

運動「身體主體」的時間性經驗之應用

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【摘要】

在運動世界中，為追求公平與目標，採取量化時間以方便測量，但是實際的運動情境中卻存在著另一種時間，就是「身體主體」的時間性經驗，和量化時間不同，它可長可短，具有過去、現在和未來的向度，更具有永恆的價值，許多愛好運動的人幾乎都有這樣的經驗，就是感覺時間似乎永遠和實際時間不同，例如跑步繞操場跑個幾圈，氣喘吁吁的以為已經過了好幾個小時，但實際卻只有經過幾分鐘；和朋友打一場勢均力敵的桌球賽或是練球，感覺才練了幾球，才幾分鐘的時間，但是實際時間卻已經過了一小時；法國哲學家梅露龐蒂（Merleau-Ponty）針對這類現象提出「身體主體」的時間性經驗，相當的貼切說明此種現象，本文除了簡介梅露龐蒂（Merleau-Ponty）的「時間性理論」外，並將探討運動「身體主體」的時間性經驗和量化時間的不同點，此外運動「身體主體」的時間性經驗不但存在運動者以及運動者和運動者之間，也存在於觀眾裏，因此本篇也將討論運動主體性經驗在運動者、運動者和運動者之間以及與觀眾之間的展現，以及將之應用於運動訓練及運動傳播的領域，我們若能將「身體主體」的時間性經驗加以利用，好好運用於運動訓練和運動傳播上，相信必能替兩者營造一番新的風貌。

關鍵詞：身體主體、時間性經驗、運動訓練、運動傳播

The Application of Self-Perception of Sports

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【Abstract】

In the sports world, it is convenient to adapt quality of time measurement for pursuing fairness and goal. However, there actually exists the other time in actual sports situation. That is called time experience of self-perception of sports. It is different to quality of time measurement. It can be short and long and contains the dimensions of passed, present and future. Many people who like to do exercise almost have such experience that time of exercising seems to be different to actual time. For example, We endeavor to run many circles around the field and feel that we spend much time. In fact, we just spend few minutes. On the other hand, we have an interesting game and feel that few minutes passed by. In fact, we spend an hour. The philosopher of French, Merleau-Ponty, named the phenomenon called time experience of self-perception. Except for introducing time theory of Merleau-Ponty, the paper is to discuss the difference between quality of time measurement and time experience of self-perception of sports. Furthermore, the study also discusses the appearance of time experience of self-perception of sports among athletes, the relationship between athletes and rivals, and audience and apply the theory into the sports training and sports communication.

Key words : time experience of self-perception, sports training , sports communication