

Improve the Effectiveness of Physical Training Teaching by Optimizing the Psychological Atmosphere in Class

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Abstract: The classroom psychological atmosphere refers to the relatively stable collective psychological state in the teaching process, which is developed in the classroom teaching process. By optimizing the psychological atmosphere in the physical education classroom, students' abilities in physical health, sports skills, sports participation, mental health and social adaptation can be improved, and the effectiveness of physical education teaching can be improved.

Effective teaching refers to whether students have made real progress and development in physical health, sports skills, sports participation, mental health and social adaptation after physical education class teaching. In the learning process of physical education, students will have great psychological fluctuations due to more subjects and higher standards. However, when teaching, teachers often only pay attention to the teaching of sports skills and ignore the realization of mental health goals. Optimizing the psychological atmosphere in class can provide students with a good psychological environment, generate their interest in learning and training, stimulate their enthusiasm for learning and training, and closely link training enthusiasm with collective honor and individual ideal. For students, active exercise can not only enhance physical fitness, but also increase sports knowledge, skills, emotional mediation, and improve social adaptability. Therefore, optimizing the psychological atmosphere of management mode class will promote the students to exercise consciously, thus improving the effectiveness of physical education teaching.

The Formation of Classroom Psychological Atmosphere

Classroom psychological atmosphere, refers to the collective teaching is relatively stable in the process of psychological state, it is in the process of classroom teaching, it contains emotional communication, behavior influence, faculty and students' psychological factors such as personality, the emotional communication between teachers and students is the main factor, dominant in teaching psychological atmosphere, it embodies the distinct psychological characteristics in the teaching process, and is the main index in the evaluation of psychological atmosphere.[1]

Although physical education teaching is mainly based on students' own exercise, students must carry out various exercises through teachers' explanation, demonstration and teaching methods to realize teachers' intentions. In this process, teachers constantly obtain feedback information as the basis for improving teaching. Students' cognitive ability, emotional changes, strength of will and the display of technology will directly affect the psychological atmosphere of the classroom.

To arouse students' enthusiasm in learning and training, to create a good learning atmosphere conducive to students, and to cultivate students' sense of cooperation and behavior. At the same time, during the long teaching process, teachers and students always have emotional communication and behavioral feedback to provide external stimulation for their own behaviors. Such stimulation will generate psychological interaction between them. Once a student's words and deeds are affirmed by most students, positive psychological experience will be generated. This briefly gathered content of consciousness is strongly emotional [2].

The Internal Factors That Affect the Formation of the Best Psychological Atmosphere In classroom teaching

The Psychological State of Teachers Is the Premise and Foundation of the Formation of the Best Psychological Factors in Teaching

Teachers' psychological state includes teaching attitude, teaching ability, teaching method (internal integration), transfer influence, good mentality and other factors. The teaching attitude of teachers directly determines the formation of teaching psychology, which is the key factor to form the best psychological atmosphere. Teaching ability is the core factor of classroom teaching, which determines the overall state of classroom teaching and profoundly affects the formation of the best psychological atmosphere. The teaching method of the teacher is the external integration of the internal state of the teacher, which is directly reflected in the specific interpretation of the classroom teaching content and the personalized expression of the military movement training, which is the basis of the formation of the best psychological atmosphere. The influence of transfer is manifested as the external influence of teachers' inner mentality, which transfers from teachers themselves to students through classroom teaching to realize the process of "teaching" in classroom teaching[3]. The teacher's good state of mind is not only the foundation to guarantee the teaching effect, but also the subjective factor of the best psychological atmosphere, which is closely related to the formation of psychological atmosphere.

From the training thought and teaching attitude, if the teacher does not have the correct training thought, can not face all the students, will cause some students heart uneven; If the training attitude is careless, it will cause anxiety and depression. In terms of teaching ability, if the teachers have comprehensive training skills, they can bring artistic enjoyment to the students, effectively attract the students, and help to form a good psychological atmosphere. From the perspective of training management mode, the management mode combining leniency and strictness can arouse students' trust and sense of belonging, so that the training has a positive and harmonious psychological atmosphere. From the perspective of teacher quality and personality, good personal qualities of teachers can often arouse students' respect, thus forming a good classroom atmosphere. From the teacher's state of mind, good state of mind is the actual performance of the teacher's state of mind in classroom teaching. Psychological research shows that a good state of mind, make people in a good state of mind, clear mind, quick thinking, the whole body relaxed, showing a higher work efficiency. Therefore, a good state of mind is conducive to the teachers to give full play to their teaching level, so as to create a classroom psychological atmosphere to provide an important psychological premise[4].

Teacher Behavior State Is the Core and Key of the Formation of the Best Psychological Factors in Teaching

The behavior state of the teacher includes the teacher's behavior, demonstration, teaching method, teaching feedback and other factors. Teachers' speech and behavior can influence students unconsciously, which is especially prominent in practical teaching. The teacher's demonstration movement to the physical training curriculum, plays the role of shaping, to standardize the students' way of action, shaping the students' standardized training plays an important role; The teaching method (external performance) of the teacher determines the transmission effect of the teaching content from "teaching" to "learning" and from "learning" to "practicing" in the teaching process. Teacher feedback, to some extent, can reinforce students' initial impression of the teaching process, help consolidate the optimal psychological atmosphere that has been formed, and thus provide continuous motivation for the good effects of classroom teaching[5].

Teachers are the organizers, inspirators and instructors of classroom teaching. Teachers to give full play to their leading role, it is necessary to use a good psychological state to mobilize students training initiative, enthusiasm, use the best behavior state to guide and stimulate the training state of students; Therefore, the teacher's psychological state and behavior state, decides its teaching level display, also decides the classroom psychological atmosphere.

The Psychological State of Students is the Main Body and Source of the Formation of the Best Psychological Factors In Teaching

Students are the main body of classroom teaching activities, and their psychological state is an important factor affecting the psychological atmosphere of the classroom. The new concept of education holds that the teacher is the leader of classroom teaching activities and the student is the main body. The main status of students is mainly reflected in the following aspects. First, students are the masters of classroom teaching activities. The effect of the teacher's classroom teaching is decided by the student. Teaching is the means, learning is the end, teaching because learning is meaningful. Only by giving full play to the students' cognitive awareness and potential can teachers play a leading role in the classroom. Second, students are the leading role of classroom teaching activities. The standard that examines teaching activity is good or bad is to see whether the student teaches through the teacher, achieve the purpose of teaching. Therefore, students should become the main focus of the faculty. Teachers should impart insightful knowledge points, fully stimulate and arouse students' enthusiasm for training and thirst for knowledge, attract their attention, arouse their resonance, and create a warm and interactive teaching atmosphere. In a word, the teacher builds a stage, the student sings a play. Third, students should have their own ideas in the training process. In training activities, the teacher should encourage students to think, doubt and solve problems. The subject status of students determines the key influence of students' psychological state on the formation of classroom atmosphere. This kind of influence, basically reflect in the student keep discipline psychology and public opinion thrust[6].

Discipline psychology is an important basis for the formation of psychological atmosphere in training. Only when students have a strong sense of discipline, can the training be carried out harmoniously. Positive public opinion can regulate students' training behavior, otherwise, it will cause serious influence. Healthy and active collective public opinion needs to be cultivated in a planned way. Once it is formed, it can effectively restrain students' deviant behaviors and make them conform to the training norms, thus providing an important static psychological premise for training.

In a word, the students' good psychological state is of great significance to improving the relationship between teachers and students, improving the training morale, enhancing the cohesion of the class and optimizing the psychological atmosphere in the class.

The Basic Way to Optimize the Classroom Psychological Atmosphere

Optimization of the classroom psychological atmosphere will not be spontaneous realization, to rely on the collective members of the collaborative efforts, among which the teacher is the leader, the teacher's rational factors play a major role in the adjustment.

Strengthen Ideological Education To Meet Practical Needs

Military sports teachers are disseminators of military sports knowledge, technology and skills, as well as trainees' military sports consciousness and military sports concept. Make students understand the military value of military sports and their own exercise value. At the same time, the generation of internal power, so that students to the knowledge, technical understanding and grasp will get twice the result with half the effort.

In order to strengthen learning motivation and stimulate learning emotions, while ideological education, try to meet their actual needs, for example, when students do not grasp the key points of action correctly, teachers to patiently explain, demonstration; Students appear tired of learning, teachers are inspired to guide them to learn. When students do well, the teacher should give them timely praise and encouragement. All these can lay a good foundation for optimizing the psychological atmosphere in class.

Strengthen the Cultivation of Emotional Factors and Establish A Harmonious Relationship With Students

The process of education and teaching is the process of mutual contact and interaction between teachers and students, as well as the process of emotional communication. Loving students is the concentrated embodiment of teachers' feelings. We should respect and trust students, get along with students as an equal, win students' respect, trust and closeness, and make them have psychological "resonance". The underachiever, especially for sports faculty to eliminate their psychological cognitive and emotional barriers, to give them more love, in particular, introverted students with poor physical quality, need teachers can use to encourage the progress of their language, positive language, gestures and facial expressions to what they do actions and achievements should be timely to give appropriate incentives for certain, students will work harder in the later study. As an educator, only by constantly discovering the advantages and advantages of poor students and taking them as the necessary emotional basis, can teachers generate love for students and effectively motivate students. This requires teachers to change the concept of education, focus on the discovery of students' "shining point", cherish and protect the "shining point", help students sober and sober understanding of their own advantages, make objective self-evaluation, and then turn it into the internal power of continuous progress.

Improve their Own Quality and Create a Good Environment

First of all, strengthen the self-cultivation of teachers, with dedication and dedication. Next to have rich cultural knowledge and good teaching skills, constantly added new knowledge and theory, to constantly improve the quality of its, give students with real example, have a strong appeal to the student, effectively affect or change the student's mental state, so that the students seeking knowledge desire in psychological satisfied continuously, thus forming a good learning environment.

Flexible Use of Methods To Achieve Teaching and Learning Imperceptibly

Teachers should try their best to firmly grasp an invisible psychological line composed of unintentional attention and intentional attention, so that students' attention can stay in the psychological set state of intentional attention for a long time after the short-term shock of this line [6]. Teachers should focus on cultivating the good point of view, in classroom teaching, the important thing is show a positive attitude, to reduce negative attitude, their positive emotions through behavior and action passed to students, leading to a group of students attitude formation, make the students to form in the mind clear from psychology, complete the whole classroom atmosphere build and build. Should use each kind of method flexibly according to the circumstance. Through a variety of ways to influence and infect students. Teachers to think of ideas, find themes, plot, looking for a target, through the demonstration and contrast action, let students in the military curriculum to find their own positioning.

In a word, the formation of a good psychological atmosphere in physical education is an important aspect to improve the effectiveness of physical education. To explore how to form a good classroom psychological atmosphere is the need of the in-depth development of teaching reform.

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