

Analysis of the Influence of Yoga Practice on the Teaching Forms of Physical Education

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ABSTRACT. *Yoga is one of the oldest physical exercises in the East. It originated in BC and has a history of more than 5,000 years. It is the crystallization of human wisdom and civilization. As a kind of self-cultivation exercise method, it quickly occupies the gymnasium market, which is different from any aerobic exercise and it has an excellent effect on body and soul relaxation and relief. Yoga practice gradually enters the physical education of colleges and universities, which is a novel attempt and breakthrough in physical education teaching. With its unique charm and calm, with its unique way of thinking, yoga mobilizes, stimulates, promotes, and enhances students' interest in practice. It also plays a positive role in improving people's physical and mental health, and promotes the development of students' overall physical and mental health.*

KEYWORDS: *Yoga, College physical education, Teaching practice form, Sports interest*

1. Introduction

While shaping the external image, yoga pays more attention to the inner power. Use breathing method and posture method to inhale oxygen, increase blood oxygen concentration in the blood, meet the needs of the body, promote mental health, help people fully tap their physical potential, stretch their posture, nourish the body and mind, and improve health; use yoga meditation and relaxation to relieve tension and imagination to adjust the mind and body, relieve stress and improve the process of self-experience, so as to achieve the effect of physical and mental relaxation. The whole exercise process is natural and wholesome.

2. The Importance of Relaxation Exercises in the Teaching Form of Physical Education

Physical education is an important part of higher education and an important means of implementing quality education and cultivating all-round development talents. Physical education courses are for students to learn and master the basic knowledge and skills of physical education. Through physical education and scientific exercise, students can improve their health. The development of physical education courses in various colleges and universities is mainly based on elective, general and specialized courses. The sports carried out include track and field, ball, aerobics and dance, ethnic tradition and other items as the main teaching content. The teaching form is mainly from shallow to deep, from easy to difficult, from difficult to simple, making easy to learn, and combines sports and beauty. However, with the development of quality education goals and new requirements, a single teaching model has been unable to meet the needs of reality. In order to meet the requirements of the development of quality education and the shaping of college students' mental health, the teaching form of physical education courses can be integrated with more fun and knowledge, and promote the harmonious and unified development of students' moral, intellectual, physical, mental, physical and mental education, taking pleasure in what is taught. Therefore, optimizing the setting of school physical education curriculum and enriching the teaching content and environment of the school are needed.

2.1 Single Form of Relaxation Exercises Lead to the Lack of Enthusiasm for Students

A relaxed and enjoyable physical education class is an important link that cannot be ignored in physical education. In the basic part of the teaching content which breaks the conventional course mode, you can add relaxation exercises and even increase the proportion of time for relaxation exercises. The traditional relaxation mode is

generally based on jogging and walking, and the types of forms can be colorful by integrating into novel sports games, Yoga practice etc. Relaxation exercises can effectively alleviate muscle fatigue, restore physical strength, and adjust mentality. On the basis of improving physical fitness, it can delight the body and mind, promote the coordinated and unified development of body and mind, and effectively mobilize the enthusiasm of students to practice.

3. Asana Classification and Efficacy Characteristics of Yoga Practice

3.1 Asana Classification of Yoga Practice

Yoga practice is a joint exercise in which muscle fibers participate. It can fully stretch muscle strain and produce greater muscle tension. Then use music to calm nerves, refresh people, clear away miscellaneous thoughts, and concentrate on yoga practice.

Yoga poses are divided into five categories: forward bending, backward bending, handstand, twist, and balance; they can also be divided into sitting, kneeling, standing, prone, and supine types.

Sitting postures, through meditation and breathing, fully extend the upper body, keeps the spine straight, nourishes the groin (thigh and heel) and bilateral axillary lymph massage on both sides of the body to improve lymphatic detoxification, eliminate toxins, accelerate circulation, relieve fatigue, release Passion, focus, improve the flexibility of the knees, ankles and hips, through which the pelvis and spine are finally combined to practice together.

Kneeling poses, a kind of sitting posture, are more beneficial to keeping the spine upright, which can eliminate the stiffness and tension of the body and inject sufficient strength into the body.

Standing postures, the basic postures in yoga practice, are also the core part of the exercise. They help strengthen leg stability and leg strength, strengthen the flexibility and balance of the body, and provide strong support for the spine. They play an active role in optimizing the circulatory system, digestive system, nervous system and respiratory system of the body, and exerts an unpredictable influence on maintaining the health of the body.

Prone asanas are divided into two types: one is for recovery, which can better absorb the effects of previous asana exercises and eliminate physical fatigue; the other is for intensive training of human arms, back, waist, The strength of the abdomen and legs can improve the flexibility of the hips and spine.

The supine poses are particularly effective in restoring vitality, refreshing the brain, alleviating tension, improving neurasthenia and insomnia. The supine poses can fully stretch the shoulders, chest, waist, abdomen, front and back groin on both sides, and the strength of the back. Waist and abdomen, leg strength and shoulder muscle strength greatly enhance the elasticity and strength of the spine.

4. Efficacy Characteristics of Yoga Poses

Yoga practice is a combination of motion and static. The so-called “dynamic” is mainly concentrated on the outside, which refers to the various movement forms shown by people's limbs. The so-called “static” refers to the inner world, the activities of various organs which is regulated and controlled by the human nervous system, such as response, autonomous control of heart rate, blood pressure, and changes in glandular secretion. This exercise can not only effectively reduce the stress, breathing rate, heart rate and blood pressure of the practitioner, but also benefit the brain. At the same time, it can help the practitioner to get rid of depression, eliminate anxiety, and reduce people's physical discomfort.

During the exercise, the joints are stretched to the limit, and the tendon ends produce high cardinal tendon receptors, thereby relaxing the muscles. Feeling the activity of each joint, in addition to helping the body, also has a positive feedback effect on the psychology. According to the philosophy of yoga, the elements of health include: long-lasting posture training, soothing and gentle breathing, sufficient sleep and rest, and a state of complete relaxation, to gain the active and positive energy thinking by using the relaxation method of meditation, and health, Balanced yoga diet. Yoga is one of the ways to exercise with all the health elements.

5. Influence of Yoga Relaxation Practice on Teaching Form of Physical Education

Human needs for health are multi-level. In physical education teaching in colleges and universities, physical exercises should act as a basic means, as a kind of physical education content and method of participation under the unified arrangement of organization, planning and assessment, so as to urge students master the basic methods of exercise. Different physical education courses have their own characteristics. Yoga's relaxation exercises are more a kind of emotion-related exercise. It is a movement of perfect dialogue and perception between the soul and the body. It improves health and physical fitness while improving limbs coordination, and cultivate students' awareness of lifelong sports and a healthy lifestyle.

5.1 Break the Traditional Sports Teaching Model and Cultivate Students' Interest in Exercise from Multiple Angles.

The selection of physical education courses for students in colleges and universities is based on preferences, but also blind choices or forced choices, and due to the gender of boys and girls, the choice of physical education courses is also different.

At present, college students in our country are lacking in multi-angle exercise requirements, and most colleges only focus on the cultivation of students' technical ability and professional employment direction, which results in the imbalance of student exercise. Traditional exercise methods focus on body-related movements, while neglecting the guidance and relaxation of the mind. Yoga practice is the most effective exercise for the fusion of body and mind, and the inner growth of the self can also be done through yoga practice. At the same time, it also satisfies the middle school students' pursuit of novelty and trend.

5.2 Enrich and Optimize the Diversity of College Physical Education Teaching Modes.

Yoga is a “integration of body and mind” state, not limited to age, gender and physical health. Yoga practice is accompanied by soothing music, and easy to arouse students' enthusiasm to participate in sports. It avoids the shortcomings of long-term separation of men and women in college sports courses, single teaching mode, number of courses, etc., introduces the peripheral information of yoga sports, passes on yoga culture and yoga diet, sets up yoga classes for college teachers and employees to make the teachers and students learn and practice together, arouses the resonance of teachers and students in the school on yoga, and injects more innovative teaching content and atmosphere into college physical education.

6. Summary

Yoga practice is mainly based on muscle stretching, accompanied by soothing music and with guide words as the background. During the exercise, muscle stretching can promote blood circulation, massage the internal organs, and take relax for person independently. The school should construct more specialized yoga venues to provide guarantee for the development of yoga classes. At the same time, strengthen the training of yoga teachers and the introduction of specialized talents, increase the publicity of yoga through campus public network platforms, college newsletters, broadcasts, etc., and regularly upload yoga-related knowledge-level videos. Or cooperate with school clubs, associations to organize competitions to increase the publicity of yoga practice, so that more students understand the sport of yoga, and promote the vigorous development of school sports.

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