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用,以剂量比较,等量内啡肽的功效强于吗啡 200 倍。人在进行较长时间的有氧运动时,体内内啡肽能保持在较高的水平。心理学家认为:有氧运动是治疗心理疾病的有效方法之一,原因就在于内啡肽能缓解精神疾病的某些症状,是最好的生理镇静剂^[10]。同时体育运动还能提高人的创造力;对改善睡眠也大有帮助。

5 小结

高校体育在增强学生机体健康的同时也具有调节学生心理健康的重要作用。为此高校体育应明确体育的多功能作用,注重体育教育的发展与改革。体育教师要在体育锻炼中注重对学生心理素质培养,掌握一定的心理学知识和心理辅导技巧,要以高度的责任心,培养学生心理健康的意识。

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