

Research on the Integration of Ideological and Political Education in Higher Vocational Physical Education Classroom under the Concept of “Curriculum Ideological and Political”——Taking Qingdao Vocational and Technical College as an Example

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Abstract: In order to deeply explore the combination of physical education classroom and ideological and political education, maximize the value of physical education to each student, and achieve the educational goal of “sports people”. Based on the premise of the construction of sports work in Qingdao Vocational and Technical College, this paper analyzes the importance and necessity of integrating curriculum ideological and political ideas into sports classes, implements and explores effective ways to realize the ideological and political construction of sports courses in higher vocational colleges, summarizes experience, strengthens practice, and promotes the ideological and political construction of sports classes in higher vocational colleges.

Keywords: Curriculum thought and politics; Higher vocational sports; Classroom

Under the diversified development of Chinese society, higher vocational colleges are constantly breaking through and innovating student training methods and teaching models, and strive to better realize the self-development of students as the center. According to the characteristics of higher vocational students, how to better teach students according to their aptitude and combine vocational education with physical education is the current research hotspot. Students are the hope of the nation and the future of the country. As college students who are about to enter the society, it is particularly important to improve ideological and political education and establish correct and positive world outlook and values. It is necessary to combine ideological and political courses with physical education classes in the current educational background.

1. The importance of ideological and political integration in higher vocational colleges

In the new era, in order to strengthen the ideological and political education of college students, the education authorities issued a series of documents on ideological and political education, and the Ministry of Education issued the Guidance Outline of Ideological and Political Construction of higher education Curriculum, which proposed the important value of teaching and cultivating people. Vocational college students occupy half of the number of students in colleges and universities, with a huge group of education. According to the current educational situation, curriculum ideology and politics has become an indispensable teaching task in the process of talent training in higher vocational colleges. Curriculum ideology and politics is mainly to change the previous professional and general education and blindly spread knowledge and skills, form a synergistic effect with ideological and political theory, and finally realize the whole process of education. As an important part of the curriculum system of higher vocational colleges, due to the particularity of its teaching method (mainly outdoor teaching), college physical education needs to fully explore the deep meaning of physical education, imperceptibly integrate the ideological and political education elements embodied in physical education into every class of daily teaching, and constantly reform, break through and innovate the traditional physical education teaching mode. The quality of PE teaching can be further improved. Under the concept of “curriculum thinking and politics”, this paper studies the significance and implementation path of the combination of higher vocational physical education curriculum and ideological and

political elements in Qingdao Vocational and Technical College as an example, explores the new ideas of higher vocational physical education to train qualified workers and builders for the society, and further implements the educational concept of “three-whole education”.

2. Summary of the development of sports curriculum integrated into ideological and political education in Qingdao Vocational and Technical College

Under the background of the vigorous development of colleges and universities, Qingdao Vocational and Technical College has taken the lead and made great achievements. Public physical education class, as the most popular and broadest course in the school, includes 4 class hours of theoretical classes and 32 class hours of practical classes in a full semester, and has been cultivating outstanding graduates with good health, lofty ideals and excellent moral character for the society. In addition, Qingdao Vocational and Technical College has carried out a comprehensive strategic cooperation with Qingdao Yingbus Group under the guidance of the “physical fitness improvement Project for college students”, as well as the continuous improvement of the layered teaching system of “one test, two runs, three characteristics and four platforms” and the characteristic campus sports culture. It can be seen that schools attach importance to and innovate physical education, and in the above, the monthly “Sunshine monthly competition” and “Campus music Run” are more closely related to curriculum ideology and politics; In order to implement the working documents on school physical education of The General Office of the State Council and the Ministry of Education, further stimulate the enthusiasm of all teachers and students to actively participate in physical fitness activities, create a colorful campus physical fitness cultural atmosphere, and promote the formation of good physical exercise habits for teachers and students, Qingdao Vocational and Technical College holds a variety of sports activities every month. In order to meet the sports and fitness needs of all kinds of teachers and students, referred to as the “Sunshine monthly competition”.

3. The path for higher vocational colleges to integrate ideological and political education

3.1 Implement ideological and political education objectives in physical education objectives

As we all know, the effect of physical education is all-round and comprehensive. In the five learning areas of physical education and health standards, we often ignore the goals in the field of mental health and social adaptation, which leads many students to think that physical education emphasizes more physical health and skill goals. Physical education classroom and ideological and political education should be combined, physical education teachers should spend a lot of energy to prepare lessons carefully, excavate sports culture, sports spirit and other deep-rooted values, in the teaching goal of clear ideological and political goals for students to further clarify the direction. The formulation of ideological and political goals should be based on school measures and materials. For example, students complete corresponding teaching tasks under certain difficulties. When they win victory in adversity, teachers treat small tasks as big ones and compare small obstacles in physical education to difficulties in life. Make themselves more confident to face the difficulties bravely, through each class set different ideological and political goals, students under the guidance of gradually learn to abide by the rules, fair competition, obey the referee, respect the opponent, win not arrogant, defeat not hungry core quality, perfect sports personality.

3.2 The teaching content is integrated into ideological and political elements

Qingdao Vocational and Technical College currently has a wide variety of public sports courses. The “Sports club” program advocates that all students in the school can choose sports events according to their own hobbies, and the program is not limited to traditional sports such as track and field, basketball, volleyball, football, table tennis, badminton and tennis. It has also joined outdoor walking, quality development, billiards, yoga, line dancing, roller skating, orienteering, golf and other emerging projects to meet the sports needs of more and more groups.

3.3 Establish teaching evaluation covering curriculum ideology and politics

In teaching, teachers should pay attention to the all-round development of students, they should take the moral character, habits, responsibility and moral cultivation formed by students in the learning process as the elements of ideological and political goal evaluation, so that every teacher and student can pay attention to ideological and political education. In a basketball game, the record table referee will clearly record the rebounds, assists, mistakes, steals and scores of the players of the two teams, but in the course of the game, each high-five encouragement of the teammates, the mentality of the players after victory or defeat, and the recognition of each judgment of the referee can indirectly reflect whether the players can meet certain requirements in terms of ideological and political goals. Winning or losing the game is important, but why we play and the value that winning or losing really brings to the players should be evaluated and quantified, which can be carried out through teammate evaluation and self-evaluation, and

comprehensive assessment of the entire teaching process.

4. Conclusion

Curriculum ideology and politics is the fundamental task of higher vocational education to carry out moral education and cultivate people, and it is a complex system project of educating people. At present, Qingdao Vocational and Technical College has not yet established a stable and effective evaluation system to carry out curriculum ideological and political construction, so it is still a long way to explore the ideological and political construction of higher vocational physical education curriculum. Physical education teachers should constantly improve themselves, further establish curriculum ideological and political awareness, explore the moral education elements contained in physical education, and deepen ideological and political goals into classroom goals. Moreover, they should set an example by making targeted optimization of teaching content, so that students can develop a positive and healthy mental state and strengthen the cultivation of fair competition awareness. We will make positive contributions to cultivating qualified builders of socialism with Chinese characteristics in the new era.

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