger of Allah (peace and blessings of Allah be upon him) took a handful of dirt and threw it in the faces of the people and said: "May the faces be disfigured." And their defeat was due to the throw of the Messenger of Allah (peace and blessings of Allah be upon him). Then Allah revealed: {And you threw not, [O Muhammad], when you threw, but it was Allah who threw } (11: Narrated by Muslim, Book of Jihad and Military Expeditions, Chapter on the Battle of Hunayn, Volume Thirteen, Page 1402, Hadith No. 1777, (2: Page 30).

It is clear from this that the shooter needs physical strength as Allah the Almighty mentioned in His Book, and the Messenger of Allah (PBUH) used his physical strength in confronting the polytheists, as he threw dirt and pebbles in their faces during the war.

### **Second Topic: Running**

A manifestation of physical health and efficiency, and the fact that the Holy Quran mentions running in many verses makes it worthy of imposing its study upon us, Allah the Almighty said: { And when its inhabitants perceived Our punishment, at once they fled from it } (Al-Anbiya, 12), and he ran from it means he fled and was defeated, and running here may be a gallop or a run, and the same in sports activities is running in track and field games.

And like His Almighty saying: { So he was told], "Strike [the ground] with your foot; this is a [spring for] a cool bath and drink } (Sad, 42), and running here does not necessarily have to be jogging, but it is similar to it in sports practices, running in the place and in the kicks of the foot in karate and kickboxing games and others, so it becomes clear here that running means the movement of the foot to perform a specific performance.

In the intermediate dictionary, running and, running quickly, it is said I came to him running and he kicked with his foot (1: page 369).

It turns out that it is the running that is used in sports practices.

### **Section Three: Walking**

Allah mentioned walking as one of the basics of movement in the life of the desert, and contemporaries have used it as a sport for which competitions are held. Walking is one of the important sports for which competitions are held in the sport of strong games, as it requires competitors with high physical, physiological and psychological abilities to perform it. Allah has commanded His servants to strive to increase faith and walk to bring sustenance. Allah Almighty said: { It is He who made the earth tame for you - so walk among its slopes and eat of His provision - and to Him is the resurrection } (Al-Mulk, 15). So, Allah Almighty said: { It is He who made the earth tame for you }, meaning easy for you to settle on. And from it, walk wherever you wish, for the earth has been made submissive and easy for you, and it does not refrain from serving you so that you may seek your work and your livelihood, for it was created to be obedient to you, so its resources do not refrain from serving you.

And submissive means softness and submission, meaning that walking on the earth is made easy and simple, and Allah Almighty has fixed it with mountains so that it does not move or shake, and if it were to sway and move, it would be a danger to us. He has indicated that man is able to plant and cultivate, dig springs and rivers, and dig wells in His Almighty saying: { and eat of His provision - and to Him is the resurrection } (Al-Mulk, 15).

In the interpretation of "Al-Qurtubi", the saying of Allah Almighty: { so walk among its slopes } is a command of permission, and it was said: It is news in the form of a command, meaning so that you may walk in the edges of

the earth, its regions, and its mountains. { its slopes } meaning in its mountains and roads (4: page 215. (

Al-Qurtubi's interpretation of the etiquette of Hajj: Allah Almighty said: { And proclaim to the people the Hajj [pilgrimage]; they will come to you on foot and on every lean camel; they will come from every distant pass } (Al-Hajj, 27). Ibn Abi Nujayh said: Abraham and Ishmael, peace be upon them, performed Hajj on foot (4: page 39). It is clear that the prophets walked to Hajj and our Lord Almighty forbade the arrogant walk that contains arrogance and exaggeration, and walking competitions were held as part of the Olympic Games.

### **Chapter Two: Physical Health as Mentioned in the Holy Quran:**

Islam and sports undoubtedly refine morals and raise people with every good character and keep them away from evils and corruptions because of their health and moral benefits and other things. Health is a crown on the heads of the healthy that only the sick can see. Allah Almighty said: { And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss } (Al-Isra', 82).

#### **The first topic: Treatment and healing**

The most important type of drink that comes out of the bellies of bees is honey. In Surat An-Nahl, Allah Almighty says: { Then eat from all the fruits and follow the ways of your Lord laid down [for you]. " There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed, in that is a sign for a people who give thought } (An-Nahl, 69). And Allah the Almighty, who made the Qur'an a cure, the Noble Prophet combined the cure of the Qur'an with the cure of honey in a hadith narrated by "Al-Hakim" in his Mustadrak, on the authority of Abdullah, may Allah be pleased with him, who said: The Messenger of Allah (peace and blessings of Allah be upon him) said: "You should use two cures: honey and the Qur'an" (3: Kitab al-Tibb, Volume 4, Page 222, Hadith No. 7435. Sahih). A study conducted revealed that honey can prevent about 60 types of bacteria, as honey has antibacterial properties and is a liquid that contains various therapeutic substances (12: Page 293). Muhammad al-Mahdi mentioned that honey contains salts: calcium, iron, chlorine, phosphorus, sulfur, iodine, and the percentage of mineral salts in honey is almost equal to their percentage in human blood. It contains elements, manganese, aluminum, iron, and others (9: Page 30). And Allah Almighty sent from among His prophets Jesus, peace be upon him, whom He sent to teach humanity medicine and healing. Allah Almighty said: { And [make him] a messenger to the Children of Israel, [who will say], 'Indeed I have come to you with a sign from your Lord in that I design for you from clay [that which is] like the form of a bird, then I breathe into it and it becomes a bird by permission of Allah. And I cure the blind and the leper, and I give life to the dead - by permission of Allah. And I inform you of what you eat and what you store in your houses. Indeed, in that is a sign for you, if you are believers } (Al Imran, 49), it is clear that

Jesus, peace be upon him, used to heal the sick and treat the deaf, the blind, the lepers, and others.

### **The second topic: personal hygiene**

Personal hygiene targets the individual and society and general protection from diseases and reducing the spread of infection. It also helps in work and production and reflects a sense of responsibility. The provisions of Islamic law are clear in the obligation to purify and clean clothes, in accordance with personal hygiene in the fields of sports health, in the words of Allah Almighty in the Holy Quran regarding the cleanliness of clothes, He said: {And your clothing purify \* And uncleanness avoid} (Al-Muddaththir, 4-5), so His saying: { And your clothing purify }, the noble verse shows washing the clothes with water, so the polytheists did not purify themselves, so Allah Almighty commanded the nation in the person of the Prophet (peace and blessings of Allah be upon him) to purify themselves and to purify their clothes.

In the interpretation of Al-Qurtubi, it is washed from impurity, which is its apparent meaning, and it is correct in it. With this statement, some scholars have proven the necessity of purity of clothing, and Al-Shafi'i also used this statement as evidence for the necessity of purity of clothing (4: Volume Nineteen, Page 66).

It is clear that Allah the Almighty has charged Muslims with what protects them from diseases and works to improve their appearance, and this is consistent with the intention of the scientists of sports health. From the growth of bacteria and their accumulation on the human skin and body, so it was upon Him, Glory be to Him, to protect His creation "man" and protect it from what may befall him as a result of the presence of those germs that may cause him harm and damage.

### **Third Section: Physical Anatomy as Mentioned in the Holy Quran:**

Man is a complex creature that differs from other creatures and animals in what is in his structure of erect, balanced erection between the construction of the skeletal, muscular and joint structure and the smallness of the limbs and the length of others; We know from this that the structure of the human body is a great and continuous study that never ends, and athletes must study the stages of human development since its creation in the mother's womb. This helps in facilitating the study of the formation of the organs of the

human body since its creation as a fetus in the mother's womb and in childhood, such as studying how bones and epiphyses are formed, the origin and integration of muscles, and how joints and others are formed. The Lord of Glory has presented this creature in His Book in many places, including the saying of Allah Almighty: {And certainly did We create man from an extract of clay \* Then We placed him as a sperm-drop in a firm lodging. \* Then We made the sperm-drop into a clinging clot, and We made the clot into a lump [of flesh], and We made [from] the lump, bones, and We covered the bones with flesh; then We developed him into another creation. So blessed is Allah, the best of creators \* Then indeed, after that you are to die \* Then indeed you, on the Day of Resurrection, will be resurrected} (Al-Mu'minun, 12-16).

In his interpretation of the Almighty's saying, informing about the beginning of the creation of man from a lineage of clay, and he is Adam, peace be upon him, then his development since he was in the mother's womb and mentioning how stage after stage is formed, he said Allah created him from clay from black mud.

In the interpretation of "Ibn Abbas" of that: {from an extract of clay} he said: the cream of water. And His statement: {from an extract} meaning from Adam's semen, {\* Then We made the sperm-drop into a clinging clot} meaning then We made the sperm, which is the gushing water that comes out of the man's back - which is his back - and the woman's collarbones - which are the bones of her chest, which is the collarbone - so it became a red clot, so it is a clot for forty days: { and We made the clot into a lump [of flesh] which is a piece like a piece of flesh, flesh for forty days with no shape or outline in it: { and We made [from] the lump, bones} meaning: We formed it with a head, hands, and feet with its bones, nerves, and veins: { and We covered the bones with flesh} without flesh and made on that what covers it and strengthens it and makes it strong: { then We developed him} as joints And veins and other things, then We breathed into him the spirit, so he moved and became: { into another creation} with hearing, sight, perception, movement and agitation: { So blessed is Allah, the best of creators} (8: Volume 1, page 285.)

This shows the care of Allah Almighty in the composition and creation of man with great care and high precision.

### **Conclusions:**

The researchers concluded from this study:

1. Throwing and running were mentioned in the same modern concept, and it became clear from this that the thrower's need for physical strength as mentioned by Allah Almighty, and the Messenger of Allah used his physical strength in confronting the polytheists by throwing dirt and pebbles in their faces during the war. Allah mentioned walking as one of the basics of movement in the life of the desert, and it became clear that the prophets walked to Hajj.
2. The most important type of drink coming out of the stomachs of bees is honey. And Allah Almighty has made healing in the Qur'an, and He combined healing with the Qur'an and healing with honey. It became clear that Jesus, peace be upon him, healed the sick and treated the deaf, the blind, and the lepers.
3. The provisions of Islamic law are clear in the obligation to purify and clean clothes, in accordance with personal hygiene in the fields of sports health, and Allah Almighty charged Muslims with what protects them from diseases and works to improve their appearance, and this is consistent with the intention of sports health scientists.

4. It became clear that Allah Almighty's care for the composition and creation of man with great care and high precision. In his interpretation, the Almighty said, informing about the beginning of the creation of man from a lineage of clay, and he is Adam, peace be upon him, then his development since he was in the womb of the mother and mentioned how he is formed from stage after stage, he said Allah created him from clay from altered black mud.

#### Recommendations:

The researchers recommend \_ paying attention to physical activities, especially throwing, running and walking, which are mentioned in the Book of Allah Almighty, and because of their positive effect in strengthening the body\_ And seeking treatment is obligatory to keep the body healthy and purity is obligatory; and pleasing to the Lord.

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