

Discuss the Importance of College Students' Physical and Mental Education

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Abstract: Contemporary college students are the main force and reserve forces in the construction of the new era. They are also organizers and implementers of the socialist construction in the future. To strengthen college students' physical and mental education, improve the moral quality of contemporary college students, the shape is not only beneficial to promote college students' physical health and perfect personality, and it is in the provide valuable talent resources for sustainable development of the society, it is a new requirement for the development of education in college students.

Keywords: College students healthy body; Perfect personality; Body and mind education

1. Introduction

College students are a valuable resource for talents. It is the hope of the nation and the future of the motherland. College students' body and mind education is an important part of education university. Strengthening education of college students is a new requirement of education development in the 21st century, which is the historical mission of education in China. Contemporary university students are the main forces and reserve forces for building socialism, and they are also the organizers and implementers of the socialist construction in the future. Their physical and mental qualities will directly affect the success or failure of socialist construction and directly affect the process of economic and social sustainable development. So to strengthen college students' physical and mental education, improve the moral quality of contemporary college students, to promote college students shaping perfect personality, and provide valuable resources for sustainable development of the society, has important practical significance.

2. Definition of Physical and Mental Health

Physical and mental health refers to college students, not only physical health, but also mental health double health. That is to say, regardless of any obstacles or difficulties, they will be physically strong and mentally strong. It is very difficult to measure the absolute health of the body, because health is relative and there is no absolute dividing line.

There are three principles for judging the health of mind and body: first, the unity of physiology and psychology. Normal physiological and psychological activities are consistent with objective environment in content and form. Second, the unity of thought and behavior. This refers to the individual's thought and behavior is a complete, unified and coordinated process. Thirdly, the sta-

bility of personality and will. It appears on contemporary college students, most of which are due to physical and mental fatigue, unexpected problems or incongruous conflicts and other forms of expression.

3. Strengthening Education is Conducive to the All-round Development of College Students' Quality

With the development of The Times, the physical and mental quality has become an important part of the overall development of college students. Contemporary college students not only need physical health, but also mental health. Therefore, we should enhance the development consciousness of college students through education, and improve their physical and mental quality and promote their all-round development.

The problem of all-round development of human beings is the fundamental problem of the existence and development of human society. The all-round development of human beings should be in pursuit of harmonious harmony between man and nature, man and society, and the pursuit of man's ability and quality should be improved to the highest level. Strengthening college students' body and mind education is an intrinsic requirement to promote the all-round development of college students and the overall improvement of quality. In the modern society, college students comprehensive quality and personality is an important aspect of cognition and practice of physical health and mental health, this is also the basic requirement of college students' all-round development, to integrate. College students are vigorous and self-developing, but some students are always eager to seek success, ignore the physical and mental health, and lack the recognition and protection of the overall value of the social system. Physical quality is put forward by modern society for the future to make a choice of new capacity,

only it is added to the quality of college students, as the personality of college students' basic, college students in the future work and life can have physical and mental action decisions. Now, education to realize person's full scale development to a broad and bright prospect, and there is no doubt that education can't be in the new trend of thought and action, it "in the update values. In summary, education not only aims to improve college students' quality, but also tries to realize the all-round development of college students.

4. Strengthening Education is a new Requirement for College Students

Strengthening college students' body and mind is the new requirement of social development and is the historical mission of our country's higher education. In order to advance the socialist modernization construction, we must improve the physical and mental literacy of college students. The college students are in the youth stage, which is the important stage of the gradual formation and stability of the world outlook, outlook on life and values. Is China's policy makers and builders of future society, college students is a national valuable human resources, is the socialism advanced talents powerhouse, is a set of outstanding young in modernization construction of our country. Therefore, it is necessary and urgent to carry out the systematic body and mind education to college students. The improvement of their physical and mental quality is of great significance to promote social harmony. Strengthening this consciousness is one of the important tasks for college students. Therefore, college students need to be physically and mentally education. This is also the inevitable choice of the university to undertake historical responsibility for society.

College students are a valuable resource for talents, which is the hope of the nation and the future of the motherland. The richest vigor, vitality and creativity, they have ideal, have ambition, to master the systematic knowledge of modern science, to the construction of the future society is a practitioner, is a valuable human resources. College students is a pioneer in the future construction of power, they will enter society in the future construction of all walks of life, has the important exemplary role, their physical and psychological conditions, and quality, directly related to the modernization of the future society, the pace of the directly affect the realization of the others. Our higher education needs to be fully recognized that the talent resource is the first resource, and there is no support for the social construction of the

valuable talent resources. Everything is not well done. University students are the valuable wealth of our society, and the important talent pool is our country's future construction and development. We should care for and treat the following reserve team. Today's college students are the future of our country and the future of our nation. We are the human resources to take the road of sustainable development. Strengthening education among college students is the human resource guarantee for the sustainable development of social construction in the future. It is the best choice for China to move to a highly civilized society at an early date. Improving the physical and mental quality of college students can help college students develop their own theoretical and practical ability to solve the problem of physical and mental problems, thus forming a comprehensive improvement of physical and mental quality.

College students are the implementers and decision-makers of future social construction, and are the human resources of precious social construction. Contemporary college students shoulder the will continue to push forward the reform and opening up and modernization drive, the physical and mental education into every link of undergraduate education, to cultivate college students' physical and psychological quality, in the future to promote socialist modernization process, set up the strategic thought of sustainable development. Therefore, education is an important way for college students to develop, and it will be of great practical significance to promote the development of society through the physical and mental development of college students.

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