



The Application of Sports Psychology to Physical Education

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Abstract

As an important branch of psychology, sports psychology studies people's psychological activities and occurrence and development of rules under the condition of sports activities. This paper discusses the significance of the connotation of physical psychology in the application of physical education, and discusses the role of physical psychology in the application of physical education from the aspects of eliminating students' negative emotions in the process of learning, stimulating students' interest in learning, improving students' attention, and mastering students' exercise load.

Subject Areas

Physical Education

Keywords

Sports Psychology, Physical Education Teaching, Application

1. Introduction

At present, sports psychology has been widely recognized that sports psychology has become a major component of social psychology. It is a social science that discusses the human psychological problems and their generation and development in the specific environment of human sports (including physical teaching, extracurricular sports and competitive sports). The rational use of sports psychology in school education, is so that the teaching method can activate the potential of students, to increase the enthusiasm of students to participate in learning, but also for the whole teaching to create an active atmosphere, effectively improve the students' initiative, efficient and happy teaching mode.

2. Related Concepts in Sports Psychology

As a branch of social psychology, sports psychology is a kind of knowledge that

discusses the human psychological state and its generation and development under the specific environment of human participating in sports activities. Specifically, sports psychology is the psychological science of consciousness, emotion, and activity in the context of sports. It is a branch of sports education psychology that discusses the psychological activities of teachers and students and the rules of the generation and development of psychological quality in the process of sports.

3. The Significance of Physical Psychology in Physical Education

With the deepening of the reform of physical education in schools, the leading role of teachers is fully integrated with the subjectivity of children, so as to give full play to the subject ability of children [1]. In particular, the idea of educational psychology is applied to the link of physical education teaching activities in schools. The physical and mental behavior relationship between teachers and students covers all teaching, from the teacher's appearance, speech, behavior to the choice of educational places, sports equipment, sports teaching situation, etc. From the setting of sports courses, the combination of training methods, the careful organization of educational activities, and the positive guidance of students' psychology, these factors will directly or indirectly affect learners' mentality and teaching interest.

4. The Role of Sports Psychology in College Sports Curriculum

4.1. To Eliminate Students' Negative Emotions in Study

Nowadays, the teaching reform is being further promoted, and quality-oriented education is its key. The implementation of quality education for primary and secondary school students lies in conforming to their physical and mental growth law, exploiting their potential, mobilizing their learning and creativity, and improving their own quality as a whole. In the course of PHYSICAL EDUCATION in colleges and universities, the rational application of physical psychology can conform to the law of students' physical and mental growth, reduce students' negative mentality, improve their initiative, cultivate their physical quality and activity ability, and achieve the main goals of physical education and quality education.

4.2. To Improve the Mastery of Knowledge and Skills

In sports course, when students are facing difficulties, helpless, as if a reasonable use of sports psychology, adjust the tension of the student, can make his good command of basic knowledge of sports and sports technology, and then through a standard, scientific and systematic sports exercises to achieve the enthusiasm of students to practice, strengthen the student's study effect and academic status, thus comprehensively High school students' physical performance, finally formed

a good learning attitude and requirements.

5. The Application of Sports Psychology in Sports Teaching

5.1. It Is Helpful to Fully Mobilize Their Interest in Reading and Promote Their Formation of Interest

Interest is the main driving force in the process of knowledge learning. In the investigation of today's physical education teaching, it is found that some students do not want to try for their own reasons, such as simple fear of being hurt, or because the coefficient of some sports is relatively large. They will have an aversion to learning, resulting in the overall completion effect of these students is not very ideal. However, we should also understand that the important way to improve the quality and efficiency of teaching is to mobilize students' interest in learning, so that they can form interest, and through the rational use of sports psychology theory can achieve such a goal. In classroom teaching, teachers should clarify the purpose of classroom teaching at the beginning of each class, explain the significance and role of each movement in physical practice, so that children can form a strong sense of goal while mastering the movement and arouse their interest. Teachers must grasp the psychological characteristics of children to educate, so that they have an interest in reading.

5.2. Timely Understanding of Students' Exercise Load, to Promote Students to Recover

The application of sports psychology in school physical education curriculum can play a good auxiliary role in the whole teaching. In the course of physical education teaching activities, they spend a lot of time on classroom exercises. After a physical education exercise, their bodies begin to accept the influence of high intensity load [2]. In this case, their energy will be in a highly focused and excited phase, and their muscles will be in a more powerful phase. Therefore, after the class is over, the teacher should guide the children to do some projects that can relax them. For example, the teacher can let them participate in some activity competitions with relatively slow movements, or simple relaxation walking and other ways can play a good relaxation effect. At the same time, the weight of this activity is relatively small, so that the students' tight muscles can have a good relaxation effect. At the same time, this kind of soothing movement can help them adjust the excitatory center of the cerebral cortex, so as to help their central nervous system to carry out reasonable release and control [3]. Teachers should personally give good demonstrations to students, which can not only improve students' physical fitness, but also ensure the teaching effect.

5.3. To Cultivate Students' Independent Thinking about Sports

Teacher teaches the movement theory of knowledge requires the learners' positive thinking to digest for their own things, this is the sports course required by the teaching effect, especially in some courses about sports, need both learners

positive thinking, also need to learners through active practice to learn basic technology of motor movement, skill and technique, which requires learners to do “Work in one”. At the same time, students need to gradually learn how to think in the learning stage. Teachers need to guide students to think while introducing various movements and skills. This arouses the students’ interest, thus comprehending the knowledge point, and can realize the actual goal in physical education.

6. Conclusions

To sum up, sports psychology plays an important role in physical education. Nowadays, we should promote the establishment of sports psychology curriculum, form a perfect teaching method, guide the development of sports curriculum and exert the value of sports psychology. And to increase the training of physical education teachers, so that the teacher’s dominance and the initiative of students are more closely connected. It can have a positive educational impact on students, realize the healthy growth of body and mind, and help teachers to achieve the purpose of quality education.

This paper mainly discusses the basic characteristics and changes of the psychological process of people in sports, and the relationship between personality differences and sports. The deficiency lies in whether there are sports practices that can prove and study the short-term and long-term effects of sports on the formation of people’s mental processes and personality traits. For example: what effect does aerobic exercise have on people’s level of psychological anxiety in the short term and in the long term? Does long-term physical training enhance or improve athletes’ personality? Does physical activity enhance autonomy and responsibility in the daily life of people with disabilities?

Future research and development: sports psychology as a sport psychology a sub disciplines of biology, refers to clarifying sports psychology rule, and exploring people psychological phenomenon in sport activity characteristics and behavior change rule of the knowledge, is with the spirit of psychological science and human society, the common development of material civilization and the formation and development. Currently, as a field of sports biology has been widely used in sports training, sports competition, and physical health, etc., many versions of the above aspects of sports psychology research has special book, so in this chapter the author will discuss sports psychology in the actual application situation of the public physical education teaching in colleges and universities, the introduction to his own conclusions. The basic task of sports psychology is to explore the psychological movement of people in the movement of capital. There are many forms of psychomotion problems in human sports behavior, which can be divided into cognition, emotion and will in terms of psychological process.

Conflicts of Interest

The author declares no conflicts of interest.

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