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# The Positive Influence of Ground Ball Throwing on the Psychological Quality of College Students under the Background of Physical Education Integration

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**Abstract:** The integration of sports and education is an important direction of the current higher education reform, aiming to promote the all-round development of college students. Ground ball throwing, which is easy to learn and practice, has a positive role in the cultivation of college students' psychological quality under the background of the integration of physical education. Based on the characteristics of ground ball throwing, this paper analyzes its positive influence on the psychological quality of college students, points out the problems existing in the development of ground ball throwing, and puts forward the corresponding countermeasures, in order to provide reference for college sports work.

**Keywords:** Integration of sports and education; Ball throwing; College students; Psychological quality

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## Introduction

The integration of sports and education refers to the organic combination of sports and education, which aims to play the educational function of sports and promote the all-round development of students' morality, intelligence, physique, beauty and labor. In college education, the integration of sports and education has become an important measure to improve the quality of talent training. As a simple and easy sport suitable for all ages, ground ball throwing has unique advantages in cultivating college students' psychological quality under the background of the integration of sports and education. This paper will start from the characteristics of ground throwing, analyze its positive influence on the psychological quality of college students, and put forward corresponding countermeasures and suggestions for the existing problems.

## 1. The positive influence of ground ball throwing on the psychological quality of college students

### 1.1 Cultivate college students' self-confidence and sense of achievement

The rules of ground throwing are simple and easy to use. Students can quickly improve their technical level through repeated practice, so as to enhance the sense of achievement and self-confidence of sports. In the competition, students need to make decisions quickly and take action according to the situation on the field. This process helps to cultivate students' confidence and decision-making ability. When successfully throwing balls, students can intuitively feel the improvement of their technical level, thus enhancing their sense of achievement and self-confidence.

### 1.2 Sharpen the will and quality of college students

The ground throw emphasizes the unpredictable confrontation process, and students need to be alert and ready to deal with the opponent's various tactics. In the face of the difficult situation such as falling behind the score, students need to adjust their mentality and stick to it, this process helps to sharpen the will quality of students. At the same time, the ground throwing game requires strong concentration and stability. Students need to overcome all kinds of interference in the throwing process and keep focused, which has a positive role in cultivating students' self-control and concentration.

### 1.3 Promote the sense of teamwork among college students

Ground throwing usually takes the form of a team competition, which requires tacit cooperation between team members. During the competition, students need to actively communicate with their teammates, formulate tactics, and cooperate with each other on the field to complete the tactical intention. This process helps to develop students' sense of teamwork and communication skills. At the same time, in the team competition, every student shoulders the responsibility of winning for the team, and needs to work hard for the interests of the team, which has a positive role in cultivating students' collective sense of honor and responsibility<sup>[2]</sup>.

## **2. Problems existing in the development of the ground ball throwing movement**

### **2.1 Student participation is not high**

At present, there are some problems in the development of ground throwing in many universities. Some students have insufficient cognition of the ground throw, and think it is a niche sport and have low enthusiasm. At the same time, universities have deficiencies in the publicity and organization of earth ball throwing sports, failing to fully mobilize the enthusiasm of students to participate, resulting in a small number of participants.

### **2.2 Insufficient site equipment**

Ground ball throwing sport has certain requirements for the field and equipment, which requires special ground throwing and equipment. However, many universities are limited by the field and funds, and are unable to provide sufficient ground throwing and equipment, which affects the quality of ground throwing sports. The ground throwing facilities in some universities are outdated and not in place, and there are safety risks, which is not conducive to students' participation and exercise.

### **2.3 The teaching and training method is single**

At present, the teaching and training methods of ball throwing in colleges and universities are relatively simple, mainly with teachers' explanation and students' practice, which lacks innovation and interest. The single teaching and training method not only affects students' interest in learning, but also is difficult to give full play to the positive impact of ground throwing on students' psychological quality. Some teachers have insufficient understanding of the ground ball throwing movement, and fail to design scientific teaching and training programs according to the characteristics and needs of students, resulting in poor teaching effect.

## **3. Countermeasures and suggestions to promote the development of ground ball throwing movement**

### **3.1 Increase publicity efforts and improve students' participation**

Colleges and universities should strengthen the publicity of ball throwing, popularize the knowledge and charm of ball throwing to students through various channels and forms, and improve students' cognitive level and enthusiasm for participation. The new media platform can be used to make promotional videos and posters of the ground throwing sport to create an atmosphere of participating in the game on campus. At the same time, we can organize the observation and experience activities of ball throwing, invite students to feel the charm of ball throwing on site, and improve students' willingness to participate.

For example, a university used wechat official accounts, Weibo and other new media platforms to make a series of promotional videos and posters for the game, vividly introducing the origin, rules and skills of the game, which attracted the attention of a large number of students. The school also invited national athletes from ground throwing to the school for exhibition matches, to explain the technical and tactical points of ground throwing on the spot, so that students can feel the charm of ground throwing at close range. Through the combination of online and offline publicity, the number of participants in the ball throwing sport has increased significantly, and students are enthusiastic.

### **3.2 Strengthen the construction of site equipment and improve the guarantee conditions**

Colleges and universities should strengthen the construction of ball-throwing sports fields and equipment to provide students with sufficient space for sports and equipment. The existing field can be used to throw the reasonable planning and layout of the pitch, and according to the need to add the ball throwing equipment. At the same time, it is necessary to strengthen the daily maintenance and management of the ground throwing field and equipment, replace the old equipment in time, eliminate the potential safety risks, and create a safe and comfortable sports environment for students. We can explore cooperation with social forces to attract social funds to support the development of ball throwing sports and improve the conditions of field equipment.

For example, a university has planned and built a number of professional ball throwing fields on campus, and purchased sufficient ball throwing equipment to meet the needs of students' daily training and competition. The school has also set up a special management team of ball throwing equipment, which is responsible for the daily maintenance, update and management of the site and equipment, regularly leveling the site and replacing the old equipment to ensure the safety and availability of the site equipment. At the same time, the school has also reached cooperation with local enterprises to introduce social funds to support the development of the ball throwing movement, enterprises provide financial and material support for the school, and the school provides enterprises with talent transmission and brand publicity of the ball throwing sport, realizing a win-win cooperation between the school and the enterprise. With the efforts of the school, the field equipment conditions of ground throwing have been significantly improved, and the students' sports experience has been continuously improved.

### 3.3 Innovate the teaching and training methods to improve the interest of sports

Colleges and universities should innovate the teaching and training methods of ball throwing to improve the interest and attraction of sports. Teachers should design scientific and interesting teaching and training programs according to the characteristics and needs of students to stimulate students' interest in learning. Gamification teaching can be used to combine ball throwing with games to increase fun. At the same time, we should pay attention to cultivating students' independent learning ability, encourage students to explore the skills of ball throwing movement independently, and improve the learning effect. A variety of ground throwing games can be organized to provide a platform for students to show their skills and improve their enthusiasm for participation.

For example, according to the characteristics of students, a university teacher designed a set of interesting, scientific teaching and training program. The teacher used gamified teaching methods and designed several small games of ball throwing, such as "fixed point throwing" and "mobile throwing", so that students can master the skills of ball throwing in the game and improve their interest in learning. At the same time, teachers also encourage students to study independently, set up "creative throwing" link in the training, encourage students to innovate throwing methods and show their personal characteristics. Teachers also regularly organize campus ball throwing competitions, and set up many competitions, such as team competition, individual competition and so on, to provide a platform for students to show their skills and mobilize their enthusiasm for participation. Under the innovative teaching of teachers, students' sports skills of ground throwing have been significantly improved, their enthusiasm for participation has been significantly enhanced, and the teaching effect is outstanding.

## 4. Conclusion

Under the background of the integration of physical education, ground throwing plays a positive role in the cultivation of college students' psychological quality, and can cultivate their self-confidence, sense of achievement, will quality and team cooperation consciousness. Colleges and universities should pay more attention to and support the ground throwing, strengthen the construction of field equipment, innovate teaching and training methods, improve students' participation and sports interest, give full play to the educational function of ground throwing, and promote the all-round development of college students. At the same time, colleges and universities should also strengthen the cooperation with social forces, attract more resources to support the development of ball-throwing sports, provide a better sports environment and conditions for college students, and promote the innovative development of sports work in colleges and universities.

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## References

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