

The Application of Psychology in Physical Education

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Abstract: In recent years, with the promotion of the reform of teaching system in universities, universities have gradually begun to pay attention to the education of students' comprehensive quality, among which physical education (PE) in universities is one of the important components. PE teaching is an important course to establish the active and healthy sports thoughts of teenagers in the new era and improve their physical quality. Under certain school education conditions, the changes and development rules of various psychological phenomena of young people in PE teaching are of great significance to the formation of all-round development of personality and moral behavior norms. If we pay attention to students' psychological growth and let them have a good attitude in class, it will certainly improve students' quality and achieve excellent teaching. PE is a course to cultivate teenagers' positive sports thoughts and improve their physical quality, which plays an important role in comprehensively cultivating students' comprehensive quality in universities. Exploring the specific application of PE psychology in PE in universities is of practical significance to the smooth development of PE courses.

1. Introduction

With the continuous improvement of people's material level and the popularization of sports, people's understanding of sports has gradually deepened, and sports have slowly entered people's life and gradually become a part of life [1]. In this modern society with high material and cultural level, healthy physique has also become a kind of life guarantee most sought by a wide range of people. Physical education (PE) is an important part of college teaching, which plays an important role in improving students' physical quality and shaping good quality [2]. The quality of PE in Colleges and universities is affected by many factors, among which psychology is the internal factor affecting students' PE learning and an important content worthy of attention. As a branch of psychology that guides students to cultivate an optimistic attitude, positive psychology plays a certain role in cultivating students' positive cognition and positive action in PE Teaching [3]. At the same time, the research of sports psychology in college sports teaching focuses on students' cognition of sports activities, students' emotion, sports purpose, students' personality and physical function differences, mainly to explore students' psychological activities and psychological quality in sports teaching [4].

At the same time, sports psychology and cognitive psychology are commonly used in PE. Sports psychology is a branch of psychology, which studies the psychological characteristics and laws of people engaged in sports. Sports psychology can provide scientific guidance for sports training, effectively avoid unhealthy psychology in training, make sports training more targeted, and further improve the efficiency of sports training [5]. Therefore, how to apply the knowledge of sports psychology in sports training has attracted more and more people's attention and become a hot topic of discussion. In view of this, in college PE teaching, teachers should fully realize the influence of students' psychology on PE learning, pay attention to the application of sports psychology knowledge and guide related PE teaching activities [6]. Cognitive psychology is an important embodiment of the modernization of psychology. The theory has realized the transition from the traditional behavior research of psychology to the research of cognitive field. It is a comprehensive analysis of people's normal cognitive behavior and a scientific analysis of people's information

cognitive process when carrying out cognitive activities. Applying it to teaching activities together with modern pedagogy theory will comprehensively form educational psychology. With the continuous improvement and development of cognitive psychology theory, it will exert its unique advantages in PE teaching and various courses teaching, and provide assistance for the development of education [7].

2. The Connotation and Function of Psychology

2.1. The meaning of psychology

Psychology is an applied subject. Educational psychology is the main subject of psychology. It mainly studies the field of education, especially for the changes of various psychological phenomena and the occurrence and development of individual psychology in the process of school education, and reveals its general laws and its application in educational practice. The contents include learning and teaching psychology, moral psychology and cultivation, discipline psychology, difference psychology, special education psychology, school psychology teaching, etc. Study various psychological changes and development laws of college students in the process of PE teaching and competition, so that the educated can better master psychological knowledge and skills under certain school education conditions, give full play to their spiritual guidance and support role, and form an all-round development of personality quality and moral code of conduct, This is of special significance for college students to practice the socialist core values after they go to work. Therefore, how to apply psychological knowledge in sports training has attracted the attention of more and more people in the industry and become a hot topic. In view of this, in college PE teaching, teachers should fully understand the impact of students' psychology on PE learning, pay attention to the use of psychological knowledge and guide relevant PE teaching activities [8]. For the application of psychology in PE in China, we should start from the following aspects: pay attention to combining the psychological characteristics of teenagers; Research on the influence of psychology on physical exercise; Explore the relationship between physical exercise and learning; Explore the influence of PE learning on daily learning; Explore the interaction between psychology and spirit in sports activities. Only by setting the general direction of research can we better promote the applied research of psychology in PE and make it play a greater role.

2.2. The role of psychology

As the main activity place for students, the school plays a special role in the cultivation of this aspect. The majority of scholars are committed to exploring the most effective training mode, and PE, as a part of education, is constantly influenced by the ideas of active cultivation and neo-Confucianism. Especially, with the extensive development of active education, the concept of positive philosophy has gradually penetrated into the sports field. Positive psychology is a science dedicated to studying positive qualities such as human development potential and virtue. Positive psychology is a psychological trend of thought that studies positive aspects such as human strength and virtue by using relatively perfect and effective experimental methods and measuring means of psychology at present. It is of special significance to introduce the theory of positive psychology into PE, which can solve the problems existing in PE at the present stage to a certain extent and establish a new teaching model, which has far-reaching influence on the development of PE in universities [9]. Positive psychology can not only help people who are facing psychological troubles get out of trouble, but also help normal people learn how to build high-quality personal and social life. In some aspects, positive psychology pays more attention to people's positive subjective experience and optimistic personality. By shaping the positive aspects of personality, it can help us achieve our goals better, actively participate in work and study, and enjoy life more effectively. During the period of college students' learning pressure is high, and they often face troubles such as study, making friends, life, etc., while positive thoughts often make students have higher moral standards and social adaptability, so that they can face pressure and adversity more easily, realize their own values and find their own advantages. Therefore, in the PE classroom teaching, we try to

use positive psychology to solve some puzzles in the classroom, and arrange the PE course teaching in a positive way.

3. The Feasibility and Importance of Applied Psychology in College Sports

3.1. Feasibility of Applied Psychology in College Sports

Positive mental health education is based on the theories and ideas of positive mental health, positive psychotherapy, positive psychology and positive education. It forms a theoretical and practical system that aims to improve individual mental health in a purposeful and planned way. Positive mental health education emphasizes that according to the physiological and psychological development characteristics of the educational object, taking people's goodness as the value orientation, and using positive contents, methods and means to positively develop and cultivate individual positive psychological quality, so as to promote the overall and harmonious development of the individual. For positive psychology, its research work in education and teaching focuses on psychology and achieves corresponding results, but there is less research in the teaching of other disciplines, especially PE [10]. As an effective supplement to traditional psychology, the principle of positive psychology plays a significant guiding role in subject teaching. College Students' bone and muscle development has reached the adult level and can withstand intense physical training. At the same time, the psychology of college students gradually tends to mature, can rationally analyze other people's opinions, and can well accept the psychological guidance of teachers in the process of training. In addition, college teachers pay more and more attention to students' psychology in physical training, and have certain theoretical knowledge of sports psychology. They can give certain psychological guidance according to students' performance. It is feasible to apply psychological knowledge in college PE. At the same time, the benefits of "quality education" in teaching are obvious. Therefore, people pay more and more attention to "quality education" in teaching reform. In PE, teachers should pay more attention to the common development of students' body and psychology. The good use of sports psychology can effectively reduce students' negative emotions, improve students' initiative in class, and play better with a healthy and positive attitude. Only in this way can we achieve the all-round development of students' body and mind, so as to implement quality education and complete the teaching objectives of the new curriculum.

3.2. The Importance of Applied Psychology in College Sports

In today's society, competition is everywhere, and competition is everywhere. It is true that competition promotes development, competition promotes innovation and competition inspires people. PE class's quiz competition, standard-reaching competition, university sports meeting at all levels and "Campus Sports Festival" and other competition activities are strongly and vividly competitive. As we all know, the muscles and psychology of college students in physical training are relatively tense. Being in a state of tension for a long time will have a certain negative impact on students' psychology. Therefore, in order to avoid students' bad emotions, teachers can guide students to relax training during training intervals. This is undoubtedly an effective training and experience for college students' self-confidence psychology to cultivate their good psychological will to fight bravely, challenge bravely and forge ahead in face of difficulties. It will also lay the ideological foundation for them to practice the core value system and gradually form good psychological and moral behaviors. Using psychology to teach students' sports skills is very important for PE teaching in schools, and it is an important manifestation of students' sports ability. If the performance of students' ability level is not ideal, using psychology to realize PE, first of all, teachers should analyze the causes according to the existence of problems and determine the problems in PE. It is determined that students are deeply learning about related knowledge and skills, and that students are interested in sports and have positive emotions. Figure 1 shows the use of psychology to realize teaching. At the same time, teachers should make full use of psychology and code the relevant application steps in the process of sports skill teaching. Common coding methods include freedom, language, kinesthetic and representation. In the process of practical

application, teachers should choose the corresponding coding mode according to the characteristics of students and the actual teaching. Figure 2 shows the selection of common coding methods.

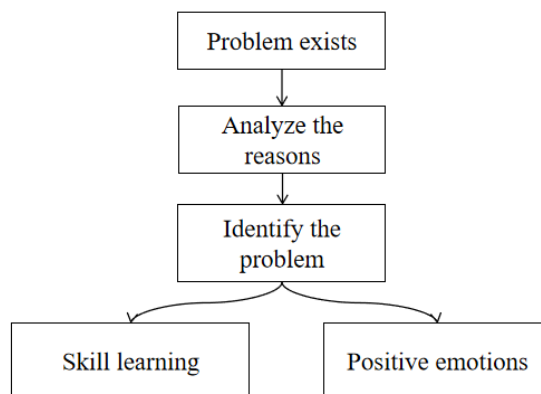


Figure 1 Using psychology to achieve teaching

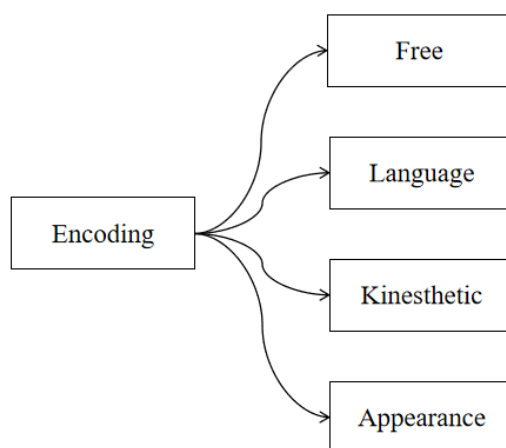


Figure 2 Common encoding options

4. Conclusions

For the development and Realization of school PE teaching, the deepening of psychological theory will provide teaching guidance and teaching power for the actual teaching development of the course. Therefore, teachers should strengthen the theoretical research of psychology, deeply understand its important driving force in the process of teaching activities, and on this basis, constantly promote and realize the full application of this theory in modern PE. Apply psychology well in PE teaching, let students invest in learning with a good attitude and high enthusiasm in a relaxed learning atmosphere, so as to achieve the all-round and healthy development of body and mind, and let teachers achieve the purpose of excellent teaching. At the same time, in PE teaching, teachers should improve their understanding, fully understand the impact of psychological factors on students' physical training, do a good job in PE teaching research in combination with the characteristics of PE curriculum, and timely use psychological knowledge to guide students' training, so as to enable students to develop good psychology and promote the smooth completion of PE teaching objectives.

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