

## ANALYSIS ON THE ROLE OF SPORT AND MENTAL HEALTH IN SPORTS TEACHING

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**Background:** Sport and mental health is an emerging discipline developed by the integration and exchange of sports and psychology in recent ten or twenty years. In recent years, through the in-depth research and practice of sport and mental health by the majority of research scholars and teaching staff, this paper demonstrates the role of sport and mental health in promoting physical education. For example, Geng yuan, Cui Jiong puts forward the application of sport and mental health to the physical education teaching activities in Colleges and universities, and organizes physical education teaching according to the law of students' mental activities, so as to provide a scientific basis for taking reasonable teaching training and training measures in the teaching process, Wang Yongxiang, through the analysis of the practical significance and theoretical basis of physical education teaching psychology and the mental characteristics of physical education teaching, This paper puts forward that only by formulating a reasonable teaching plan according to physical education teaching psychology can we effectively improve the teaching quality and ensure the scientificity, reliability and firmness of physical education teaching. Through the analysis of the relevant achievements in the study of physical education psychology in recent years, and combined with various problems encountered in the process of physical education teaching practice, It can be clearly found that in the process of physical education teaching, if we can give full play to some characteristics and advantages of physical psychology and make appropriate adjustments to some methods and means, teaching process and demonstration methods of physical education teaching, it will not only help to improve the quality of physical education teaching and training level, but also improve the efficiency of teaching, Let students be more interested in the teaching content in the learning process. However, sport and mental health is an emerging discipline that has developed in the last ten or twenty years. The practice of sports teaching using sport and mental health is still in the stage of trial and exploration. In the process of sports teaching practice, there are still many misunderstandings about sport and mental health Therefore, it is necessary to carry out more in-depth and systematic research and Analysis on sport and mental health, and make sport and mental health better serve sports teaching according to the characteristics and laws of current sports teaching, so as to improve the quality and efficiency of teaching.

**Objective:** In recent years, driven by the reform of teaching system in Colleges and universities, colleges and universities gradually began to pay attention to the education of students' comprehensive quality. Among them, college physical education is one of the important components. Physical education teaching is a course to cultivate teenagers' positive sports thought and improve their physical quality. It plays an important role in comprehensively cultivating students' comprehensive quality in Colleges and universities. Exploring the specific application of physical psychology in college physical education teaching has practical significance to promote the smooth development of physical education teaching courses.

**Subjects and methods:** 1. Cultivate exercise habits and improve the ability of focusing attention. Physical education teaching should follow science. In physical education teaching, we should cultivate sports habits rather than force indoctrination and guidance. For students to do sports suitable for themselves, teaching should first establish a healthy learning attitude, establish the seeds of sports consciousness and habits, and then guide skills and pursue results. In addition, cultivate students' ability of attention and concentration. When teaching, teachers should attract students' attention and raise the awareness of seeking attention independently. Organize corresponding teaching according to students' characteristics, interests and interpersonal relationships. For example, in teaching, we can have a preliminary understanding of students' mental state according to students' facial expressions and eye feedback, and then organize group activities according to their behavior habits and interpersonal communication habits, so as to enhance the driving role between personnel and maintain a high degree of participation and good interest development.

2. Mobilize enthusiasm and overcome fear. In physical education, mental knowledge should be applied to inspire students' learning motivation. Let some students who have not reached the problem of mental obstacles and hold a wandering attitude understand their original intention of sports learning, take the lead in strengthening their willpower and overcome their fear of sports activities through mental changes. In addition, students with mental barriers can be indirectly involved in teaching to produce acceptance psychology. For example, it is responsible for distributing equipment, equipment and daily management, and expressing trust in students, so as to make students feel mature about Mr. excellent equipment,

reduce the adverse impact of their own mental factors on sports, and teachers use their own sports skills to demonstrate and actively guide. Through the knowledge of psychology, we can correctly guide students and maintain their enthusiasm.

3. Constantly adjust and strengthen students' mental tolerance. In order to enhance students' mental bearing ability under the application of sport and mental health in sports teaching, we should first adjust the teaching form, and properly carry out the teaching contents such as preview and review of technical points in sports discipline. The completion degree of each student shall be reasonably evaluated, and the achievement standards shall not be deliberately set and emphasized. Through encouragement and suggestion, let students see their progress and take the initiative to accept sports. Teach students according to their aptitude, give full play to students' advantages and eliminate inferiority complex. For example, short students can speed up by jumping, long jump or sprint. Obese students are suitable for sports activities with greater contact with the ground, such as tug of war. In a word, we should give full play to our subjective initiative in physical education teaching and help students restore their healthy and calm psychology, so as to better adapt physical education teaching to the public.

4. Stimulate students' interest in sports. Sports should pay attention to cultivating students' attitude and ability of lifelong sports, improve students' understanding and understanding of the purpose and significance of sports, establish the concept of lifelong exercise and actively participate in physical exercise. Sports interest is a mental tendency for people to actively understand, explore or participate in sports. It is an important driving force to obtain sports and health knowledge and skills and promote physical and mental health. It is the basis for the implementation of lifelong sports. The important way to improve teaching quality and effect is to stimulate students' interest in learning and make students have learning desire. The rational use of sport and mental health can achieve this purpose and lay a good foundation for the smooth progress of the whole teaching process. When students are interested in physical education, on the one hand, they can produce positive emotions and high emotions in physical education class, which is conducive to the mastery of physical education knowledge and skills, so as to improve the learning quality. On the other hand, they can also produce pleasant emotional experience, so as to strive to overcome the difficulties and actively adhere to physical exercise. Teachers should also grasp students' mental characteristics, carry out teaching and stimulate students' interest in learning. For example, a beautiful environment can improve the excitement of the brain. Teachers can change activity places to improve students' interest in sports. In addition to track and field fields, campus Boulevard and fields, they can also go to forests, parks, valleys and rivers for appropriate sports activities. In physical education, we can take a variety of forms to mobilize students' interest, such as interspersed sports games, playing accompaniment music, group competition and so on. On the basis of completing the teaching content, actively create a physical education teaching situation and a pleasant and harmonious teaching atmosphere that can stimulate students' emotion and interest, help students improve their understanding of the role of physical fitness, and guide and stimulate students' interest in sports.

5. Provide feedback to students. In physical education teaching, teachers should do a good job in teaching summary and provide feedback to students in time by means of praise, criticism and informing the course content in advance. At the end of each physical education class, teachers should evaluate this class according to the completion of physical education tasks and students' performance, especially point out the shortcomings of students, guide and provide action information targeted, so that students can understand the actual situation of their own actions, so as to facilitate further learning and improve learning efficiency. At the same time, teachers should give corresponding evaluation to students' sports attitude, mastery of skills and mental state in physical education class, so as to help students understand their learning situation, facilitate them to adjust their learning state, understand deficiencies and clarify the key points of practice. After students have made clear the key points of after-school practice, they should briefly tell the content of the next class, so that students can combine the after-school practice with the content of the next class to facilitate the development of the next class. In physical education, teachers should pay more attention to encouraging and praising students, affirm their achievements, stabilize classroom emotions, strengthen successful experience, consolidate practice achievements, and then improve teaching effect.

6. Master students' exercise load and maintain physical and mental health. In physical education, when students practice the basic part, a certain amount of exercise load is applied to the body, which not only makes the muscles tense, but also makes the sports central nervous system highly excited. The end part of physical education is an important part of physical education teaching. Many teachers only pay attention to the relaxation of the body in finishing activities. Teaching competitions are often arranged to the end of the basic part, so that students are still highly excited about physical and mental activities after class. If the mental excitement can not be reasonably eliminated, it will make mental fatigue and affect the study and rest of the day. Therefore, the end of physical education should be taken seriously: first, we

should lead students to do relaxing physical exercises to make the body fully relaxed, backward and mental relaxed; Second, we should guide students to use the self suggestion method to imply that their physical education teaching is over, talk about relaxed and pleasant topics with students, and can't arrange after-school exercises immediately; Third, we should carry out simple and interesting sports games to reduce physical and mental pressure, so that students can gradually return to the normal rhythm, which can reduce the impact on subsequent learning.

**Results:** 1. Realize the combination of sport and mental health theory and practical teaching. The combination of teaching and practice is the first step in the development of sport and mental health. Only when sport and mental health is applied to specific teaching practice, can it really play an important role in teaching. For example, teachers can use the image training method in the theory of sport and mental health to carry out practical teaching, help students master various sports skills, and finally stimulate students' enthusiasm for positive thinking. On the one hand, using imagery thinking to guide students to perceive new things, understand sports spirit, and effectively cultivate students' ability of independent thinking. On the other hand, increase the regularity of teaching, and gradually improve the training frequency, training amount and the depth and difficulty of relevant knowledge, so as to enable students to learn and master knowledge in an orderly manner and improve their understanding of sports. In addition, in physical education teaching, students' learning and practice process is based on perception. Teachers can enrich students' perception and improve teaching effect by using sports mental theory for effective guidance in the process of physical education teaching. However, it should be noted that in this process, teachers' explanations should be accurate and concise, so as to avoid students' misunderstanding and affect teaching activities.

2. Based on the existing teaching conditions and individual differences of students, apply the theory of sport and mental health. The existence of individual differences will make different students have different cognition when receiving the same knowledge. Therefore, the application of sport and mental health in physical education teaching should pay attention to individual differences. On the one hand, starting from the actual situation of students, combined with students' personality characteristics and personality differences, make the depth, breadth and progress of teaching adapt to students' knowledge level and acceptance ability. On the other hand, pay attention to the physiological and mental differences between boys and girls and arrange different courses. Because boys are generally not interested in group exercises with small load, single form and lack of novelty, they can provide them with some sports with greater intensity and difficulty; For girls, we can set up some relatively soft collective exercises suitable for girls' physique. Only by paying attention to teaching students according to their aptitude in physical education teaching can we achieve better physical education teaching effect.

3. Pay attention to the reform and application of physical education teaching forms. The development and application of sport and mental health in sports teaching can not be separated from the assistance of teaching forms. In today's highly developed society, the improvement of various multimedia equipment and information and communication technology provides a strong support for the development of sports informatics. In order to ensure the promotion and application of sport and mental health in sports teaching, we should pay attention to the reform of sports teaching forms. On the basis of introducing multi-media teaching and other teaching modes, through situational teaching method Project teaching method and other teaching forms integrate sport and mental health into the new teaching environment, so as to stimulate students' learning enthusiasm and motivation, help students effectively master sports skills, and form a positive sports mentality and sports spirit.

**Conclusions:** Although the role of sport and mental health in improving and promoting the quality of sports teaching has been confirmed by people, how to give better play to the value of sport and mental health in the process of sports teaching is still a difficult problem to be solved. In fact, there has always been a gap between the theoretical methods and specific practical applications of sport and mental health, Only through in-depth and detailed analysis and research, do in-depth research on physical education teaching practice activities, master the teaching characteristics and teaching laws, and reasonably apply the teaching practice methods of physical psychology to the teaching practice process through repeated practice, can we obtain relatively ideal teaching results and combine with the internal laws of physical education teaching, Summarize and develop a set of practical teaching methods with strong practicality and good application effect.

**Key words:** sport and mental health - sports teaching - teaching methods

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## THE CONTRIBUTION OF HE LUTING'S CULTURAL MENTALITY TO THE CONSTRUCTION OF CHINESE CONTEMPORARY MUSIC CULTURE

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**Background:** He Luting, a famous music educator and creator, devoted his whole life to music creation and innovation of music education, which promoted the democratization and popularization of music education mentality. His mentality plays an enlightening role in the development of modern music education. Through the analysis and research of Mr. He Luting's theory and practice in music education, this paper dialectically analyzes his mentality, and studies the particularity of Mr. He Luting's theory from his era background, in order to provide a reference point of view for music education in the future. Mr. He Luting spent his whole life on the improvement of China's music education theory and system. He Luting can still get a lot of guiding content from his music education mentality.

**Objective:** He Luting is an active participant in China's modern music culture in the 20th century, and has made outstanding contributions in this historical process. His works have distinct times and artistry, strong flavor of life, and the nationalization of music is the biggest feature of his music mentality.

**Subjects and methods:** 1) The democratization and popularization of educational mentality. He Luting devoted all his life to the democratization and popularization of music education. He hoped that music education would be popular not only in urban education, but also in rural schools. This is discussed in detail in his book discussion on the existing problems in music art. In this paper, he not only proposed to set up special music colleges and universities, but also in order to realize the popularization of music education, he also proposed that in order to drive the development of rural music education, we should fully drive the enthusiasm of township government cadres, rural teachers and folk artists, and pay attention to the cultivation of their music professional culture. In this regard, Shanghai music school has had rich practice, So far, many local song and dance troupes have conducted professional training in the school.

2) The Enlightenment of He Luting's thought of music education. Mr. He Luting's teaching method and mentality of mass participation in music education is still of great significance today. The purpose of music education is to cultivate excellent musicians. Through the study of Mr. He Luting's thought of music education, we understand that the purpose of music education is to let the public participate in music. In the process of school music education, we should not take students' music level as the evaluation standard, but pay more attention to students' participation level, their participation and music cognition obtained from activities as the evaluation standard.

**Results:** 1) Run schools democratically and popularize music education. 1. Democratic and popular music education mentality. In his extraordinary career of music education, he not only emphasized the importance of professional music education, but also paid close attention to the democratization and popularization of music education. In the early days of the founding of the people's Republic of China, he wrote a discussion on the existing problems in music art, which proposed that in addition to running several excellent higher music institutions, music education should be popularized; Promote the democratization and popularization of music education. For example, he stressed that professional troupes can only do demonstration performances and publicity. The most important thing is to plan it personally by cadres at all levels of counties, districts and townships, take it as a part of the whole rural culture and education, mobilize rural primary and secondary school teachers, folk artists and Yangko activists among farmers, and generally organize amateur troupes, If such a music school can often mobilize them for one or six months of special professional study, it can play a great role in both popularization and improvement. Since 1949, Shanghai Conservatory of music has run the first audio education class that enrolled students at the same time as undergraduate students after the founding of the people's Republic of China. Through recruitment and unit recommendation, Shanghai Conservatory of music has entered the Institute for one period a year and held three consecutive periods. Since then, it has gradually developed from a training class to a two-year or three-year cadre training class, which has never been interrupted except during the ten-year civil strife, So far, many leading cadres and backbone actors from art colleges and art groups, military song and dance troupes, etc. all over the country have studied in the cadre training class of Shanghai Conservatory of music. They have played a positive role in promoting the construction and development of music throughout the country.

2. Enlightenment. He Luting's democratic and popular music education mentality also has realistic enlightenment significance to today's music education. Music education is not only an ideology, but also the core component of education. Whether music or other disciplines, it is the light, hope and future of society. The implementation of democratic teaching in music classroom is to create an equal and