

# The Application of Sports Psychology in the Teaching of Physical Education of Universities

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## Abstract

**In recent years, under the impetus of the reform of the teaching system in colleges and universities, major universities have gradually paid attention to the development of students' comprehensive quality, and physical education classrooms have played an important role as one of them. Exploring the specific application of sports psychology in physical education teaching in colleges and universities has practical significance for the smooth development of physical education teaching courses. This paper uses research methods such as literature data method and logical analysis method to explore the application of sports psychology in physical education teaching in colleges and universities, and draws relevant conclusions, hoping to improve the quality of physical education teaching and promote the all-round development of students.**

## Keywords

**Sports psychology; physical education teaching; application.**

## 1. Introduction

In school sports, sports psychology plays a very important role, it can help improve students' social adaptability, cultivate mental health, but also help students learn to self-psychological regulation in sports, prevent sports injuries and so on. When students play sports in school, they will form different psychological states due to different environments and experiences, which will affect students' sports behavior. Psychological state mainly has two levels: positive impact and negative impact, and the negative psychological state caused by exercise will hinder students' life and learning, resulting in hindered students' all-round development. As a scientific intervention means, sports psychology can be used rationally in the teaching of physical education in colleges and universities, which can effectively improve the negative psychological state of students, thereby promoting the all-round development of students, and helping students cultivate stable character characteristics, which is of great significance for colleges and universities to cultivate new people of the times who are worthy of the heavy responsibility of national rejuvenation.

## 2. Overview of sports psychology

As a kind of applied psychology, sports psychology is an important branch of psychology, and its main research content is the psychological performance of people participating in sports and related movement laws [1]. Specifically, the main research goal of sports psychology is to study the impact of psychological factors on people's movements and related sports performance.

The traditional study object of sports psychology is mainly aimed at the psychological problems of athletes and the psychological conditions of athletes. Nowadays, the scope of sports psychology research objects has expanded, and students' psychological quality and personality quality are cultivated according to the physical education teaching curriculum offered by the

school. The rational use of sports psychology intervention methods in college physical education teaching not only has a positive effect on the teaching effect, but also can reasonably guide the formation of students' healthy psychology, so that college physical education teaching can achieve the goal of educating people more concretely.

### **3. Discussion on sports psychology in College Physical Education**

#### **3.1. Students' emotional anxiety and tension affect the teaching effect**

Emotional state can directly affect the effect of physical education teaching, and good emotions can help students quickly master sports skills and enhance learning ability. The impact of this emotional state is particularly evident in physical education, the reason is that physical education is a teaching process in which the body is directly involved, the emotional state has an enhancing effect on the improvement of physical coordination and other athletic abilities, and a good emotional state can enhance students' sense of self-efficacy and better achieve physical education goals. In the actual teaching process, due to the influence of students' sports foundation and other reasons, most students will often get a poor emotional experience due to the inability to meet the requirements of sports technology, and if there is no scientific intervention in this psychological state, it is very likely to affect the students' interest in actively participating in the physical education classroom. Anxiety refers to an emotional state of nervousness and fear that is formed by an individual's frustration of self-esteem or self-confidence due to inability to achieve goals and inability to overcome certain obstacles. In the process of physical education teaching, the excessive intensity of training can easily make students unable to achieve the expected training effect, so that students have anxiety and nervous psychological state, resulting in poor final learning effect, and teachers' high expectations of students will also lead to such psychological states. Therefore, when teachers teach physical education, they should set reasonable training intensity and goals, and formulate appropriate training plans based on the laws of students' physical and mental development.

#### **3.2. Inattention or short duration**

Attention is the direction and concentration of mental activities on a certain object, and is a common psychological feature accompanied by mental processes such as perception, memory, thinking, and imagination. Kenya points out that human attention resources are limited, and it is easy for people to feel tired when their brains are highly active in the attention state [2]. Whether it is a physical education discipline or other disciplines, interest is always an effective means to attract students to participate in classroom learning and improve learning efficiency. In physical education teaching, if teachers do not pay attention to the use of teaching methods, only use a single teaching method to instill teaching content in students, it is very easy to make students' attention inattention, which in turn affects learning efficiency and learning effect. Teachers should make reasonable use of teaching methods and body language, pay attention to changes in students' psychological states, and make adjustments in a timely manner to improve the teaching effect.

#### **3.3. Lack of interest in learning**

Learning interest is an internal driving force for a student's learning and an important factor in the success of teaching. Interest is an important trigger for people to perform a certain behavior. Students' learning interest is an important factor to stimulate students' internal motivation to learn, high learning interest can enable students to learn the teaching content with more concentrated attention and a pleasant emotional state, teachers should reasonably use teaching methods in physical education teaching, such as publicizing the deeds of outstanding athletes, etc., to stimulate students' desire to learn, and participate in physical education with a full attitude. Sports psychology shows that interest is a good aid to promote students to quickly

master motor skills, and interest can stimulate students' subjective initiative, thereby affecting the teaching effect.

## **4. Application of sports psychology in College Physical Education**

### **4.1. Using psychological exercise to enhance students' psychological quality**

The mental skills possessed by an athlete are the guarantee of victory in competitions and the attainment of specific goals required in individual or group events [3]. Teachers should reasonably add different psychological connection methods to the teaching, so that students can master the skills of adjusting the psychological state, so that students can maintain a confident emotional state for a long time in practice and competition, enhance students' sense of self-efficacy, and enable students to better master new motor skills or play a better competitive state in competitions. In the actual physical education teaching process, psychological contact methods such as mental connection methods such as mental exercises of mind control method, psychological exercises of self-regulation method, psychological exercises of drill methods, and psychological exercises of relaxation methods can be used to intervene in students' poor psychological states such as anxiety and tension, and help students to carry out physical education learning with a better psychological state.

### **4.2. Improve teaching environment and optimize teaching methods**

The application of sports psychology in the process of physical education needs to create easy teaching situations in combination with practical teaching needs to help students concentrate and participate wholeheartedly. At the same time, teachers need to allocate reasonable venues and equipment to prepare teaching equipment and facilities to promote students to maintain a sense of comfort and obtain a rich learning experience in the process of participating in sports. The optimization of teaching methods should first start from the teachers themselves, and teachers should fully understand the impact of teaching methods on teaching effects, change their traditional cognition, and take the initiative to make changes. Secondly, teachers should appropriately improve their theoretical level and master the relevant knowledge of sports psychology, so as to better guide practical teaching. Finally, teachers should help students recognize the important role of mental health, whether it is physical education, or life and interpersonal communication, a good psychological state can help students face future challenges with more confidence.

### **4.3. Stimulate students' learning motivation according to different temperament types**

Athletic motivation is the psychological intrinsic motivation that drives an individual's participation in sports. Physical learning motivation refers to the internal psychological drive of an individual to learn and participate in sports [4]. Students with a multi-blood temperament type have the characteristics of sensitive response and negative emotions, such students can not be interested in simple and monotonous movements, but have a strong interest in learning new movements. If such students are encountered in teaching, they must use diversified teaching methods, teaching tools, and teaching environments to stimulate students' interest and motivation in learning, and teachers need to be patient to tutor wrong actions. Students who are mainly mucus type are prone to inertia in physical education learning, and the time to master the action is slower than other types, so teachers should fully consider the characteristics of students' temperament types when teaching, and use competition teaching methods, game methods and other teaching methods to stimulate such students' learning motivation. For students who are mainly depressed, they are not good at innovation, timid in communication, and lack decisive spirit, for such students, teachers need to give students positive guidance and positive encouragement in a timely manner according to their

personality characteristics, so as to help students experience success and improve their confidence in learning.

## 5. Conclusion

As an important reserve force for the future development of the country, college students are in a critical period of development, and the scientific shaping of the physical and mental state of college students is conducive to promoting the all-round development of students. Therefore, in the process of physical education teaching, teachers should fully recognize this key point, actively improve their own teaching methods, rationally use sports psychology knowledge, grasp the laws of students' physical and mental development, and carry out targeted teaching activities. The use of sports psychology knowledge in physical education teaching can not only help students better master sports skills and sports knowledge, cultivate students' lifelong sports awareness, but also effectively improve the effectiveness of physical education teaching in colleges and universities. Based on this, in the future, physical education teaching in colleges and universities should pay more attention to the important role that sports psychology can play, and contribute to the cultivation of more competitive newcomers of the times.

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