

The Formation Mechanism and Cultivation Path of Sports Culture Core Literacy Within the Graduate Student Group from the Perspective of Curriculum Ideology and Politics

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Abstract: This article is based on the perspective of ideological and political education in the curriculum, and conducts an in-depth analysis of the formation mechanism and cultivation path of core sports culture among graduate students. Through a combination of theoretical research and empirical investigation, clarify the connotation of the core literacy of sports culture among graduate students and its importance in higher education. Exploring how to effectively cultivate the core competencies of graduate students through physical education in the context of ideological and political education courses, thereby enhancing their comprehensive competitiveness and sense of social responsibility. The article will also analyze the current problems in physical education teaching in universities and propose targeted improvement strategies, in order to provide theoretical support and practical guidance for the reform of physical education teaching in higher education.

Keywords: Course ideological and political education; Graduate students; Sports culture; Core competencies; Cultivation path

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Introduction

The introduction section will elaborate on the status and role of ideological and political education in contemporary higher education, as well as the importance of physical education in the graduate training system. Briefly introduce the background and significance of the research, as well as the main objectives and methods of the study.

1. Theoretical Analysis on the Core Literacy of Sports Culture for Graduate Students

1.1 Definition of core competencies in sports culture

The core literacy of sports culture not only includes basic sports skills and a healthy physique, but more importantly, it includes spiritual and cultural elements such as teamwork, fair competition, respect for opponents, and adherence to rules. In the context of higher education in China, the core literacy of sports culture also emphasizes collectivism and patriotism education. For example, the Sports Department of Peking University has added courses such as “Sports and National Defense Education” and “Sports and Traditional Chinese Culture” in its curriculum to strengthen students’ national awareness and cultural confidence. The core literacy of sports culture refers to the cultural concepts, values, and behaviors reflected through sports activities. It plays an important role in graduate education, not only related to the physical health of students, but also closely related to their psychological quality and social adaptability.

1.2 The functions and values of sports culture in higher education

The value of sports activities in higher education goes far beyond simple physical training. Firstly, it is an important guarantee for the physical and mental health of students. According to a report released by the Chinese Ministry of Education, students who

regularly participate in sports activities perform better in emotional management, stress resistance, and concentration. Secondly, sports activities are an effective way to cultivate students' social skills and teamwork spirit. For example, the "Leadership and Team Collaboration" physical education course at Tsinghua University teaches students how to grow through competition and cooperation through team sports such as basketball and football. Sports culture can also cultivate students' moral and values. At Fudan University, through the "Sports and Moral Cultivation" course, teachers use elements such as rule adherence and fair competition in sports competitions to guide students to establish correct values and values.

1.3 The combination of ideological and political education in the curriculum and sports cultural education

Integrating ideological and political education into physical education and cultural education is an important direction for the current reform of higher education in China. Through physical education, not only can students strengthen their physical exercise, but more importantly, through the cultivation of sports spirit, they can strengthen their ideological and moral construction. For example, the "Red Boat Spirit and Sports" series of courses launched by Zhejiang University aims to stimulate students' patriotism and social responsibility by introducing the historical background and practical significance of the Red Boat Spirit. In terms of curriculum implementation, teachers will design a series of teaching activities that combine sports and ideological and political elements. For example, at Wuhan University, teachers organize students to participate in the "Traditional Martial Arts and Chinese Virtues" course. Students not only learn traditional martial arts such as Tai Chi and Kung Fu, but also discuss the philosophical and moral concepts behind these martial arts, and how to practice these traditional virtues in modern life. The cultivation of core competencies in sports culture is a multi-dimensional and multi-level process. In the context of ideological and political education in the curriculum, sports and cultural education is not only about imparting skills, but also about instilling values and shaping personality. Through the above theoretical analysis and practical cases, we can see the unique value and important role of sports culture in graduate education.

2. Research on the Cultivation Path of Core Sports Culture Literacy for Graduate Students

2.1 Current situation analysis: Challenges and opportunities in graduate physical education

In the current Chinese higher education system, graduate physical education faces a series of challenges. Firstly, graduate students have a heavy academic burden and limited free time, which directly affects their willingness and time to participate in sports activities. Secondly, some graduate students still have a limited understanding of physical education classes at the traditional level of physical exercise, lacking a deep understanding of the value of sports culture. However, with the promotion of national fitness and the increasing emphasis on health education in universities, the importance of physical education has become increasingly prominent, providing new opportunities for the cultivation of core literacy in sports culture.

2.2 Innovation in Physical Education Curriculum Design and Teaching Methods

In response to the above challenges, universities can adopt various strategies to optimize the design of physical education courses. For example, the School of Physical Education at Southeast University has launched "Personalized Physical Education Choice Courses", allowing students to choose suitable physical education courses based on their personal interests and time arrangements. In addition, innovation in teaching methods is also key to improving the attractiveness of the curriculum. The use of modern information technology, such as smart wearable devices and mobile health management software (such as the "Health Treasure" app), can effectively enhance student engagement and exercise effectiveness. These technologies not only help students monitor their physical condition, but also provide personalized exercise advice and health management plans through data analysis. In terms of teaching methods, the Sports Department of Nanjing University has attempted to introduce case teaching method into physical education courses. By analyzing exciting moments or controversial cases in domestic and foreign sports events, teachers guide students to discuss issues such as sportsmanship and athlete professional ethics, thereby deepening their understanding and identification with the core literacy of sports culture.

2.3 Cultivation strategies and practical paths

In order to effectively promote the cultivation of core competencies in sports culture, universities need to develop clear implementation strategies and practical paths. Firstly, strengthening the construction and opening up of campus sports facilities and providing convenient sports venues for students is the foundation. Meanwhile, universities can organize regular sports and cultural festivals, sports competitions, and other activities to stimulate students' interest and enthusiasm through practical participation. For example, the annual "Sports Culture Festival" held by Tsinghua University includes a variety of activities such as traditional

martial arts performances, campus marathons, basketball friendly matches, etc., effectively enhancing students' participation in sports activities and their sense of identification with sports culture. Universities can also cooperate with social sports organizations to carry out community services and volunteer activities. Just like the "Sports Volunteer Service Week" organized by Zhejiang University in collaboration with local communities, students not only exercise their sports skills through service, but also learn and spread sports culture through practical activities, cultivating a sense of social responsibility and leadership. By innovating the design of physical education courses, updating teaching methods, and expanding practical paths, it is possible to effectively promote the cultivation of core competencies in sports culture for graduate students. In this process, it is not only the improvement of sports skills, but more importantly, through deep participation in sports activities, students can experience the deep value of sports culture, thereby comprehensively improving their personal qualities and social adaptability.

Conclusion

This article systematically explores the formation mechanism and cultivation path of core sports cultural literacy within the graduate student group from the perspective of curriculum ideology. By analyzing the theoretical basis of core literacy in sports culture, the functions and values of higher education sports culture, and the integration of sports culture education in the context of ideological and political education in the curriculum, this article reveals the unique role and importance of sports culture in shaping the comprehensive quality of graduate students. The theoretical analysis of the core literacy of sports culture shows that sports activities not only help improve the physical health of graduate students, but more importantly, strengthen their sense of social responsibility and moral cultivation through the cultivation of sportsmanship, such as teamwork, fair competition, and compliance with rules. From the functional analysis of sports culture in higher education, it can be seen that sports education plays an irreplaceable role in improving students' psychological quality, enhancing social skills, and shaping a positive outlook on life. In terms of the combination of ideological and political education in the curriculum and sports culture education, this article demonstrates through specific cases how to integrate ideological and political education into physical education teaching, effectively improving the effectiveness of teaching and the comprehensiveness of education. By participating in carefully designed physical education courses and activities, graduate students not only exercise their bodies, but also experience the spirit and culture of sports, enhancing national awareness and pride. This article also explores the challenges in current graduate physical education and proposes innovative curriculum design, teaching methods, and practical paths. Through personalized physical education course selection, the application of intelligent technology, and diversified teaching activities such as community services, students' participation and the internalization of sports culture have been effectively enhanced. The cultivation of core competencies in sports culture is an important and complex task in graduate education. This article emphasizes that by optimizing physical education curriculum design, innovating teaching methods, and expanding practical paths, it is possible to better cultivate the core literacy of sports culture among graduate students, thereby promoting their comprehensive development. In the future, universities should continue to deepen the integration of physical education and ideological and political education, explore more education models and methods that meet the requirements of the times, and provide solid support for the comprehensive quality improvement of graduate students.

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