

# Exploration on the Integration of University Martial Arts Teaching and Psychological Development Training

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**ABSTRACT.** *University Martial Arts is a basic physical education course which is very important for college students. The students can improve their physical fitness and have a toned body through martial arts. However, the mere martial arts education can only enhance the physical strength of students but cannot cultivate a tough character. The students have strength and a good body but lack a strong psychological quality. Therefore, there emerges the Psychological Development Training. It is a brand-new education model that can well train students' psychological quality and enable students to maintain a strong mind and body to help them go through these difficulties. At the same time, the Psychological Development Training is not affected by external factors and can be carried out normally in any scene. It is a physical and mental exercise that complements University Martial Arts. In today's era, with the continuously increasing social pressure, the students' psychological quality must be strong enough to cope with many problems in life and study so that they can establish a perfect personality in social life. The university is the final stage for the students to train their psychological quality and also the key period to improve their physical and mental quality.*

**Keywords:** *psychological development training, university martial arts, teaching model*

## 1. Introduction

Instead of only paying attention to students' physical strength and learning, the teachers should also attach great importance to their psychological quality, enhance their resistance to pressures in life and establish a strong psychological quality so that the students can perform well in the face of difficulties. At the same time, the

new education model combining university martial arts and psychological development training is a need to adapt to social development and a must for building century talents. The teachers should explore this new education model and organically combine the psychological development training with the university education. By actively exploring the new educational methods, the teachers can help students acquire not only the new skills, but also a strong psychological quality, eventually forming a model of exercising the physical body through university martial arts and improving the psychological quality through the psychological development training.

## **2. The Necessity of College Students' Psychological Development Training**

The psychological development training originated from the German military training model during World War II. The main purpose is to let the team improve their own psychological quality so that they can perform well under high pressure, understand the importance of teamwork and ultimately solve the problems properly through exploration and discovery of the training of practical skills and psychological quality. With the in-depth study of psychological development training, it is found that this psychological training model can be combined with university martial arts and promote the development of college physical education. It can greatly improve students' psychological quality and their ability to work in team, help students adapt to the busy university life by solving various problems and constantly enhance their psychological quality. It is a new way of the talent education in the 21st century that can effectively improve students' personality and help them solve their own psychological problems.

As a group of people who are about to step into the society, the college students will contribute their own strength to China's modernization. Under such a background, they are under increasing pressures of employment and housing. The key to help the students solve these practical problems is to improve their psychological quality. In modern society, a qualified university student should have not only the professional knowledge and strong physical body, but also the psychological quality to withstand all social blows. Without strong psychological quality, however excellent the college student is, he will gradually be knocked out in society. At the same time, Chinese Martial Arts is originally a course of both internal

and external cultivation. Instead of focusing only on the development of one side, the university physical education should comply with and inherit the martial arts ideas of the ancestors, exercising the body externally and cultivating the character internally. Only in this way can we inherit the thousand years of history and culture of China and carry forward Chinese martial arts. Moreover, good training effect can only be obtained through the combination of the martial arts and the psychological quality. Cultivating the students' excellent psychological quality is quite beneficial to help students solve practical problems and promote their own development. The education model combining the martial arts and the psychology teaching is a brand-new theory which plays an important role in bettering the martial arts teaching, promoting the spread of Chinese martial arts and improving the students' quality and character.

### **3. Advantages of combining martial arts training with psychological development training**

#### ***3.1. Important manifestation of the adaptation to modern education***

The traditional physical education model has made great progress in the aspect of cultivating students' physical fitness. It can help students develop a strong body and lay a foundation for their future physical health. However, the traditional teaching model only pays attention to the student's body and neglects the students' psychological quality. It is not a comprehensive and balanced education model. The training method combining martial arts and psychology allows students to enhance their psychological quality and physical quality at the same time, which can help students establish a comprehensive physical and mental quality and make them stand out from the crowd in their school life. It is the modern education that cultivates the all-round development talents with strong physical and psychological quality. It can be said that the combination of martial arts training and psychological development training has adapted to the needs of modern development, promoted the development of modern physical education in China and cultivated outstanding talents for the country.

#### ***3.2. Promoting the teaching progress of martial arts effectively***

The traditional physical education of martial arts lacks vitality and has dull and boring content. The students show little interest and enthusiasm and have no passion for the martial arts. Therefore, the students are absent-minded during the learning process and always have a limited understanding of the moves they have learned. The teaching progress is greatly slowed down. In contrast, the psychological development training attracts the students' interest through some interesting games. While exercising their body, they learn some philosophies of life, which is obviously beneficial to the students. By integrating the martial arts teaching into psychological quality games, the psychological development training has improved students' comprehensive quality and enhanced the students' learning ability. Under this educational model, the students can well learn the content of physical education, greatly supplement their knowledge reserves and continuously enhance their life experience to help the students form a correct philosophy.

### ***3.3. Enhancing students' ability to cope with stress***

In the education model combining the university martial arts and psychological quality training, the martial arts teaching of the limb stretching cooperates with reasonable psychological quality teaching methods. While exercising the physical body, the students can also improve their ability to cope with stress. The students transform the difficulties and pains in martial arts training into a means and methods to improve their physical and mental qualities and then gradually adapt to this training process. The students will slowly emanate this psychological quality and apply it to the various processes in life to comprehensively enhance students' ability to solve problems. The students shall be not afraid of life difficulties, dare to challenge and advance bravely, which is important and significant to solve practical problems in life.

### ***3.4. Helping the students build a cooperative mechanism and collective concept of mutual help***

Since most families have only one child now, the parents' excessive permissiveness has greatly expanded the selfishness of the students who act in their own interests and have little collective idea and cooperative concept. The students

form a self-contained mentality in their lives and play petty tricks everywhere without a sense of social responsibility. The combination of martial arts teaching and psychological development training can enable students to get rid of the misunderstandings, cultivate their collective awareness and cooperative concept and help them establish a correct outlook on life.

#### **4. The certain operability of combining the psychological quality training and university martial arts**

The psychological quality teaching has certain operability and enforceability in university martial arts education. Firstly, the sports facilities for psychological quality training are limited to some basic tools such as skipping rope, shuttlecocks and hula hoop. The psychological quality training does not require as large area as that of the martial arts. It just needs a small space. At the same time, some high-risk activities in psychological quality training can be replaced with the same method, which has greatly reduced the risk and can help students to take exercise seriously. Take the crawling training on the ground under the iron net for example. The traditional training mode will cause students to suffer from different degrees of scratches. Such things can be effectively avoided by laying cushions on the ground.

Most of the psychological trainings are just some simple games. The purpose is to enable students to study better. The students can enrich their life experience in the process of psychological training. They can learn some new knowledge and put it into practice at the same time, which plays important role in the students' correct development in the future and is able to develop the students' exploration spirit and increase their enthusiasm and creativity.

Most importantly, the psychological model training course is very simple. The martial art teachers do not have to spend too much time on lesson preparation. Most of the psychological training games can be played on the spot. The teachers can have a relatively good understanding of psychological quality training in a short period, which is helpful to establish good relationship between the teacher and the students and improve the level of interaction. Consequently, the teachers can constantly improve their knowledge reserves and better get involved in the teaching process and practice.

Therefore, there is certain operability to add the psychological development training in university martial arts training. It is mature and operable not only in the teaching methods and teaching theories, but also in the equipment of college sports facilities and teachers strengths. It can help students improve both the physical quality and the psychological quality, establish a harmonious relationship between the teacher and the students and promote the development of physical education in China.

### **5. The Construction of a reasonable teaching mode of university martial arts and psychological quality training**

The university psychological development training is a brand-new educational concept. There will certainly emerge all kinds of problems during the combination process of university martial arts and psychological development training. The teachers should explore the teaching mode to seek the reasonable and effective teaching methods and promote the perfect integration of the two. The teachers should make efforts in the following aspects:

#### ***5.1 Defining the purpose of universal martial arts and psychological quality training***

The main purpose of introducing the psychological development training into university martial arts teaching is to improve students' psychological quality and the ability to cope with stress, enhance their teamwork awareness and the comprehensive quality and enable students to establish a good philosophy. With this purpose, the teachers should take students as the main body and find various useful ways to improve students' interest and let students learn more in a pleasant atmosphere. For example, the teacher can organize students to play a game by jumping and walking with their feet tied so that the students will have more interest in this teaching model, thus improving their teamwork ability in play.

#### ***5.2 Carrying out the psychological training programs advocated by students***

Since the main body of psychological quality training is students, all training

programs must be student-oriented. Develop students' favorite psychological training programs and give full play to the students' initiative and judgment. The teacher can ask his students to write down the psychological training programs they prefer and consider the certain realities and operability. In this way, the students' self-motivation can be greatly improved. The students will be absorbed when playing their own psychological programs. The students will be more enthusiastic in the game. As a result, the learning efficiency will be greatly improved. The teachers can carry out a variety of useful games to encourage the students to propose the training programs they want and then make further modifications and implement. For example, the teachers can give material incentives to the students who propose the training programs and praise his performance in physical education classes to form a good atmosphere in the whole class, thus promoting the combination of university martial arts and psychological quality training.

### ***5.3. Paying attention to the safety during the implementation process***

The teachers must take care in the process of psychological training programs. If the safety cannot be ensured, the students will have a resistance to psychological training programs, which will cause bad effects and is not conducive to the integration of university martial arts and psychological quality training. The teachers must put the students' safety in a crucial position when setting up the psychological training programs. The safety of students is always a key part of physical education. It goes against the original intention of physical education if the students' safety cannot be ensured.

## **6. Conclusion**

In conclusion, the university martial arts and the psychological development training have strong advantages in the aspects of the implementation conditions, operability and teaching methods. The integration of the psychological quality training and the university martial arts will definitely promote the development of China's physical education and play an important role in enhancing the students' physical and psychological quality. Moreover, it can effectively solve the problems of the boringness and tastelessness of university martial arts in the teaching process,

greatly increase the students' interest and let them continue to gain the life philosophy in practice. This integration has also enhanced the students' ability to cope with pressures in real life and played an indelible role in the cultivation of correct physical and mental quality.

### **References**

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