

# *College Physical Education and the Cultivation of Students' Sound Personality*

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**Abstract:** Physical education is an important part of modern education. This paper introduces the concept and basic characteristics of sound personality, and believes that physical education has its own unique advantages for the cultivation of students' sound personality. This paper expounds the role of physical education on personality cultivation, and puts forward the corresponding measures for everyone to discuss together.

## **1. Introduction**

Cultivating students' sound personality is the need of the development of The Times and the urgent appeal of the society. Nowadays, under the influence of a fast-paced lifestyle and a fierce competitive environment, shaping all-round developing students contributes to the formation of a good social environment. College is an important period in life. What students have learned and seen in college will have an important impact on their future entry into the society. For college students, their physical and mental development is in the stage of development and change, lack of social experience, simple thinking, some students have a one-sided self-understanding, impulsive and irritable work, and easy to give up on the difficulties and setbacks. In view of this situation, physical education in colleges and universities should not only improve students' comprehensive physical quality, ensure students' physical health, but also cultivate students to develop a positive and healthy personality, and help students to become qualified talents needed and recognized by the society.

## **2. The concept and basic characteristics of a sound personality**

The simplest definition of a sound personality is the normal and harmonious development of a personality. Psychology has an academic definition of sound personality, believing that it can define whether a person's personality is healthy from five dimensions: personality (internal and external personality), personality quality (good and evil), sense of responsibility, emotional stability, and thinking openness.

The concept of a sound personality is not absolute. Its opposite side is an unsound personality. When a person in life and work, subjective factors and objective conditions appear deviation or obstacles, we should timely and correct guidance, so that the elements of personality balanced and coordinated development, so that people's talent can be fully played, this is a sound personality<sup>[1]</sup>. Its basic characteristics mainly include: 1. Positive and full self-understanding. 2. Face the reality

actively, and have an objective and rational understanding of the social environment. 3. Have a healthy body, indomitable firm will and dare to innovate, keep pace with The Times of fighting spirit. 4. Have a harmonious interpersonal relationship, a firm self-awareness, a brave sense of social responsibility, and a positive outlook on life and values.

### **3. Physical education has its own unique advantages in the cultivation of students' sound personality**

"Sports" is to use sports methods to educate students, in this unique way to perfect students' personality. Physical education is an important part of school education, the goal of the all-round development of people and the sound development of personality. Physical education has an irreplaceable role and status of other education content. China's famous sports educator Ma John, in all education, sports is the best tool to cultivate a sound personality. The function of physical education teaching is to help students to strengthen their body, and a healthy body is the prerequisite for the formation of a sound personality<sup>[2]</sup>. Have a strong body, can form a good and stable psychological characteristics and a positive and optimistic mental outlook, have a high EQ, can have a rational and scientific understanding of themselves and the social environment, promote self-personality constantly improve, so that they become easy to be recognized and accepted by others, can more adapt to the society. Physical exercise not only enhances the students' physical fitness, but also can enrich their spiritual needs, so that people's psychological personality and moral personality to get a balanced and coordinated development<sup>[3]</sup>.

### **4. The role of physical education in cultivating a sound personality**

#### **4.1 Cultivate students' aesthetic standards**

It is necessary to reflect aesthetic education in quality education, which is an important content in physical education in colleges and universities. "Beauty" has been a completely lofty ideal for people since ancient times, and it is one of the essential characteristics of a healthy personality. In sports, beauty is everywhere. "I exercise, I am healthy", sports brings people the beauty of health. Regular physical exercise participants, The boy is strong and heroic, The girls are beautiful and vigorous, It shows the youthful and cheerful vitality; The athletes demonstrated their skilled athletic skills, Flexible and changeable tactical coordination, Grand charming dance steps, Make an unforgettable impression on the audience, Learn to appreciate and watch the beauty from sports, To cultivate the students' sentiment, Show a good spirit, To form a perfect image of athletes; Outdoor sports, The atmosphere was relaxed and lively, Stimulate students' interests and hobbies, Fully tapping the potential personal strengths, Light up the inner beauty, No wonder Coubertin, the father of the Olympics, praised in Ode to Sports, "Oh, physical culture, You are just beautiful!"

#### **4.2 Cultivate students' firm will and fighting spirit**

In the process of a person's growth, it is inevitable to create difficulties and setbacks, it has both positive and negative effects. Students with a sound personality will sum up their experience from their failure and correct it. They are constantly growing up in the process. On the contrary, they may deny themselves in failure, or even abandon themselves and shrink back. And sports, each sports activity has its own characteristics and difficult to break through the bottleneck, again good athletes, will encounter difficulties in their sports career, how to through scientific training and positive attitude to face difficulties and in the end to overcome difficulties, it requires indomitable will and fighting spirit of keeping pace with The Times. In physical education teaching, teachers can help

students to constantly overcome the obstacles encountered in learning to temper students' will, improve students' confidence, so that students' psychological quality in this positive psychological guidance and implication, this process is also the process of students' sound personality.

### **4.3 Cultivate students' sense of collective honor and social responsibility**

In college physical education, whether in teaching, training, game or competition, it is a social group activity that students directly participate in. In this process, students should be united and friendly, and compete. For example, some Ball games, tug-of-war and aerobics competition, enrich the students' campus cultural life, stimulate students' interest in participating in sports, improve student participation, strengthen cooperation between students, enhance the cohesion and centripetal force between students, help to cultivate and shape the students' higher moral conduct and thought, personality psychology and modern social consciousness. Invisible let them feel the power of the collective, indirectly deepen the students' unity and cooperation and collective sense of honor. In physical education teaching, enhance students' sense of teamwork, promote students' mutual communication and respect, to adapt to social needs<sup>[4]</sup>.

### **4.4 Improve students' ability to adapt to the society**

Social adaptability refers to the ability to meet the needs of society<sup>[5]</sup>. Only in the social environment, through the continuous influence of a large number of practical activities, can human beings obtain the social adaptability. In the process of physical education teaching in colleges and universities, students spend most of their time in physical sports, learning the techniques and tactics of sports projects, and the activity process has risks and difficulties. Each student's physical quality and acceptance ability are different. For some students, such as the simple action than gourd painting gourd gourd, they will also feel very difficult. Students' body and mind in continuous movement process to bear certain load, teachers in the teaching process, should be good at observation, timely grasp students' character characteristics, sports characteristics, suit their aptitude to design a practical, moderate difficulty teaching content, encourage everyone to accept tasks, give full play to personal advantages, through unity and cooperation, everyone together, help shape students' independent personality, cultivate team spirit, improve the psychological stress ability, for students get better future development to lay a firm foundation.

### **4.5 Helps to cultivate students' correct values**

Correctly guiding college students to form a positive and scientifically developed socialist core values is the prerequisite for a sound personality. The characteristics of sports are group, practical, intuitive, competitive and participatory, which all lay a foundation for students to form correct values. By participating in sports activities, advocating "friendship first, game second" participation spirit, respect the "fair, just, open" competition rules, advocating "faster, higher, stronger" the Olympic sports spirit, promote college students' democracy, freedom, fairness, justice, competition, collaboration, integrity and the formation of the complete values system.

Physical education helps students to improve their personality and feel their life. Students in the process of competition or other physical exercise, constantly know themselves, constantly adjust their mentality, constantly correct their own understanding and behavior, and cultivate a healthy personality of college students.

In the process of physical education teaching practice, we should make full use of the rich personality education advantages contained in physical education teaching to promote the all-round development and lifelong development of students.

## 5. Measures to cultivate students' sound personality

The cultivation of students' sound personality is a long-term goal and process, and its formation is a continuous development and change, and occupies an important position in the future social development, which is bound to set new and higher requirements for physical education teachers, students, parents and schools.

### 5.1 Give full play to students' subjectivity in the teaching process of physical education

In the process of physical education teaching, teachers should encourage students to innovate, good at listening to students' valuable advice and advice, the subject status to the students, according to teaching practice, choose practical advice, try to meet the requirements of students in teaching, stimulate students' subjective initiative, improve students' interest in learning, enhance social adaptability, form healthy upward emotional experience, promote the smooth formation of their personality.

### 5.2 Improve the comprehensive quality and level of physical education teachers

Physical education teachers should not only have excellent professional quality, but also strengthen the study of cultural and theoretical knowledge, especially pedagogy and psychology. They can set up courses according to teaching conditions, constantly improve teaching methods and innovate teaching modes, stimulate students' interest in learning, and make the relationship between teachers and students harmonious. Physical education teachers need to fully understand the students to ensure the smooth development of various sports activities<sup>[6]</sup>, Promote healthy optimism, enrich the formation of a confident mental outlook, and strengthen the shaping of personality. Teachers let students learn to learn, learn to live, and cultivate to become college students with good and stable psychological quality and adapt to the society.

### 5.3 Carry out colorful campus activities and extracurricular practical activities

Physical practice is the main way for students to form and develop students' sound personality. By holding a variety of sports activities and creating more social practice activities, to attract students to actively participate in, advocate students to dare to innovate, put forward valuable suggestions, so that students in this process to get spiritual experience. In order to help students better in the "invisible unintentional", naturally, gradually shape a healthy personality.

## 6. Conclusion

Physical education not only contributes to the improvement of students' physical quality, but also plays a positive role in promoting students' all-round development. In the future, physical education in colleges and universities should give full play to the unique advantages of physical education subject, and optimize the physical education teaching system based on the cultivation of healthy personality of college students.

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