

Analysis of Sports Psychology Education in Physical Education Teaching

Zhuowei Li^{1,2}

¹Zhuhai College of Science and Technology, Zhuhai, 519040, Guangdong, China

²Philippine Christian University Center for International Education, Manila, 1004, the Philippines

Abstract: *The development of physical education teaching in colleges and universities is not only an inevitable way to implement the concept of quality education, but also a high-quality means to help contemporary college students improve their personal physical quality. With the deepening of education reform nowadays, the teaching of physical education has been paid more and more attention by the internal managers of colleges and universities. When organizing the teaching of physical education, we should not only focus on promoting students' physical fitness and quality, but also on psychological training for students. In order to help students improve their personal moral quality, physical education teachers in colleges and universities need to effectively infiltrate sports psychology knowledge in the process of teaching, promote the quality of physical education classroom teaching, and lay a good foundation for achieving the goal of quality education. Based on this background, this paper confirms the importance of infiltrating sports psychology knowledge in the process of physical education teaching, and puts forward some suggestions on how to infiltrate it.*

Keywords: *Sports; Teaching; Sports Psychology*

1. Introduction

In the process of organizing physical education teaching in colleges and universities, influenced by traditional physical education teaching concepts, teachers pay too much attention to explaining the theoretical knowledge of physical education and neglect to promote the improvement of students' psychological quality and health, which makes the comprehensive quality of contemporary college students have not been significantly improved. Adding sports psychology knowledge to it effectively makes up for the shortcomings of the traditional internal physical education teaching work in colleges and universities. It can not only effectively promote the students' mental health development, but also help students to enhance their personal physique, and promote the improvement of the internal physical education teaching work in colleges and universities. For this reason, the teachers of physical education in colleges and universities should pay more attention to the infiltration of sports psychology knowledge, integrate rational teaching methods and brand-new training forms, and help students comprehensively improve their physical education discipline literacy and psychological literacy.

2. The Significance of Infiltrating Sports Psychology Knowledge into Physical Education Teaching in Colleges and Universities

2.1. Adapt to the needs of teaching reform

With the continuous deepening of the process of education reform, the teaching of physical education in colleges and universities has gradually shifted from focusing on the teaching of sports technical knowledge to the teaching of knowledge and ability, health and psychology and other aspects, creating a new ideological teaching system based on the concept of quality education.[1] Nowadays, the teaching design of physical education curriculum in colleges and universities covers a wide range of contents and teaching means, which fully highlights the subjectivity of students in the classroom, which also puts forward more, newer and higher requirements for the development of physical education teaching. For this reason, colleges and universities need to appropriately integrate sports psychology content in the teaching of physical education, focus on innovating teaching organization forms, and help physical education teaching work better meet the needs of quality education, which can not only meet the students' own learning needs, but also help students develop good learning habits and training habits, and

ultimately promote the overall improvement of students' own sports literacy.

2.2. Helping students improve their psychological quality

In the process of teaching work in colleges and universities, the organic combination of physical education teaching work and sports psychology knowledge can help students achieve sound physical and mental development. The teaching of physical education will not only teach sports technology, but also theoretical knowledge. By organizing students to participate in the study of sports psychology knowledge, students can be encouraged to enhance their physical quality, enhance their personal will, and obtain rich emotions on the basis of constantly improving their personal theoretical knowledge reserves and abilities. In addition, physical education teaching is a weak point in the domestic education field, and the integration of sports psychology knowledge will well fill the deficiencies of physical education. The teaching of physical education is characterized by its time limit. Many students need to strengthen training for sports skills in a specific period of time, which is difficult to achieve in the process of traditional physical education teaching in colleges and universities. Therefore, students' learning of sports knowledge is quite simple, and they have not really mastered the essence of sports skills application. The integration of sports psychology knowledge can not only enhance students' personal psychological quality, but also temper students' will, and can also promote the overall improvement of the quality of physical education teaching in colleges and universities.

3. Strategies of integrating sports psychology knowledge in the process of physical education teaching in colleges and universities

3.1. Set up psychological training

In the process of organizing physical education teaching in colleges and universities, teachers need to guide students to participate in sports psychological training activities in a timely manner, focus on strengthening students' personal willpower, and help students enhance their internal physical and psychological literacy. To be specific, since the teaching of physical education in colleges and universities at this stage involves not only the study of physical education knowledge, but also some psychological knowledge, physical education teachers in colleges and universities can reasonably infiltrate some activities that can cultivate students' sense of competition while carrying out physical education teaching, fully stimulate the motivation of students to participate in sports training activities, and help their personal sense of competition continue to strengthen. In the above process, physical education teachers should also pay attention to helping students enhance their personal learning confidence, mobilize students to play their personal creativity in the process of participating in sports training activities, and help their internal sports comprehensive strength to be comprehensively enhanced.

For example, when organizing swimming training activities, teachers should mobilize students to participate in swimming competitions. The distance of the competition is 1.5 kilometers, and students' swimming level should be tested. Because it is difficult to complete the above competition activities, students need to actively participate in physical training activities on a daily basis to ensure that they can successfully complete the above competition activities. On the one hand, teachers need to appropriately add physical training activities in the process of organizing students to participate in daily training activities. Specifically, in combination with the actual training situation of students, they need to increase the intensity level by level, help students to enhance their personal willpower, and comprehensively enhance their personal physical education; [2] On the other hand, because the level of anti-frustration ability will have a direct impact on the overall effect of students' participation in sports training activities, teachers need to teach students how to grow in adversity in the process of organizing students to participate in difficult training activities, so as to strengthen their internal psychological quality.

Only by persisting in participating in physical exercise can we achieve the best teaching effect of physical education. Up to now, most of the students in colleges and universities have weak psychological endurance. When they participate in sports discipline training activities, they often encounter some small difficulties, which will lead to the psychology of flinching and shrinking. This is not conducive to the rational and orderly development of sports discipline teaching. Therefore, in order to change the above situation, teachers should help students improve their willpower by organizing physical exercise activities and organizing anti frustration activities.

3.2. Carry out targeted teaching

(1) Organize self-regulation teaching and relaxation training teaching. As the self-regulation method can not only promote students to have a good attitude of positive progress, but also organize and carry out self-regulation teaching work to enable students to maintain sound physical and mental development, promote students to have the desire to work hard and desire to achieve outstanding results in competitions. The organization of relaxation training teaching can help students overcome their internal anxiety and tension when participating in sports learning, and learn to control their muscles in a relaxed state. For example, when organizing tennis training activities, teachers can integrate relaxation training teaching and teach students relaxation training methods in three steps: first, mobilize students to perceive the state of muscle tension. This stage can specifically include the training content of contracting the muscle group, guiding students to perceive the muscle feeling when they are tense, and then try to relax the muscle group to experience the difference between the two states; Secondly, after completing the training activities in the above stages, the students' inner tension can be eliminated. After that, teachers can continue to lead them to focus on deep breathing, experience the relationship between breathing and relaxation, and use heuristic prompts to help; Third, guide students to realize that muscles can be effectively relaxed under the effect of deep breathing.[3]

(2) Conduct psychological exercises and mind control. Generally speaking, psychological exercise is the most effective way of psychological training activities in sports psychology. It regards psychological exercise as a sports image and promotes the consistency between the physical and psychological states of the trainers. In the process of carrying out tennis training and teaching activities, the integration of the above methods usually requires students to relax their personal mentality in advance, and then carry out psychological exercises in combination with a specific competition scene to help students do a good job of psychological construction before participating in the competition, maintain good physical condition, and achieve good results during the competition. In addition, because thinking will affect the state of students' training activities, leading students to control their thinking in the process of organizing tennis training and teaching will help cultivate students' good sports self-confidence, and thus help improve the quality of training activities.

3.3. Innovative training teaching methods

Physical education teachers in colleges and universities should reasonably set up teaching activities based on students' respective learning characteristics and interests, and make efforts to innovate training methods according to students' wishes, so as to help students improve their physical and psychological quality in an all-round way.

For example, in the process of organizing and carrying out tennis training activities, teachers can appropriately innovate training methods, such as setting up multi ball training activities, based on multi ball training in situ, turning to the middle of the pitch, then to the net, and finally to the bottom line. In this way, training activities will be interesting and challenging, and effectively stimulate the motivation and enthusiasm of students to participate in training activities. In this process, teachers can grasp the students' internal competitive psychology, combine the students' specific learning conditions, group the students in the class, mobilize the students to participate in the corresponding competition activities, establish a sound reward and punishment mechanism, help students to further enhance their interest in participating in sports training activities, and help tennis teaching activities to be carried out smoothly and orderly. When mobilizing students to practice sports skills, teachers need to grasp the students' sports psychology, teach students to overcome the sense of fear when learning difficult movements, rearrange and simplify the originally complex and dangerous sports movements, so that students can be in a new training environment and practice the simple basic movements. In addition, when leading students to participate in training activities, teachers can add some interesting training games as appropriate, so that students can dispel their fear and fear of difficulties in a more active atmosphere, and constantly enhance their psychological quality.

3.4. Strengthen the construction of teachers' team

Teachers are the main force in the internal organization of colleges and universities to carry out physical education teaching. The teaching level and comprehensive quality level of the teaching team will have a more direct impact on the teaching quality. To this end, if we want to ensure the full integration of sports psychology content and physical education teaching content, colleges and universities need to promptly increase efforts to organize the construction of teachers' team, help physical education teachers

enhance their professional quality and psychological quality, and ensure the orderly development of physical education teaching.

For example, for tennis teaching activities, colleges and universities should attach importance to introducing high-level professional athletes as teachers, and skillfully carry out teaching for students with their superb professional skills and rich experience in the competition; The school management staff should attach importance to organizing many physical education teachers to engage in sports psychology related teaching and research work and receive regular on-the-job training to help teachers improve their own teaching level; The school should develop a high-quality teaching mechanism to promote teaching through competition, integrate sports psychology knowledge into the process of physical education teaching in a planned and purposeful way, and help teachers improve their teaching ability in sports psychology. As it is a long-term process to integrate sports psychology knowledge into physical education teaching, it is bound to formulate a very detailed teaching plan. When making plans, the physical education teaching team in the school should ensure that the contents of the class hours are synchronized with the overall teaching syllabus in the school; After completing the preparation of teaching plan, teachers should grasp the teaching outline, fully absorb the relevant content of sports psychology, continuously improve personal comprehensive quality through learning, and lay a solid foundation for the integration of sports teaching work and sports psychology knowledge.

4. Conclusion

In a word, organizing and carrying out sports psychology teaching activities can help students improve their personal psychological quality continuously. In the process of physical education teaching in colleges and universities, the education content of sports psychology is continuously infiltrated, which can not only help students to achieve sound physical and mental development, but also help students to constantly improve their personal physical education discipline comprehensive quality. To this end, in combination with the talent training work plan and objectives formulated within the institutions of higher learning, the public physical education courses within the institutions of higher learning are included in the key curriculum system, which helps to promote college students to enhance their personal self-confidence and self-display ability in the process of participating in classroom teaching activities and daily life, so as to better adapt to the physical education teaching system implemented in the contemporary society. Efforts should be made to strengthen the efficient application of the principles of sports psychology, constantly improve the quality of physical education teaching, and lay a good foundation for the comprehensive development of students.

References

- [1] Cao Z. *Discussion on the integration of college physical education into sports psychology education [J]. Sports Science and Technology Literature Bulletin* 2022; 30 (05): 182-184.
- [2] Huang D. *Analysis on the integration of college physical education into sports psychology education [J]. Sports Science and Technology Literature Bulletin* 2020; 28 (02): 53-55.
- [3] Zhu Y. *Discussion on the integration of college physical education into sports psychology education [J]. Sports Fashion* 2019; (11): 225-226.