

## FOOTBALL AS METAPHYSICS: FROM A PHILOSOPHICAL AND PHYSIOLOGICAL POINT OF VIEW

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### **Introduction**

Football is an intellectual procedure with an ontological background. In this case, coordinators must give the next calls out of over one hundred plays in a chart within a few seconds. It's not just a choice, but attaining something by. He must plunge himself into a domain in which our ordinary cognitive functions are transmuted far beyond our consciousness. In this sense, it is not just "intellectual", but truly a meta-physics, metaphysics. So this paper is aiming at, accordingly, to clarify and give some theoretical formulations on about the "sense" or the Tao in ancient Chinese philosophy which is intrinsically above our verbal expressions—this *is* metaphysics, based on philosophical and physiological background.

### **Methods**

In this paper, I would discuss above problem from philosophical and medical point of view. Precisely, I would first take epistemological point, then ontological, and into physiology in order to describe coordinator's psychic status where object-subject are integrated, and time-space are transcendent through philosophical praxes.

### **Results & Discussion**

Coordinators make calls almost instinctively in a moment. That means they are "transcendental", psychologically out of the domain of this phenomenal world in which time and space are requisite modality. From a physiological point of view, a sage who attained the Tao cultivates his body and mind simultaneously through the practical regimen of abdominal respiration.

Thus respiration is the pivot or rather a "missing link" between mind and body, since it is actually a mediation between mind which belongs to the autonomic nervous system (e.g. involuntary muscle, (e.g. cardiac muscle), secretion of gastric acid, insulin in pancreas etc.) and body which is subject to the somatic nervous system (e.g. voluntary muscle that is pectoralis major, triceps or biceps brachii etc.).

The point of which we should take special note here is that, this psychic position is not a product of mere a coherent reflection, although theoretical formulations are undeniably necessary on balance, but, psycho-somatic praxes are the crucial.

### **Conclusion**

Football is not just a game; additionally, it is not just a result of intellectual thoughts nor only a performance without any insightful discerning. Philosophical reflections mentioned above would be compulsory to be took notice in growing expertise.