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A STUDY OF MENTAL TRAINING AND SKILL ENHANCEMENT IN PHYSICAL EDUCATION TEACHING COMBINED WITH DEEP LEARNING ALGORITHMS

SHENGFEI HU* AND ZIYAO GAO†

Abstract. The study sheds light on teaching physical education, which aids in improving students overall physical and mental well-being. Individuals benefit from physical education instruction through developing their talents and minds. Teaching physical education is crucial since a person's whole well-being mostly depends on their physical and mental health. Deep learning algorithms are used in physical education training to improve quality and help students become more mentally and skillfully fit. The deep learning method is a machine learning component that aids the healthcare and e-commerce sectors by comprehending how the human brain functions. Comprehending the physical education teaching process and how it can be enhanced also aids individuals. This study contributes to our understanding of the value of physical education instruction and how it affects a person's physical and mental health.

Key words: Mental training, deep learning algorithm, machine learning

1. Introduction. Physical education teaching helps us to grow the physical and mental health of an individual. Physical education teaching also helps individuals by providing mental training and skills development. Physical education teaching is always important as both mental and physical health are the main factors for good well-being in a person. Physical education teaching provides more quality with the use of deep learning algorithms and helps to increase mental fitness and skill enhancement in an individual. The deep learning process is a part of machine learning, which understands the workings of the human brain and helps in the healthcare and e-commerce industries. This also helps individuals by understanding the physical education teaching process and how it can be improved. This study helps to understand the importance of physical education teaching and its impact on mental and physical health in an individual. The study provides proper data to analyze the topic of the study. In the methodology section of the study, a secondary qualitative method is used for data collection which can enrich the quality of the result.

The deep learning and the knowledge of the branch machine languages that are attempted in order to models high-level abstraction of the data and the information by the usage of the multi-layer neurons. The usage of the multi-level neurons is composed in the complex structured or the transformations that are non-linear. This help in the increase in the volume of the data and information for the computing of the power and the complex networks in the areas and the fields that are taken into considerations.

The processes of the physical education and the traditional method or the techniques that are related to the physical educations are usually limited by the professional or the teachers who are at professional's level. Moreover, the traditional education related to physical and improvement of the skills required quality as well as effects of the teachings. The quality and the effects that are related to the teaching are often very difficult to guarantee. In addition the traditional methods of the teaching or learning on the basis of the physical education as well as enhancement of the skills also require certain venue or space having a strict rules and regulations and more training time.

Physical education plays a pivotal role in promoting holistic well-being and skill development among students. While traditional teaching methods have been effective, the integration of advanced technologies offers new opportunities to enhance the learning experience. This study delves into the synergistic relationship between mental training, skill enhancement, and deep learning algorithms in the context of physical education

*Physical Education college of South-Central Minzu University, Wuhan, 430074, China, email: shengfeiresea@outlook.com
†Physical Education college of South-Central Minzu University, Wuhan, 430074, China

teaching. By combining the principles of pedagogy with cutting-edge technology, we aim to explore innovative strategies that can revolutionize physical education and contribute to the overall development of students.

Main contribution of this research is,

1. This study delves into the sphere of physical education, illuminating its pivotal role in enhancing the holistic well-being of students, encompassing physical and mental dimensions.
2. By harmoniously integrating mental training and skill enhancement strategies, this research underscores the multifaceted advantages of physical education, positioning it as a conduit for developing not only physical prowess but also cognitive abilities.
3. Leveraging deep learning algorithms, typically employed in healthcare and e-commerce sectors, within the realm of physical education, this study advances our understanding of how these advanced technologies can amplify the quality of teaching and bolster students' mental and physical fitness.

2. Objectives.

1. To understand the role of physical education teaching in improving mental fitness in individuals.
2. To know the role of physical education teaching on the skill enhancement in an individual.
3. To evaluate how the deep learning algorithm integrates with physical education teaching to provide the best results.
4. To suggest the best possible way to utilize the skill development and deep learning algorithm

3. Methodology. The secondary qualitative method is used for the collection of the data in the study. The secondary data are collected from sources that have already been collected for certain uses. The sources such as government websites, books, and documents from government libraries and newspapers are used for secondary data collection methods [19]. In this study secondary data is used as this has certain advantages, the first advantage is that this method is both time effective as well as cost-effective.

The next advantage is that this process of data collection is quite simple as any individual can collect the data. There are no hard skills required in the collection of secondary data and this makes the method simple. The next advantage is that the secondary data sources are easily accessible to individuals as compared to the primary data collection methods.

3.1. Physical education teaching helps individuals to improve their mental and physical health. Physical education teaching is about strategic procedure in workout techniques that helps to improve the health and mind of an individual. Physical and mental health plays a significant role in improving the mental health and physical health of an individual [4]. Physical education teaching is guided by experts who have deep knowledge and information about the physical and mental health of a human being. Physical and mental health is important for better and for staying away from any type of health disorder in the long run [22]. There are many advantages of physical training for physical health in a person. The first advantage is physical growth, the physical training helps to develop muscles and make the bone strong in an individual [23].

The next benefit of physical training is the mitigation of stress levels in individuals. In recent times stress has become one of the main problems in a person. Stress leads to these various types of problems such as heart disease, mental health issues, and many types of health problems in a person [16]. Physical training helps a person to be fresh and free from many types of diseases in the long run.

The next advantage of physical training is that it helps to be disciplined and patient. Physical training helps to develop confidence and self-discipline in a person. Physical training also helps with focus and concentration skills in a person [8]. The focus is very important for the growth and development of a person which can be improved by physical training. The sleep cycle which is very important for a healthy lifestyle in a person can be improved by the physical training process in person [24]. The physical training process also helps in character development which is important to be a part of society. In the same way, physical training helps to improve the mental health of a person. Mental health and peace is also important factor for the good well-being of a person. Physical activity helps to develop a good mood in a person; physical training helps to increase the serotonin level in the human brain which helps individuals to be in a good mood and stress-free [2]. The release of serotonin in the human body is important to help protect an individual's mental and physical health issues.

Physical training also helps to avoid depression in a person, the depression which is the cause of many

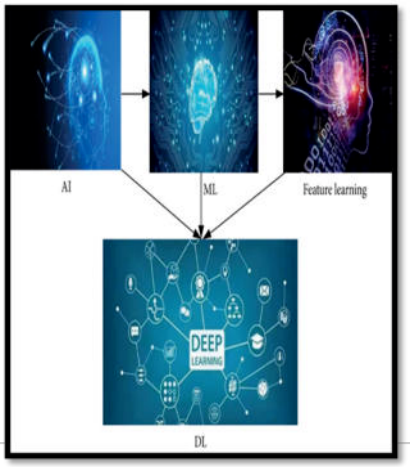

Fig. 3.1: The physical education training by the use of deep learning algorithm

types of health problems in a human being. Physical training and education help in developing self-esteem in a person [11].

3.2. The role of physical education teaching in improving the skills of individuals. Physical education teaching helps to improve performance in a person. Through consistent physical activities, a person can improve certain skills which are important for living. Physical education improves the mental peace and mental sharpness in a person which helps to acquire any skills easily [3]. Any type of physical training such as swimming, running, and walking make a positive impact on the human brain that helps in the easy learning process by a person. The physical training process helps A person to think strategically and also helps to make better decisions. Physical education teaching also helps a person to develop social skills. Social skills are very important for living in a society and to gain respect from society [5]. Physical education teaching helps to develop better communication skills and better management skills to individuals. These teamwork and management skills are important for a person to live a better life with family as well as in society. Physical training can help a person develop management skills and learn teamwork [7].

Physical education also helps in the self-improvement process and better character development in a person. The physical training process is important for the student and the younger generation in a country. Physical training also helps in getting enough sleep in an individual. Proper sleep plays a significant role in the performance and skill development of a person [18]. It became easy for a person to learn any new skills when the person got proper sleep. Physical training also helps in developing leadership quality and better communication skills in a person. Leadership qualities and better communication are important in a person who is living in society.

The physical training is a effective and the efficient procedures for the treatment of the mental heaths and as well as anti-anxiety. The physical training help in relieves stress and tensions that is bale to boost or developed the mental as well as the physical energy. The good physical healths also help in the enhancement of the well-being through the release of the endorphins. It is not just the about the capacity of the aerobic and the size of the muscle, but it help in the improvement of the mental heaths developing overall body personality.

The individual who do physical training regularly because it give them an enormous sense of the well-being and be more energetic in comparison with the individual that do not do any physical training. The physical training has many benefits that will make the growth in the overall health of the individual. There are many advantages of the physical training that includes better sleeps at night, feeling energetic during the day, growth in the power of the memory, and it also make the individual relaxed and has the positive approach about themselves and their life.

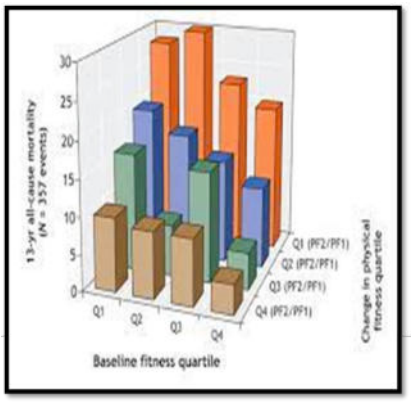

Fig. 3.2: The advantages of physical health on overall health

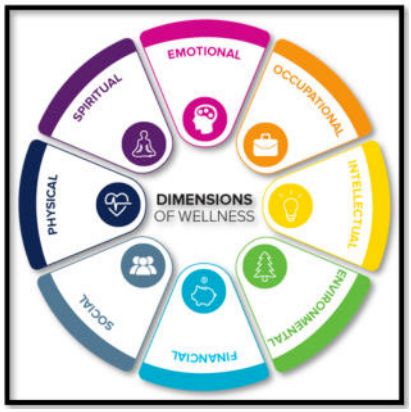

Fig. 3.3: The health of the students and the service of counseling

3.3. Discussion of the process of integration of deep learning algorithm with physical education teaching to generate the best results. The deep learning algorithm is part of the machine learning process that helps to understand the human brain structure and this helps to make any activity easier for human use. The deep learning algorithm process uses the data and analyzes the data to help an individual in any process [12]. In the context of this study, the deep learning algorithm helps to improve the physical education teaching process [29]. Physical training education merged with deep learning algorithms helps in getting better and more effective results. The deep learning algorithm makes any process more effective and strategic and gets better results [29].

The deep learning algorithm uses the data and analyzes this data to understand the role of physical education teaching on the human brain and mental health in an individual [27]. By understanding the human brain technology can make the process better and more effective. In the digital age, digital technology is used in all fields for better performance and better results [21].

The deep learning algorithm is also used in different fields such as healthcare, automobile industries, and the entertainment process. There are certain advantages of deep learning algorithms in physical education teaching [15]. The first advantage is the automatic process of learning; the deep learning algorithm automatically learns the characteristics of the data that help to make the process more simple and effective. The next advantage is that the deep learning algorithm helps in managing large and complex data [25]. The deep learning algorithm can manage the complicated dataset in a process. The next advantage is that the deep learning algorithm

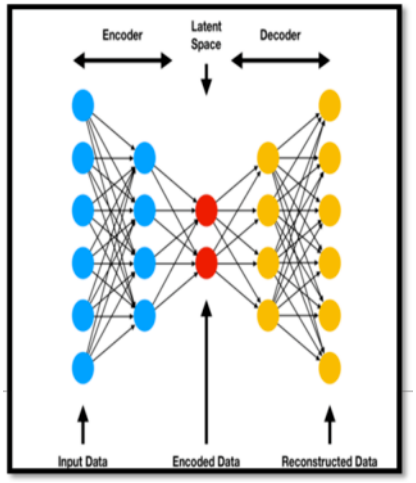

Fig. 3.4: The deep learning algorithm

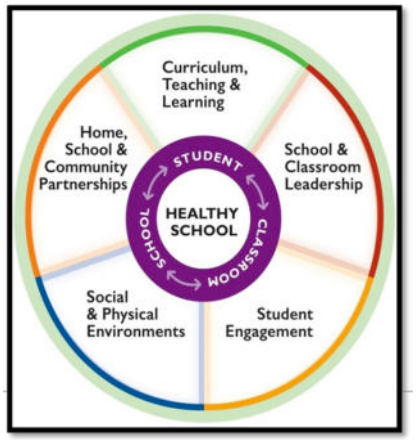

Fig. 3.5: Representation of the healthy school

also helps in increasing the performance of the process [13]. The deep learning algorithm helps to understand complex issues and helps to solve the issues by analyzing the data [17]. The next advantage is that the deep learning algorithm helps to manage the structured and unstructured data, file such as image, text, and audio can be easily managed and analyzed by this algorithm technology [10].

The first crucial step is selecting the appropriate deep learning algorithms for the given context. This decision depends on the specific objectives of the physical education program. Deep learning models are trained on the preprocessed data. This training phase involves feeding the models with labeled data (e.g., performance ratings, emotional states) to learn patterns and correlations. The models adapt and improve their performance over time.

4. Results. The study helps to understand the importance of physical education teaching in improving the physical and mental health of an individual. As mental and physical health is the primary determinants of a person's well-being, physical education instruction is always crucial [1]. By utilizing deep learning algorithms, physical education instruction is of higher quality and contributes to a person's improvement in both mental health and skill-building. The deep learning method, which is a component of machine learning, assists the

Fig. 4.1: Physical education system using multimedia technology

healthcare and e-commerce sectors by understanding how the human brain functions [28].

The deep learning algorithm procedure analyzes data to aid a person in any venture. In the context of this study, the deep learning algorithm aids in improving the training process of physical education. Combining deep learning algorithms with physical education helps provide better and more productive results. Any procedure may be made more strategic and effective to achieve better results using the deep learning algorithm [14].

A person's mental clarity and peace are improved through physical education, which makes it easier for them to pick up new abilities. Any physical exercise, including swimming, running, and walking, has a favorable effect on the brain and facilitates a person's ability to learn [6]. A person can think strategically and make better decisions with the aid of physical exercise. A person can strengthen their social skills with the use of physical education teaching, for one to function in society and to be respected by others, social skills are crucial. Physical exercise has various benefits for a person's physical health [9].

The first benefit is the individual's physical development; exercise helps build muscles and strengthen bones. The reduction of stress levels in people is the next advantage of physical exercise. In recent years, stress has emerged as one of a person's major issues. Stress causes a variety of concerns in a person's health, including heart disease, mental health conditions, and many others. As a result, technological development is very important as it can make a process more effective and flexible [20]. The deep learning algorithm which is part of machine learning technology helps in physical education teaching to make it more effective and flexible for human use [26]. In recent times all fields are influenced by technology, hence physical education teaching is also been developed by the use of deep learning algorithms. In recent times there are many institutions that use the deep learning algorithm for improving physical education teaching [30]. Many big companies in recent times are investing in deep learning algorithms and physical training education for the better health of individuals.

Figure 4.2 represents that the youths of different countries are not involved with the physical activities. The adolescence of 94.2% of South Korea is not involved with the physical activities. The other countries like Italy, France, Russia, and China, Germany's adolescence of 88.6%, 87%, 84.5%, 84.3%, and 83.7% are not involved with the physical activities respectively.

Thus, the development of the mental training and the skill development are essential for the development of the physical strength of the people. The deep learning technology assists the human being to practice all the physical activities and other activities in an appropriate way.

The physical training helped the individual to learn the meaning of the confidence by boosting and enhancing the skills through making new fosters and friends as well as the sprits creating the healthy competition environment. This environment of the healthy competitions helps the individual to take participant in the variety of sports. The physical training or education not only increased the physical health of the individual but also help in the developed in the mental health.

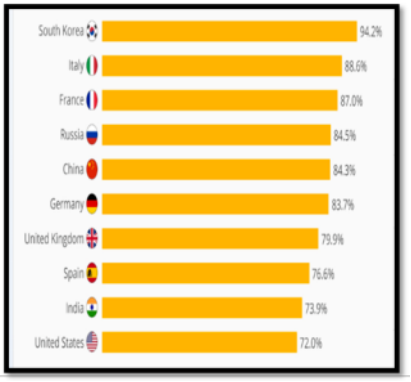

Fig. 4.2: Percentage of youths not engaged in physical activity

5. Conclusion. It can be concluded that physical education teaching is significant in improving the physical as well as mental health of a human being. The deep learning algorithm is a kind of machine learning process that helps to understand the human brain framework and functioning of the human brain. The physical education teaching process becomes more effective when it is integrated with the deep learning algorithm. The study has helped to understand the impact of physical education teaching on an individual and how the technology can be used positively to make a process more effective. The study has discussed the topic with the help of data which is collected by the use of a secondary qualitative method. By harnessing the power of deep learning algorithms, the quality of physical education instruction is elevated, contributing to substantial improvements in an individual's mental and skill development. Moreover, physical education is instrumental in honing social skills, a vital ingredient for an individual's societal integration and acceptance by peers. in future Deep neural network will be implemented and tested for accuracy.

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