

# Research on Ideological and Political Strategies of Physical Education Course for Overweight Students in Colleges and Universities

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**Abstract:** The overweight students in colleges and universities are a special group in the physical education curriculum, which is related to the success or failure of the physical education curriculum reform. This paper tries to improve and solve the ideological factors affecting overweight students' sports participation through the ideological and political strategies of physical education curriculum. It serves to build a "whole-person, whole-process, all-round" education system, and can not be less on the road of talent training, improve the interest of overweight students in sports learning, improve the quality of education and teaching, and train students to become socialist builders and successors with all-round development of morality, intelligence, physical fitness, the United States and labor.

**Keywords:** Colleges and universities; Overweight students; Physical education course; Curriculum ideology and politics

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## Fund Project:

Harbin Engineering University Teaching Reform Research Project 2022 (No. JG2022B1604)

Supported by the Fundamental Research Funds for the Central Universities: Research on Ideological and Political Theory and Practice of Physical Education Curriculum (No. 3072023WJG1601)

Heilongjiang Province Education Science Planning Project (No. GJC1319020)

In recent years, there are a considerable number of overweight students among the freshmen in ordinary colleges and universities, who can not carry out normal physical education course learning and can not complete the physical education teaching objectives and tasks. And that group only grew as the grades went up. With the deepening of PE teaching reform, the physical health of overweight students has become the most difficult "hard bone" to affect the success or failure of the reform. In order to serve the construction of the "whole process, all-round" education system, one can not be less on the road of talent training, and improve the interest of overweight students in sports learning, we educators need to continue to work hard, constantly improve undergraduate teaching methods and means, and improve the quality of education and teaching.

## 1. The perplexity and problems of overweight students' physical education learning

### 1.1 Lifestyle

More and more overweight students on college campuses, from the principle, is that their energy intake is greater than the energy consumption, energy exceeded, with excess energy, this part of the energy will be converted into fat storage, to prevent the breakdown of energy supply when it is insufficient.

#### (1) Excess energy and malnutrition

We also said above, fat is because the intake of too much energy, more than the consumption of energy, there is excess energy, resulting in fat accumulation. The energy substances we ingest are mainly carbohydrates, fat and protein, fat people like to absorb such substances in daily life, and excessive intake of energy substances causes energy exceedance. At the same time, because the intake of energy substances leads to a decrease in the intake of other micronutrients, this is also a state of malnutrition. Obesity can

cause discomfort in parts of the body, such as joint pain and difficulty breathing. Physical discomfort can affect an individual's daily life and work.

### **(2) I don't like vegetables**

When we guide weight loss, we must want everyone to eat more vegetables, and most fat people usually like to eat greasy and sweet food, don't like to eat vegetables, especially vegetable soup. Vegetables are not only low in energy, but also rich in dietary fiber, which can promote intestinal motility, such as a variety of vitamins and minerals, to ensure the normal operation of my body.

### **(3) Sedentary and not active**

The fatter people are, the less active they are, preferring to sit or lie down, which can lead to more weight, forming a vicious cycle. Although the main reason for obesity is diet, but the effect of exercise can not be ignored, although the impact is relatively small, but it is also a common situation in fat people, more activities and exercise every day, will also reduce obesity.

## **1.2 Ideological understanding**

### **(1) Feelings of inferiority**

Obesity will affect personal self-esteem, resulting in feelings of inferiority and social anxiety and other emotional problems. I feel ugly and insecure. In social situations, you may feel inferior and insecure because of your body type. Living in their own world, do not like to communicate with people, a long time to form social phobia.

### **(2) Addicted to the Internet**

They can not control themselves, have antipathy to the restrictions of their parents, and gradually lose their interest in learning. After going to college (over 18 years old, adults), no one limits their use of electronic products, and every link of life is deeply tied to mobile apps, there is no clear boundary between doing things and recreational use of mobile phones, often lie to cover up for themselves, and began to hate learning; Has developed a serious attachment to the Internet, classmates relationship tension.

### **(3) "fat house happy water" forms dependence**

Surveys show that obese people have a common characteristic: dependence on drinks. Fat house happy water, the Internet buzzword, the word generally refers to coke.

### **(4) Stress**

Obesity may lead to physical health problems, such as high blood pressure, diabetes, etc., bringing physical and psychological pressure to individuals. These health problems require long-term management and treatment, placing a great burden on individuals.

## **2. Analysis of ideological and political teaching strategies for overweight college students in physical education course**

### **2.1 Accurately grasp the infiltration scale of ideological and political teaching in physical education curriculum**

For overweight students, individual colleges and universities to separate these students for sports skills training, the effect will be better; However, most colleges and universities do not make such a distinction, and overweight students should be given special attention, because they are related to the success or failure of the physical education curriculum. Physical education teaching mainly includes two aspects: one is classroom teaching, classroom teaching plays a great supporting role in physical education; The second is extracurricular exercise (sports club activities or sports association activities), which allows students to relax their mind, relieve pressure and get physical exercise in the process of exercising their skills. Therefore, when teachers teach, these two teaching methods should be integrated with ideological and political education to establish a correct outlook on life and values for students, and further cultivate students' comprehensive ability.

### **2.2 Proficient use of ideological and political teaching strategies in physical education**

#### **(1) Ideological and political education combining theory with practice**

Physical education has an innate advantage over other subjects in ideological and political education. The theoretical teaching mainly explains the theoretical knowledge of sports technology and the related knowledge of health care, etc., and the ideological nature of this part is very clear. In this process, the integration of ideological and political education can make students establish correct ideas and concepts, so as to actively participate in the learning of physical education courses. Overweight students themselves do not like sports, they should be given enough patience, so that they can get more opportunities to experience sports, gradually realize the fun and proprioception of exercise, and enhance self-confidence.

## **(2) Set the ideological and political education situation in class, organize skills exchange, and obtain more sports experience**

Most overweight students do not have the habit of exercising and have never felt the good feeling that exercise brings to them. This feeling can only be realized through a stage of painful training, and many students have not yet realized the fun of exercise. Blindly conclude to yourself that exercise is not suitable. In the teaching process, teachers should formulate relevant classroom rules on the basis of practicing basic skills, which is not only the need of teaching, but also one of the ways to carry out ideological and political education for students.

## **(3) Individualized teaching and targeted teaching**

Physical education classroom rules are very important for overweight students, which can be more simple and effective to integrate their ideological and political education: students should observe the most basic etiquette; Teachers should also combine the actual situation to guide students to become a moral, law-abiding person. Therefore, teachers should conduct education according to different situations, and this process is the process of the formation of organizational discipline. Teachers should also adopt different teaching methods to carry out ideological and political education, and must think carefully in the choice of teaching methods, must be scientific and efficient, and can reflect their own teaching ability.

## **(4) Teachers should set an example and create a good image**

A teacher's words and deeds will affect students imperceptibly. Strengthen the improvement of moral education, ideological and political culture quality of physical education teachers in colleges and universities, and implement "sports + ideological and political" integration teaching; Strengthen the communication between physical education teachers and ideological and political teachers in colleges and universities, enable physical education teachers to internalize ideological and political elements in their hearts, and implement the integrated teaching of "physical education curriculum + ideological and political education" in colleges and universities [2]. Therefore, physical education teachers in colleges and universities should study and educate teachers' professional behavior norms and ethics, establish a good image, improve political standing, strengthen ideological and moral cultivation, and infect every student with a warm and positive spirit.

## **3. Conclusion**

To sum up, overweight students can in the process of physical education, through good ideological and political education to make students become a positive, law-abiding, honest and trustworthy, help others, care for others, perseverance, endurance of the people, these can make students from all aspects of balanced development, can be described as killing two birds with one stone. In order to better promote the ideological and political teaching of physical education in colleges and universities, it needs coordination and efforts from all aspects. This process is not simple. Teachers should combine the actual situation of overweight students, improve their ideological awareness, optimize educational resources, positively guide students' learning attitude, improve their own ideological and moral quality, and set a good example for students. Use sports competition to integrate ideological and political education. On the road of talent training, no one should be less, and the students should be trained to become a socialist builder and successor with all-round development of morality, intelligence, physical fitness, the United States and labor.

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