

Impact of Yoga Program on Physical Education Students' Physical and Mental Health

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Abstract: With the continuous progress of the times, people's material living standards are increasing, but at the same time, in the face of fierce competition in the market, people's psychological pressure is further increased, especially for college students, they are facing greater academic and employment pressure, in the face of greater psychological burden, it is necessary to start from the curriculum teaching, strengthen the design planning, so as to promote the overall development of students. When physical education students are engaged in special sports training, it is required to innovate and optimize the curriculum, and introduce yoga course into it, so that students can relieve pressure, maintain strong physical quality at the same time, but also have a high psychological quality, can calmly deal with all difficulties and setbacks, and really get personal progress and growth. This paper will focus on the yoga curriculum and explore its important impact on the physical and mental health of physical education students, so as to provide feasible suggestions for relevant educators.

1. Introduction

With the further development of quality education and the concept of core literacy, the concept of teaching in colleges and universities has also seen significant improvements, requiring emphasis on the overall development of students' physical and mental health, which can enable them to maintain a healthy, optimistic and positive mindset while ensuring their subject specialization, so that they can face all setbacks and difficulties in life with a more relaxed mindset. Physical education students are engaged in daily course learning, due to the special nature and complexity of sports, often need to carry out high-intensity training, only to maintain good physical quality, in coordination and stability to a high level, at the same time can relieve the psychological pressure, in order to truly obtain the skills needed to master the profession itself, so as to achieve all-round development. Under the existing situation, in order to further improve the physical and mental health of college physical education students and make them grow better and faster, yoga courses can be introduced into them, thus relieving the physical and mental pressure of college students and laying a solid foundation for the smooth implementation and unfolding of physical education.

2. Physical and Mental Health Condition of Physical Education Students

For physical education students, they need to maintain a high physical quality and a stable state in terms of physical functions in order to achieve comprehensive development. Due to the complexity and specificity of the physical education profession itself, students have high skill requirements and need to master the corresponding sports skills through a variety of high-intensity training, which often leads to burnout in the actual training, and some students even lack a reasonable exercise plan, and there are few people who can adhere to special training for a long time, which to a certain extent hinders the development of physical education teaching. The development of students' health consciousness is weak, which leads to the loss of objectivity and rationality of the whole sports, and in the process of specific training, not only can they not learn and master the relevant skills, but also will further cause physical injuries, which will have a negative negative impact on physical education students. In addition, with the advent of the network era, the rapid development of the Internet has a profound impact on college students, and it is difficult for physical education students to get rid of the temptation of information technology, and the whole physical education training is only limited to physical education classes, and they do not spend a certain amount of time in private for the development and consolidation of relevant sports skills, which is a certain threat to their physical and mental health. In the new era, it is necessary to change the course teaching mode, explore new course teaching methods, focus on the students' skills training at the same time, it is more important to pay attention to the greater psychological pressure shown by the special period of physical education students, so as to take appropriate measures and means to help college students to participate more actively in sports training and obtain comprehensive development in physical and mental health.

3. Awareness of Yoga Exercise

Yoga exercise first originated in ancient India, with high scientific and rational. It can help people effectively coordinate body and mind, through proper training so as to achieve physical and mental stretching, and lay a solid foundation for engaging in other activities. Yoga, as a foreign word, represents union and bondage in its own interpretation of meaning. With the help of this exercise, people can effectively mobilize and focus their attention, so that it can be more scientifically used and implemented, and through the adjustment of postures and control of breathing, to ensure that people can always maintain a high level of energy, so as to achieve the efficient use of their own potential. Yoga is a form of physical, psychological and natural exercise that can be used to improve the physical and psychological health of the trainer, while at the same time relaxing and adjusting the mind. With the progress and development of society, modern people often face greater psychological and survival pressure in the process of engaging in material production activities, and it is influenced by this that yoga has become popular among the public. The foundation of yoga is based on ancient Indian philosophy, and in the long-term development of practice, it has formed a relatively sound exercise system, which has an important role in the growth and development of people. Especially in the teaching of physical education students in colleges and universities, it is required to combine the objective needs of the development of the times, optimize and upgrade the curriculum, change the previous relatively single teaching mode, need to integrate the yoga course into the daily curriculum teaching, through this non-confrontational form of exercise, help physical education students to change their mentality, can be more active psychologically engaged in a variety of sports training, and maintain physical and mental health. The exercise value of yoga is obvious, as an ancient form of exercise, in the specific application of practice, functional has been given greater play, integrated breathing, regulation and cardiorespiratory function, etc., in addition to the actual training process, also involves and includes

balance and flexibility training, through the asana training, in the bodybuilding at the same time can also strengthen the trainer various muscle groups For physical education students, regular participation and engagement in yoga courses can also keep the body and mind healthy and happy, and obtain a relaxed psychological state, which can to some extent alleviate the adverse effects of traditional training on the physical and mental development of students, thus effectively regulating the nervous system and endocrine system and improving human health [1].

4. Effects of Yoga Courses on Physical and Mental Health of Physical Education Students

(1) Yoga meditation makes the practitioner healthy in body and mind

As one of the important methods of yoga training, yoga meditation can keep the trainer's body and mind clean, mainly adjusting the trainer's mental state, so that he or she can always maintain an optimistic and positive attitude. Meditation requires the trainer to let go of all distractions, and on this basis, completely relax the body and mind, both the outer body and the inner mind, to achieve a state of celestial unity, to deeply feel the deep inner peace and stability, so that the inner harmony and stability can always be maintained. The positive impact of regular meditation training on the physical and mental development of college physical education students is self-evident, as it enables them to maintain a stable state of mind and body, and to achieve harmony and unity in physical quality and physical and mental health. If the physical and mental state of sports majors is in a long-term anxiety, the body's resistance will be further weakened and the possibility of diseases will be increased, which often hinders the specialization of sports training. Therefore, it is necessary to integrate yoga exercises into the specialized training to achieve a good relaxation and concentration effect, so that the trainer can maintain a relatively calm state, relaxation and mental and spiritual pleasure. From the development of meditation as a form of training, it has been more and more widely used in modern society, and its value has begun to receive attention. As a healthy lifestyle, it has penetrated into the curriculum of physical education students in colleges and universities, and has a significant role and impact on improving the teaching effect of the curriculum and promoting the development of students' physical and mental health. In addition, it can also quickly mobilize and focus students' attention, thus reducing the negative psychological implication when students are engaged in sports training, helping students improve their bad life and sports habits and truly achieve all-round development.

(2) Yoga practice can improve the physical quality of physical education students

There are many functionalities in yoga practice. For physical education students, in order to achieve all-round development, they need to maintain good physical condition first, which is the prerequisite and foundation for engaging in other sports training. With the help of yoga training, students' body form can be improved and adjusted. The university level is supposed to be a period of consolidation and development of students' spine, and stresses, whether from studies or daily life, may affect students' body form and further threaten their physical and mental health [2]. Through yoga asanas, the training and consolidation of different postures among physical education students, with the help of twisting, balancing and bending postures, promotes the development of muscle groups on both sides of the spine, so that they can maintain a high level of stability and balance. This form of exercise also has a positive effect on promoting blood circulation in the spine, helping students to develop their muscle strength in a balanced way and to maintain a good muscle tone. Secondly, yoga practice can also have a positive impact on the internal organs of college students. Yoga exercise is a kind of static exercise from the morphological point of view, which means that although the operation technique of the exercise is relatively simple from the external form, it often consumes a lot of energy when the movements are in place, and on this basis, the blood in the body will accelerate the circulation, thus effectively exercising the students' heart function and using the

massage and traction on The massage and traction of internal organs promote the normal secretion of digestive enzymes and effectively reduce the occurrence of other diseases. In addition, through appropriate yoga training, it also has a positive impact on improving the coordination and stability of the body of physical education students. This characteristic meets the practical needs of quality education. For physical education students, the flexibility and agility of their bodies will be enhanced through yoga training, which will enable them to better engage in relevant sports training and thus gain overall development in sports skills. In addition, the balance and flexibility of athletes can also be enhanced through regular body balance training, with the help of yoga, a new form of training, so as to improve the physical fitness level of sports students and lay a solid foundation for their training in other sports. With the help and influence of yoga, the coordination and flexibility of sports students' muscles can be further enhanced, mainly by exercising their core ability, and for them to really improve their professionalism, they must start from the details, with the help of diversified training forms, so as to achieve faster growth. And yoga in the actual training, the types and forms are more diverse, which can enrich and improve the physical education curriculum to a certain extent, for the students of physical education, can also stimulate their interest in learning, so that they really feel the charm of this sport, while practicing the relevant movements should not only pay attention to the accuracy and fluency of the movements, but also need to pay attention to the aesthetics of the whole movement, to obtain a more beautiful The aesthetics of the movement Only by truly achieving the organic unity of aesthetics and skills can we show more levels of charm when we engage in related sports activities later. It is important to note that yoga is a unique form of exercise that is incomparable to other training programs in terms of core stability. The teachers should see the important role of this form of exercise, so that it can be infiltrated into students' professional courses, and become a prerequisite and basis for teaching a variety of skills, so as to improve students' physical fitness level with regular and periodic training, and really practice the actual needs of quality education regarding talent training, and provide higher quality sports talents for society [3].

(3) Yoga education can improve students' mental health

Yoga has a key role for students of sports majors, in the process of engaging in sports training, as the trained, students often have to carry out a lot of training, the intensity and difficulty of training is incomparable elsewhere, so this has caused a great burden on students' psychological as well as physical, to get rid of and alleviate this burden to a certain extent, it is necessary to start from the practical, with the help of diverse In order to get rid of and relieve this burden to a certain extent, it is necessary to start from the practical point of view and make use of various forms of training, so that they can gradually get rid of the bondage of training and can really get physical and mental relaxation. Yoga as a sport, it pays particular attention to aesthetics, in the long-term development of practice has formed its own characteristics, the sport exists in the physical and psychological interaction, mainly through the body's mechanisms training, so as to exert greater and more influence on the psyche, it can stabilize the autonomic nerve, eliminate and relieve stress, so that the trainer can maintain a relaxed and happy state, to achieve the effect of emotional enhancement. The effect. In a quiet environment, under the guidance of the teacher, the students will conduct a more focused yoga training, listening to soft music to obtain the ultimate relaxation in body and mind, through certain yoga postures and meditation training, so as to unify their intention to focus on the body and emotions, with the help of breathing and each posture with each other, to regulate the nervous system, improve mental health, and cultivate students to develop a more optimistic and The meditation training can also strengthen the body. In addition, yoga training can also strengthen the body, which to some extent is a direct reflection of the requirements of quality education, for physical education students, it is necessary to use this unique form of exercise yoga, so as to strengthen the body's core ability, in terms of stability and coordination can reach higher

requirements, so as to obtain better development, can always maintain a light posture, in the conduct of The relevant movement training pays more attention to aesthetics, using scientific methods to help college students gradually understand and appreciate the true meaning of life, so that they can truly feel the value and meaning of existence, and in the process of physical education course training, they can fully show their value and meaning, so that the body and mind can always maintain a healthy state [4,5].

5. Conclusion

For college students, physical and mental health is very important, and college physical education students, because they need to face substantial training in their daily lives, which leads to further increase their physical and mental pressure, with the help of yoga training this way, can stimulate the bones, so that they maintain stability and coordination, which is conducive to shaping the healthy form of college students, so that they always maintain a beautiful posture, in addition, the In addition, the implementation and development of the exercise can further enrich the physical education curriculum, adapt to the actual needs of modern education development, truly cultivate high-quality sports talents for society, cater to the real needs of students' physical and psychological development, help them realize their own value, maintain a healthy, optimistic and positive mindset in continuous training, improve the quality of teaching and learning, and obtain diversified development.

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