

RESEARCH ON IDEOLOGICAL AND POLITICAL TEACHING AND PRACTICE PATH OF COLLEGE PHYSICAL EDUCATION CURRICULUM FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Rong Huang

Department of Physical Education, Shaanxi University of Technology, Hanzhong 723001, China

Background: Educational psychology is a branch of psychology between pedagogy and psychology. It is also a bridge between pedagogy and psychology. The subjects of educational psychology research include educators, educatees and other relevant subjects in teaching activities. The research content of this discipline is the psychological process, corresponding emotional state and action taken by these subjects in teaching activities. The development of educational psychology is closely related to the teaching practice activities in the field of education. In the teaching activities, the study driving force, emotional changes, cognitive characteristics of the educated, and the teaching psychology and teaching behavior of the educators cannot be studied independently without teaching practice. At present, relevant studies have explained that the psychological process of each subject in teaching activities and obtained practical results, such as effectively improving students' willingness and efficiency of autonomous learning through curriculum design. From the aspect of practical application, educational psychology has been widely used in teaching method design, curriculum design, textbook compilation and so on. Among the many subjects in higher education, the educational psychology analysis method of physical education teaching is also special because of the particularity of its teaching method and content.

Ideological and political education is an important part of the educational concept of the all-round development of colleges and universities. It is a teaching to cultivate socialist successors according to the needs of the country for talents and students' own needs. Its teaching contents mainly include education of ideals and beliefs, education of patriotism, education of moral norms and education of all-round development. Ideological and political education is not only reflected in the ideological and political class, but also should be integrated into all aspects of college teaching and the learning life of college students in an all-round way. At present, the physical education teaching in colleges and universities and the physical quality of college students have gradually received the attention of the society and the public. The reform of physical education teaching in colleges and universities is the general trend. Under this background, the ideological and political teaching in colleges and universities should also be integrated into the physical education curriculum. At present, the subjectivity of students is less prominent in the teaching practice of colleges and universities, and students are in a state of passive acceptance most of the time. Educational psychology research shows that the stronger the dominant position of students in teaching activities, the stronger their willingness to learn and the better their learning effect. Therefore, college physical education teaching should highlight the dominant position of students while emphasizing the content of Ideological and political teaching.

Objective: This paper studies whether the ideological and political teaching practice mode of college physical education courses combined with the theory of educational psychology has a significant positive impact on students' learning psychology and the learning effect of ideological and political courses.

Subjects and methods: 198 college students were recruited from several universities in a certain area as the research objects of this experiment. Before the experiment, their performance in physical education and ideological and political courses in the previous semester was collected, and their learning enthusiasm, learning anxiety and academic burnout were measured. After the beginning of the experiment, the research objects were put into the ideological and political teaching practice of physical education curriculum designed in combination with the theory of educational psychology. The teaching duration lasted for three months. Their academic performance and related psychological status were measured again during and after the teaching process, and compared and analyzed.

Results: Figure 1 describes the changes in the academic performance of the subjects in physical education and ideological and political education at different stages of the experiment. It can be seen from the figure that the academic performance of the research objects in both aspects has been greatly improved after the beginning of the experiment, which shows that the ideological and political teaching of college physical education plays a positive role in students' academic performance in physical education and ideological and political education.

Conclusions: Ideological and political education in colleges and universities should involve all aspects of college students' school life. From the perspective of educational psychology, ideological and political education should be integrated into students' life in an all-round way to achieve the best teaching effect. On the other hand, the current physical education in colleges and universities is facing reform and optimization. Under this background, based on the research and the theory of educational psychology, a

teaching mode combining ideological and political teaching practice in physical education in colleges and universities is designed, and the experiment proves that this teaching mode has a positive effect on students' academic performance in both physical education and ideological and political education.

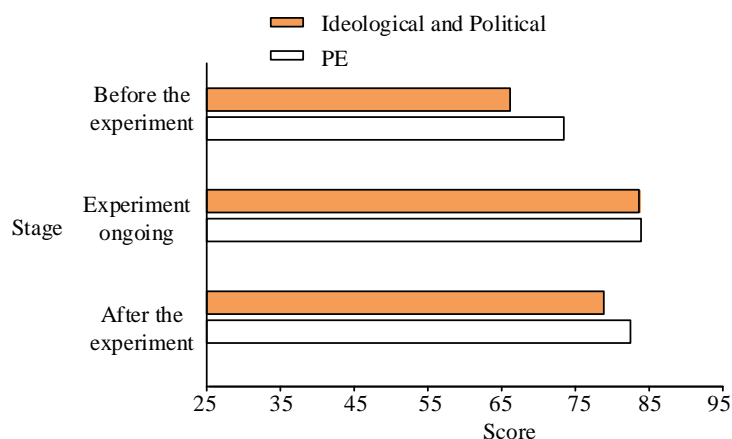


Figure 1. Changes in academic performance of subjects at different stages

Acknowledgement: The research is supported by: This work was supported by Western China Project of NSFC, Research on the Cultivation and Promotion of Intelligent Evaluation System for Personalized Exercise Prescription from the Perspective of Healthy China (21XTY012).

* * * * *

ANALYSIS ON THE COMMUNICATION STRATEGY OF SHAANXI TRADITIONAL CHINESE MEDICINE CULTURE BASED ON PSYCHOLOGICAL THEORY

Ying Ma^{1,2}

¹*Shaanxi (University) Key Research Base of Philosophy and Social Sciences-Health Culture Research Center, Xi'an 712046, China*

²*Shaanxi Institute of International Trade & Commerce, Xi'an 712046, China*

Background: In terms of psychotherapy theory, the environment and the patient's pathological factors are closely related and interact. The psychological treatment based on scientism and humanism should not only start with the general mental law and treatment methods, but also take into account the influence of local culture and social civilization environment. Although the theory of psychology discipline construction in China has developed for a short time, in the long history, the traditional Chinese medicine culture also gave birth to rich theoretical resources of psychotherapy. Traditional Chinese medicine contains systematic psychotherapy theories and medical resources, such as the theory of internal five elements, the view of integration of body and mind, etc. These psychotherapy cultural theory resources are not only the essence of social civilization at that time, but also play a guiding role in modern people's psychotherapy and social value cognition. Therefore, the transmission and inheritance of traditional Chinese medicine culture is imperative. Xi'an, Shaanxi Province, is the ancient capital of 13 dynasties in ancient China. It has a long history and profound culture. At the same time, it is also one of the birthplaces of Chinese medicine culture. As one of the core hubs of history and culture, Shaanxi is also in a key position in the the Belt and Road strategy. It is an ideal place to spread and carry forward Chinese traditional medicine culture. The communication strategy of Shaanxi traditional Chinese medicine culture can be explored from the psychological theory, seeking the connection between traditional Chinese medicine culture and modern psychotherapy, and exploring the localization of scientific psychotherapy suitable for Chinese people from the traditional culture. Based on the psychological counseling samples of modern urban residents, the study will explore the relationship between traditional Chinese medicine culture and modern psychotherapy concepts, and explore the development strategy of Shaanxi traditional Chinese medicine culture in the science, technology and humanities of the Belt and Road from the perspective of social value cognition.

Objective: Based on the relationship between modern psychotherapy theory and traditional Chinese medicine culture, this paper explores the development and communication strategies of Shaanxi traditional Chinese medicine culture. Summarize the localization factors of psychotherapy from the needs of