UDC 378.147:796.011.1:159.942.072
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PRACTICE AND PROSPECT OF USING TO EXPAND THE POSSIBILITIES OF INTEGRATING OF PHYSICAL AND EMOTIONAL EDUCATION IN UNIVERSITIES IN THE CONTEXT OF 'SMART EDUCATION'

УДК 378.147:796.011.1:159.942.072
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ПРАКТИКА И ПЕРСПЕКТИВЫ ИСПОЛЬЗОВАНИЯ ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ ДЛЯ РАСШИРЕНИЯ ВОЗМОЖНОСТЕЙ ИНТЕГРАЦИИ ФИЗИЧЕСКОГО И ЭМОЦИОНАЛЬНОГО ВОСПИТАНИЯ В УНИВЕРСИТЕТАХ В КОНТЕКСТЕ «УМНОГО ОБРАЗОВАНИЯ»

Аннотация: «Умное образование» предлагает новый подход к интеграции физического воспитания и эмоционального образования в учреждениях высшего образования, где итеративное развитие информационных технологий (далее ИТ) служит ключевым фактором их глубокой интеграции. В статье рассматривается практическая ценность применения ИТ в соответствии с основными целями образования, выявляются типовые сценарии и проблемы современных технологических решений, а также определяются перспективные направления развития. Цель исследования – предоставить практические ориентиры и теоретическую основу для инноваций и повышения качества интеграции физического и эмоционального воспитания в высшей школе.

The deep integration of physical education and emotional education in higher education institutions represents a crucial initiative to implement the "holistic development" philosophy and promote students' coordinated physical and mental growth [1]. Its core lies in transcending the limitations of traditional physical education that "emphasizes skills while neglecting emotional cultivation," by embedding emotional literacy development throughout the entire process of teaching, training, and evaluation. In the context of smart education, IT technologies such as big data, artificial intelligence, and virtual reality (VR) leverage their intelligent, data-driven, and immersive advantages to provide robust support for addressing challenges in traditional integrated education, including monotonous teaching methods, delayed emotional perception, and insufficient personalized guidance [2]. Systematically exploring the practices, issues, and directions of IT-enabled integrated education holds significant practical implications for enhancing educational effectiveness and advancing the substantive development of physical education in higher education institutions.

The Practical Value of IT in Empowering Integrated Education. The functional characteristics of IT align closely with the core objectives of phisical-emotional integrated education, with its empowering value primarily manifested in three key aspects:

1. Diversify teaching methods to enhance emotional engagement and immersion. Traditional integrated education approaches are often limited in variety, making it challenging for students to fully grasp the emotional dimensions of sports, such as teamwork and perseverance. Technologies like VR/AR and virtual simulation can create highly realistic immersive learning environments. By simulating critical scenarios – such as competition outcomes and team coordination – students can deepen their understanding of emotional competencies like resilience and accountability through virtual experiences, achieving the educational philosophy of "learning through experience" [3].

2. Achieving data-driven perception for precise emotional state capture. In traditional physical

education, teachers 'assessments of students' emotional states often rely on subjective observations, which can be delayed and partial. By utilizing smart wearable devices and classroom behavior analysis systems, real-time physiological data (e.g., heart rate) and behavioral metrics (e.g., interaction frequency) during training can be collected. Through big data analysis, educators can more accurately identify students' emotional states such as anxiety and excitement, providing a scientific basis for targeted emotional guidance and counseling [2].

3. Promote personalized teaching to enhance the precision of emotional cultivation. Students exhibit individual variations in physical fitness, personality traits, and emotional development needs. By leveraging big data technology to create student profiles, comprehensive information can be integrated to develop customized training and emotional cultivation plans. For instance, designing team collaboration tasks for introverted students and creating tiered challenges for those with low resilience can effectively improve the relevance and effectiveness of emotional cultivation [1].

Practical Implementation of IT Empowering Integrated Education. At present, the application of IT in the integration of physical education and emotional education in colleges and universities has formed a number of typical practice scenarios.

In classroom instruction, multimedia systems and online platforms serve as fundamental tools. Teachers utilize digital resources (e.g., micro-lectures, emotional education case studies) to help students develop an early understanding of sportsmanship. Through features like live interactive sessions and online discussion forums, they extend emotional connections between teachers and students, as well as among peers, fostering an inclusive atmosphere for emotional engagement. This approach seamlessly integrates emotional cultivation into knowledge delivery [4].

In training practice, smart wearable devices and intelligent sports field systems are widely utilized. These technologies enable real-time monitoring of students 'exercise intensity, heart rate variations, and movement standardization. Teachers can track students' training status and emotional fluctuations through backend terminals, promptly intervening for those showing anxiety or slackness. They dynamically adjust training plans while implementing motivational guidance, achieving synchronized progress in physical training and psychological development [2].

In the feedback evaluation phase, the big data evaluation system promotes a diversified and comprehensive assessment framework. Beyond evaluating sports skills and physical fitness, the system also quantitatively and qualitatively assesses students' emotional literacy development through integrated analysis of data on emotional expression, teamwork, and resilience in training. This provides comprehensive and objective data support for optimizing teaching practices [1].

Existing Problems of IT Empowering Integrated Education. Firstly, there exists a tendency in technology application to "emphasize form over substance." Some universities are enthusiastic about introducing high-end equipment and platforms but neglect their deep integration with the goals of emotional education. For instance, the mere use of VR simulation scenarios without accompanying emotional teaching designs renders the technology a mere “decor,” failing to effectively serve the core purpose of emotional cultivation [3].

Secondly, the teachers' ability of applying and integrating technology skills is not enough. Many PE teachers lack the ability of IT operation, data analysis and scene design, which makes it difficult to give full play to the function of emotion perception and personalized guidance of technology, and affects the effectiveness of technology empowerment [4].

Thirdly, there are potential risks in data security and emotional privacy protection. The application of technology involves a large number of students 'physiological, behavioral, and emotional data. Some universities have incomplete data management systems, posing risks of data leakage and misuse, which not only jeopardize students' privacy but may also affect their participation enthusiasm [2].

Future Prospects of IT Empowering Integrated Education:

1. Adhere to the principle of putting people first and promote the deep integration of technology and educational core. The application of technology must always serve the goal of emotional cultivation, designing targeted teaching scenarios and programs around key emotional

competencies to achieve the unity of technological instrumentalization and educational purposefulness [3].

2. Accelerate intelligent upgrading to build a new ecosystem of smart integrated education. With the development of artificial intelligence and the metaverse, more immersive and interactive integrated education scenarios can be constructed, achieving seamless integration of virtual and real teaching. Intelligent teaching assistants will assist teachers in conducting more precise emotional analysis and personalized guidance [2].

3. Enhance teacher training and improve the interdisciplinary support system. Universities should strengthen specialized IT training for physical education teachers to enhance their ability to integrate and apply technology. Meanwhile, interdisciplinary teams combining physical education and information technology should be established to provide professional support for integrated innovation [4].

4. Improve data security regulations to safeguard students' privacy rights. Relevant systems and management standards should be enhanced, advanced technical measures adopted to strengthen data security protection, and clear boundaries for data collection and application established to ensure the security of students' personal information and emotional privacy [2].

In the context of smart education, IT has emerged as a pivotal force in integrating physical and emotional education at universities. Its advantages in enriching experiences, enabling precise perception, facilitating personalized cultivation, and supporting scientific evaluation have paved new pathways for integrated education. While current practices have been initiated, challenges such as formalism, faculty shortages, and data security remain to be addressed. Moving forward, only by adhering to the principle of “technology for practical use, education for human development” and promoting coordinated progress in technology, faculty, and institutional frameworks can we fully unleash the empowering potential of technology. This will ultimately achieve the organic unity of "physical education" and “emotional education,” laying a solid foundation for cultivating well-rounded, high-quality talents.

Literature

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