

# Yundong: One Term for Two Different Body Cultures

Chih-Chieh Tang  
Associate Research Fellow

## Abstract

In the Chinese speaking world, both the common people and the scholars used to see sport and yundong as synonymous. This article challenges this common understanding and illustrates that yundong in fact refers to two different body cultures: the western style and the eastern style. In my opinion, this hybrid signification is a natural result of translated modernity; therefore, I designed a set of questions attached to the ISSP (International Social Survey Programme) questionnaire to test my conjecture. Using these survey data I wanted to demonstrate two points: First, for Taiwanese, yundong signifies not only sport but also cultivation or nourishment of life and exercise. Second, the ISSP comparative survey about sport is questionable, because it is totally blind to the social construction of sport. Assuming that the concept of sport is universal and invariable, this positivistic comparative survey unconsciously takes the research object constructed by itself as reality. After demonstrating the substantive difference of the oriental and the occidental body culture, I claim that the next step is to reconceptualize the originally English concept of sport, if we still want to have a common overarching concept about so many different body cultures.

Key words: Body Culture, Sport, Yundong, Cultivation/  
Nourishment of Life, Translated Modernity

# 運動：一個詞彙，兩種不同的身體文化

湯志傑

中央研究院

## 摘要

在中文世界裡，不論學者還是常民，都習於視運動與sport為同義詞。本文將挑戰此一習以為常的看法，證明運動一詞事實上指涉兩種迥然相異的身體文化：西式的競賽文化與東方的養生文化。我認為，會產生這種混雜意指的狀態，係翻譯過來的現代性所致。為此，我設計了一組問題附掛在ISSP的問卷中來測試我的猜想。利用來自社會變遷的調查資料，我想論證兩件事。首先，對臺灣人來說，運動不只是指以樂趣為取向的競賽而已，而是同時也指具有健身意涵的養生和鍛鍊，而且多數臺灣人更看重後者。其次，我將論證說，ISSP的跨國比較調查係建立在sport的概念是普同的，不會隨時空之不同而變此一有問題的假定上。這種實證主義式的研究完全無視於運動的社會建構性質，將導致未加反省地把自己所建構的研究對象當做現實本身。最後，在指出東西方身體文化的實質差異何在後，我主張，如果我們仍然認為建立一個跨越不同身體文化的共通「運動」概念有其必要的話，那麼應致力於重新概念化最初係源自英文的sport概念。

**關鍵詞：**身體文化、運動、養生、翻譯過來的現代性、競賽、鍛鍊