

Teaching Strategies of College Education and Badminton under the Ideological and Political Perspective

Wenjun Kou

Department of Physical Education and Health , Zhaoqing University , Zhaoqing 526060 , Guangdong China

Abstract: In the current society, ideological and political curriculum has become an important part of talent training in colleges and universities. This paper aims to explore the teaching strategies of physical badminton courses in universities under the ideological and political perspective. By analyzing the connotation, meaning of ideological education and the relationship with physical education, a series of concrete and practical teaching strategies are put forward. These strategies are designed to ensure that students learn badminton skills while also receiving deep ideological and political education, cultivating their collectivism, discipline and will quality.

Keywords: Curriculum ideological and political; Physical education teaching; Badminton class

Foreword

With the deepening of China's educational reform, curriculum ideological and political has attracted the attention of educators and scholars. The traditional ideological and political education mode can no longer meet the needs of modern students, and as a new education mode, the curriculum ideological and political education is gradually becoming an important content of college education. Physical education course, especially badminton course, provides a unique opportunity to integrate into ideological and political education due to its teamwork, competition rules and other characteristics. This paper will discuss how to teach physical education and badminton in universities under the ideological and political perspective.

1. The practical significance of course ideological and political construction to the teaching of badminton courses in colleges and universities

1.1 Cultivate the spirit of collectivism

Based on the characteristics of the badminton team, students are educated from "I" to "we" through experience and reflection. At the same time, the spirit of collectivism can be further consolidated through the attention to details and the education of moral rules. This whole set of logical chain ensures that students not only benefit from their skills, but also get positive guidance in their values. Specifically, badminton is not just a place for individuals to show their skills, especially in doubles or team matches, which more reflects the importance of teamwork. Every action of each player on the field directly affects the performance of the whole team, which provides a natural "soil" for the ideological and political construction of the course. In badminton doubles or team competition, students realize an important logic: success no longer depends only on the individual, but on the cooperation and tacit understanding of the team. This experience can promote students to shift from "me" thinking to "us" thinking, which is the core connotation of collectivism thought. At the same time, the subtle coordination, strategy adjustment and mutual communication in badminton games all reflect the essence of teamwork, which enables students to more intuitively experience the power of cooperation and the influence of individual behavior on the collective. On this basis, the ideological and political work of the course can enable students to deeply reflect on the movement itself, so as to deepen their understanding and identification of the spirit of collectivism. Moreover, there are clear rules and ethical requirements in badminton competitions. The ideological and political education of the course can guide students to realize that following the rules and respecting their opponents is not only a requirement for themselves, but also a respect for the team and the whole competition, which contains the values of collectivism.^[1]

1.2 Exercise students' will and quality

Badminton itself is a sport that requires both skill, physical ability and will. In the face of stronger opponents, adversity scores or physical overdraft, we need to stick to it and never give up, so as to usher in a good outcome of adversity, which provides a realistic scene for training students' perseverance and resilience. The ideological and political construction in the teaching of badminton in colleges and universities can clarify the relationship between will and goal, between failure and growth, between team and individual, so as to achieve self-transcendence by constantly challenging difficulties. Specifically, in terms of the relationship between will and goal, students usually set a clear goal, such as improving skills and winning matches, etc. The ideological and political construction of the course can make students realize that only a firm will and continuous efforts can achieve the preset goals, so as to encourage students to practice the goals with a firm will. On the relationship between failure and growth, participate in badminton games can let the students realize that not every effort will immediately rewarded, everyone will face failure and setbacks, course education can guide students to correctly view failure, as a stepping stone of growth, realize the process of exercise will quality itself is a valuable life experience. In terms of the relationship between the team and individuals, group badminton not only requires students to show their willpower, but also learn to adjust their emotions and encourage and support their teammates. This commitment and commitment to the interests of the team is also an important embodiment of the quality of will. Therefore, the ideological and political construction of the course is conducive to the use of the difficulties, challenges and teamwork in badminton, combined with the value orientation of ideological and political construction of the course, to realize the all-round cultivation and exercise of students' will and quality.^[2]

2. Teaching reform of badminton course in universities under the perspective of ideological and politics

2.1 Clear teaching objectives

To promote the teaching goal of combining ideological and political courses with badminton teaching in universities, we should not only pay attention to the cultivation of badminton technical skills, but also cultivate students' ideological quality, values, teamwork and social responsibility in combination with the combination of ideological and political education goals. Specifically include: technology and skill objectives, master basic badminton skills, such as serving, receiving, killing, pick the ball, and understand the basic rules and strategies of badminton competition; ideological quality and values goals, cultivate students' collectivism spirit, emphasize the importance of teamwork, let students realize the value of effort, persistence and struggle, exercise their perseverance and toughness when facing challenges and failure, cultivate the understanding of fair play, honesty and trustworthiness, strengthen their understanding and practice of sports ethics. Team and communication objectives, cultivate students' teamwork ability, learn to effectively communicate and cooperate with teammates in the competition, emphasize the sense of collective honor, and cultivate students' team responsibility. Social responsibility and civic literacy goals, through the badminton competition, let students experience the importance of fair competition, enhance their awareness of social morality, emphasize the awareness of environmental protection, let students develop good habits of protecting equipment and venues on the sports field. Health and life goals, through badminton sports, improve students' physical fitness and physical health, and cultivate students' sports habits, improve their love and interest in sports. The goal of critical thinking and innovation ability enables students to cultivate their critical thinking and innovation ability in strategic competitions, encourage students to explore and study new badminton techniques and tactics, and cultivate their innovation consciousness. To sum up, promote the course education and the combination of college badminton teaching objectives, should pay attention to technology and skills, ideological quality and values, team cooperation and communication, social responsibility and citizen quality, health and life, critical thinking and innovation ability, to ensure that students in learning badminton at the same time, also can get a comprehensive ideological education and personality cultivation.^[3]

2.2 Integrate the course content

Course education and the combination of badminton course content, not only reflected in the badminton tactics and sports skills, but combined with the development of badminton, before the professor badminton technology, first introduce the origin of badminton, development process and status in different cultures and countries, and through the historical background of badminton, let the students know how sports influence and affected by the social and political environment. Based on this, colleges and universities should promote the integration of curriculum content from the dimensions of sports ethics and morality, teamwork and collectivism, personal development and social responsibility, health concept and lifestyle. In the aspect of sports ethics and morality, when discussing the competition rules, we should emphasize fair competition, integrity and respect for opponents, analyze the improper behaviors on the field, such as intentional mistakes and deceiving the referee, and discuss the ethical issues and social influence behind them.

At the level of teamwork and collectivism, the importance of teamwork should be emphasized and combined with the values of collectivism, and students' team spirit and collective honor should be cultivated through team tasks and competitions. At the level of personal development and social responsibility, we should combine badminton training and competition to discuss how to achieve personal growth through unremitting efforts and continuous learning, emphasize the role of the individual in the collective, and the responsibility that everyone should bear for the society and the collective. In terms of health concept and lifestyle, the importance of healthy life should be emphasized when explaining the fitness value of badminton, and the impact of healthy lifestyle on individuals and society should be discussed in combination with ideological and political education.

2.3 Establish a long-term mechanism

Promoting the combination of ideological and political teaching of badminton and the establishment of a long-term mechanism are the key to ensure its continuity, in-depth and influence. In the construction of long-term mechanism, first of all, the system and guidelines should be clear, a clear combination of ideological and political and badminton teaching should be formulated, the teaching objectives, contents, methods, and the syllabus should be revised regularly to ensure that it keeps pace with The Times and reflects the current social, cultural and political background. Secondly, teacher training should be continuously carried out to provide ideological and political education training and training opportunities for physical education teachers, ensure that they can effectively combine the two, and encourage teachers to participate in relevant research and academic exchanges, so as to continuously improve their education and teaching ability. Again, a multiple evaluation and feedback mechanism should be established. In addition to the traditional skill evaluation, the evaluation system of ideological and political education should also be added, such as teamwork, moral ethics, social responsibility and other aspects, the feedback from students, teachers and other relevant personnel should be regularly collected regularly, and the teaching content and methods should be adjusted. Finally, extensive publicity and promotion work should be strengthened to publicize and display the successful cases and experience of badminton teaching and ideological and political education, so as to improve their influence and recognition in the society, and other universities should be encouraged to learn and learn from successful experiences and practices, so as to promote the combination of badminton teaching and ideological and political education in the whole society.

3. Conclusion

The combination of ideological and political courses and physical education and badminton courses in universities can not only improve students' physical skills, but also cultivate their ideological and moral character, and form a correct world outlook, values and outlook on life. Through the teaching strategy proposed in this paper, we hope to provide some useful suggestions and references for physical educators in colleges and universities. At the same time, it is also expected that this teaching mode can be promoted and applied in more colleges and universities, and make a positive contribution to the development of college education in China.

References:

- [1] Xu Jie, Wang Rong, Feng Junnan. Ideological and political construction path of university badminton course under the background of Chinese style modernization [J]. *Sports Science and Technology Literature Bulletin*, 2023,31 (07): 161-165.
- [2] Liu Mingyuan. Ideological and political exploration, design and infiltration and integration of badminton courses in higher vocational colleges [J]. *Contemporary Sports Technology*, 2023,13 (17): 127-132.
- [3] Jiang Dongyun, Feng Fusheng, Wang Anhong, Wu Xiaoxi, Huang Jialin, Wang Shijun. Research on the teaching design of badminton courses in universities under the ideological and political perspective [J]. *Sports Science and Technology Literature Bulletin*, 2022,30 (10): 111-113 + 249.

About the author:

Wenjun Kou (1991.08.-), male, Han nationality, from Zhaoqing, Guangdong, Master of Physical Education, lecturer, engaged in badminton teaching and training