

Research on the Importance of Combining Physical and Psychological Education in Colleges and Universities

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Abstract

Under the background of the new era, colleges and universities have higher and higher requirements for students' psychological quality and physical health. Today's college students are not only physically inferior to the past, but also mentally vulnerable. In the face of such a situation, it is particularly urgent for colleges and universities to combine physical education teaching and psychological teaching. Similarly, under the pressure of the rapid development of global economy, the demand for talents in society is not only excellent professional knowledge and skills, but also strong body and excellent psychological quality. Under the dual pressure, the combination of physical education and psychological teaching in Colleges and universities is extremely important.

Keywords

Psychological Teaching; Colleges and Universities; Physical Education.

1. Introduction

Due to the rapid development of today's society, the requirements of society for people are no longer simply excellent professional knowledge and skills, and healthy body and good psychology are also necessary. The college student stage is an important stage between society and school. Having a healthy body and good psychological quality is the basic quality required for a college student. Therefore, The requirements for physical education and psychological education in Colleges and universities are becoming more and more important. However, colleges and universities need to invest a lot of human and material resources, which needs to consume a lot of materials, and it is too difficult to implement. In view of this situation, psychological teaching is added to physical education teaching. At the same time, psychological teaching puts forward that physical education teaching is a good teaching measure. Under the people-oriented teaching concept, physical education teaching in Colleges and universities can gradually carry forward the value and significance of human life; Making full use of the existing psychological teaching resources and organically combining physical education and psychological teaching is a very significant measure.

2. Organization of the Text

2.1. The Significance of Combining Physical and Psychological Education in Colleges and Universities

2.1.1. The Relationship between Human Physical Health and Psychology

Physical health refers to the physiological normality of human organs and tissues. Mental health means that psychology, quality, self-restraint and rationality are in a very balanced state. A healthy mind resides in a healthy body, and an unhealthy mind will lead to physical abnormalities or diseases. At the age of college students, their physical development has reached a considerable level, at the same time, they have reached a certain level psychologically, tend to be perfect, and the neural process also presents a certain stability and flexibility.

Physical exercise can not only enhance students' physical health and physique, but also exercise students' psychology, which plays a positive role.

2.1.2. The Necessity of Combining Physical Education with Psychological Teaching in Colleges and Universities

Physical education is an educational activity. In this activity, college students can not only enhance their physique, learn some sports knowledge, master some sports skills and scientific methods of physical exercise; Moreover, in various sports activities, students' psychological qualities such as emotion, will, feeling and perception will also be improved; In addition, improving the sports technical level of college students is also an important task of physical education teaching. Integrating the education of sports psychology into physical education teaching can cultivate the psychological quality of college students and give full play to it in physical education learning and competition; It also plays a positive role in controlling and controlling students' psychological state. Therefore, it is necessary to integrate the education of sports psychology into college physical education.

2.1.3. The Significance of Combining Physical and Psychological Education in Colleges and Universities

Physical exercise provides a solid material foundation for mental health. People's psychological activities are actually people's mental activities, which is an important condition for psychological development; Physical exercise is a driving force of psychological development, which promotes the development of psychology; Physical exercise can promote the development of self-awareness, and physical exercise is conducive to students' self-awareness; Physical exercise can cultivate good will quality and play a positive role in students' sports and psychology.

2.2. Current Situation of the Combining Physical and Psychological Education in Colleges and Universities

Firstly, in the university curriculum, the curriculum of physical education and psychology are clearly separated, and there is not much connection between the two courses; Secondly, there is no clear provision in the university campus to integrate psychological teaching into physical education. Similarly, most psychological teaching has not been integrated into physical education, and the two disciplines are not related to and affect each other; Moreover, most professional teachers in Colleges and universities are teachers of their own majors, and they do not have too much knowledge and teaching methods of other majors. Most schools do not provide some psychological training and guidance to physical education teachers, and most physical education teachers are relatively lack of professional knowledge and teaching ability of psychological education. Similarly, psychological teachers have not received professional guidance and training in sports, which makes their courses relatively difficult.

2.3. The Implementation Path of Combining Physical and Psychological Education in Colleges and Universities

2.3.1. Establish a New Teaching Thinking Mode

Strengthen the organization and leadership of the school's teaching, pay attention to the construction of the combination of physical education and psychological teaching, strengthen the implementation, and increase the promotion and publicity. Break the original traditional teaching system focusing on sports, gradually move towards the teaching of improving the combination of mental health and physical health, cultivate students' ability and habit of lifelong exercise, organically combine the traditional physical education teaching mode with the psychological teaching mode, and build a new physical education teaching mode. Improve teachers' sense of responsibility and education, and abandon the old teaching ideas. The school organizes relevant professional teachers to carry out interdisciplinary research, improve

teachers' educational concepts, change teachers' traditional ideas of education and teaching, organically combine physical education and psychological teaching to form a complete knowledge framework, and then teach students with a new teaching model.

2.3.2. Constructing the Teaching Material System of the Combination of Physical and Psychological Education

In the selection and construction of teaching materials, physical education and psychological teaching should be compiled and printed according to the teaching objectives of physical education and psychological courses, on the basis of fully considering the physical quality and psychological characteristics of students in our school, and in combination with the actual situation of our school. The content of teaching materials should vary from person to person, which can be divided into practical content constructed according to the actual situation of the University and personal selection content constructed according to everyone's different needs. Colleges and universities should not only carry out physical exercise scientifically and reasonably, but also pay attention to the cultivation and guidance of mental health. Therefore, it is urgent for colleges and universities to combine the course with teaching materials. Different teaching designs should be made according to the needs of students.

2.3.3. Design a Reasonable Class Management Mode

Teachers adopt vivid and interesting teaching mode to create a good classroom psychological atmosphere. Teachers should fully understand students' personality characteristics, interests, sports technology level and physical quality in the teaching process. Nowadays, the pressure of social competition is great, the pace of society is fast, and the pressure of students' study, employment and further study is also great. Therefore, teachers need to give students guidance in teaching, encourage healthy psychological construction, guide students to establish a healthy mentality, have sufficient pressure resistance and enhance students' self-confidence. In addition, teachers should actively create a harmonious and good classroom atmosphere in teaching, form a harmonious community between teachers and students, and let students grow up in a healthy and Harmonious Curriculum atmosphere.

2.3.4. Searching for New Teaching Methods

The traditional physical education teaching is a teaching system based on sports. Most teachers of physical education use traditional methods such as explanation, demonstration and practice. In teaching, they pay too much attention to training students' physical skills, resulting in relatively single teaching methods and low students' interest in learning and participation. This requires schools and teachers to change their teaching modes and methods without changing the educational purpose, adjust the original teaching, add psychological teaching design and method application, so that teachers can effectively teach students, meet students' learning needs, stimulate students' enthusiasm and initiative to exercise, and improve students' learning interest and participation.

On the basis of the original physical education teaching, combined with psychological teaching, the comprehensive assessment of physical education level and psychological level is conducive to improve the quality of physical education teaching and students' physical and psychological quality through scientific assessment and evaluation. Innovating exercise methods and combining new assessment items are conducive to cultivating students' innovative thinking ability, achieving people-oriented, following students' physical and mental development laws and interests, mobilizing students' interest in learning, providing students with more exercise opportunities and projects, so as to meet the needs of students' personality development and social development, and achieve the purpose of lifelong physical exercise.

2.3.5. Applying Psychological Principles in Physical Education

In teaching, teachers should fully observe the effect of each student's psychological training, pay attention to the important role of psychological training in each student's mental health and psychological quality, slowly experience the principles of psychology in teaching, follow the laws of psychology, and slowly master the principles of psychological science, so as to better improve the effect of physical training. In the practice of physical training, exercise students' self-confidence, anti frustration and willpower, and improve students' comprehensive ability. It not only exercises students' physical health, but also cultivates students' psychological ability during exercise. Of course, teachers should also train students at the same time, make good use of psychological principles, and promote psychological knowledge to students, Cultivate students' self-regulation ability.

2.3.6. Give Full Play to the Ideological and Political Elements during Physical Education Curriculum

Team spirit guides teaching. In teaching projects, teachers can reasonably integrate relevant psychological courses into physical education, so as to make it a comprehensive teaching project with both psychological teaching and physical training, so as to cultivate students' interest and unity spirit. Unity training can not only cultivate a person's physical quality, but also change a student's psychology, Trigger a person's psychological, spiritual and physical changes.

Willpower guided training. Every student's willpower needs to be tempered and cultivated. Among them, physical training is most suitable for willpower training, such as the 3000 meter long-distance running, which cultivates the students' heart and perseverance of not giving up, sticking to the end and going all out. At the same time, teachers should also find out the differences and personality of each person from the performance of different people, and formulate different plans for different students according to different situations, Cultivate students' will quality.

Strengthen the training of self-confidence. Every student has his own pride, but his self-confidence is still limited. Teachers can add projects that students are good at in training, which can not only make students more confident and optimistic after successful training, but also improve students' ability to participate in physical skill sports.

Anti frustration training. Anti frustration ability is not only the ability that college students should have, but also an important part of modern college students' mental health. College students are now in the transition stage between school and society. It is necessary to carry out anti frustration training during college. In training, teachers should pay attention to cultivating a student's anti setback mentality and enhancing their anti setback ability. They can carry out training in stages to ensure the practicability and effectiveness of training.

2.3.7. Improve Teachers' Interdisciplinary Professional Knowledge

Teachers are promoters of students' learning and development. Students' learning and development are closely related to teachers. Students' learning needs teachers' guidance and education. Students' development needs teachers to teach integrity concepts and values. Only teachers with high educational knowledge ability and level can better educate students. With the combination of physical education and psychological teaching, the majority of front-line teachers are builders and developers. The higher the level of physical education professional knowledge of teachers and the higher the matching of psychological teaching ability, the better the design of teaching scheme and the application of teaching methods, the more development space in the implementation and allocation of curriculum, and the guarantee of curriculum quality.

3. Conclusion

Physical education and psychological teaching in Colleges and universities are inseparable. We should not only understand their relationship, but also make good use of their impact on students' physical health and psychological quality, combine psychological training and physical education, build a new curriculum system, give full play to teachers' leading position, and adopt the teaching method of combining physical education and psychological teaching, improve students' comprehensive quality and promote students' all-round development and growth.

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