

# Value Connotation of Ideology and Politics in College Physical Education Curriculum from the Perspective of “Fostering Virtue Through Education”

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**Abstract:** The ideological and political construction is an important way to implement the education requirement of "moral education and cultivating people" in physical education. This paper will analyze the connotation of the ideological and political construction of the university physical education curriculum, and explain in detail the value implication of the ideological and political construction of the university physical education curriculum from the perspective of fostering virtue through education, which will provide theoretical guidance and theoretical support for the practical operation of the ideological and political construction of the university physical education curriculum.

**Keywords:** Fostering value through education; Ideological and political education through curriculum; Physical education

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## Introduction

In the process of practicing the concept of "moral education and human cultivation", physical education courses in colleges and universities aim to cultivate "physically and mentally sound people", which is consistent with the goal of cultivating "complete people" through ideological and political courses [1]. As a public compulsory course, college physical education curriculum contains a unique ideological and moral education system that widely exists in all aspects and the whole process of college education. The teacher will improve physical health, improve physical ability and master technology, while promoting students to strengthen physical training, and that is always closely combined with ideological and moral education. Giving the university sports curriculum complete "fostering virtue through education" characteristics and function embodies the concept of Marxism about person's full scale development and make the new age of college sports "fostering virtue through education" task effectively combine, and also make the "physical education" value combined with "fostering virtue through education" function in order to full display the design on the top of the college sports and the practice path. The relationship between the mutual construction and the same direction of the two is clarified.

## 1. The combination of "cultivating the body" and "casting the soul" : the connotation of the ideological and political construction of physical education curriculum

Physical education, as one of the five educations in college education, is a special form for students to understand the world [2], which contains rich pedagogical connotation. "Physical education" plays a unique education function in physical education curriculum. Under the background of "cultivating morality and cultivating people", the educational theoretical connotation of "cultivating physique" not only includes physical training, but also coordinates the elements of moral education, intellectual education, aesthetic education, labor and technical education. "Cultivating the body and casting the soul" provides connotation support for the theoretical interpretation of the ideological and political construction of physical education curriculum. It focuses on finding the inner construction node between "cultivating the body" and "casting the soul" from the physical education curriculum construction and physical education activities. The function of "cultivating body" of

P.E. curriculum is shown in the process of helping students form the physical qualities necessary to cope with social life, so that students can establish life experience and social cognition in P.E. learning <sup>[3]</sup>.

"Physical education" is the foundation for the university to carry out educational activities in other fields;"Soul cultivating ", is to cast the "soul" of Marxism, with the theory of Marxist philosophy to annotate "education" for the core of man's all-round development value and significance, adhere to the "education" of Marxist philosophy point and requirements, clarifying the college sports "how to cultivate people," and then to show the logical function of college sports attributed to both education and philosophy which can not only shaping body, but also cultivating soul" . "Education" in stick to college sports properties and requirements of the process, the need to "soul" for its escort, "education" to construct the basis of the college sports "soul", "soul" to lay the direction of "education" college sports work, the mutual relationship of both, reflected in the college sports to carry out the "fostering virtue through education" in the fundamental task of the whole. Therefore, to fully understand the theory of the construction of the ideological connotation of physical education curriculum needs both combining Marxist philosophy of college sports education to guide, from epistemology, and methodology of Marxism, to "education" process into the soul of Marxism, also requires a combination of college sports law of development, constant innovation means "education" and "soul" demand between structure way. So that the growth requirements of the state for students and the education law of college physical education are fully connected, and the theoretical connotation of the ideological and political construction of physical education curriculum is constantly enriched.

## **2. "Moral improvement" and "physical training" go hand in hand: the core elements of the ideological and political construction of physical education curriculum**

In the process of carrying out and implementing physical education curriculum. By promoting the improvement of students' sports skills and health level, it highlights the education of physical culture, the competition of sports, the standardization of standard rules, and the social characteristics of curriculum extension. In the process of internalizing moral understanding in physical education, the objectivity and possibility of both training were explained, and the core direction was focused on the development of "moral cultivation" and "physical training", which provided institutional and spiritual support for further elucidating the theoretical connotation of the ideological and political construction of physical education curriculum.

The moral character of college physical education reflects the quality and characteristics of various ideological ideologies and relationship norms in college physical education [4]. In the process of implementing "moral education and cultivating people" in college physical education, we should consider whether the design orientation of physical education curriculum and teaching meets the requirements of ideological and political construction of physical education curriculum. The test is whether the ethics of the ideological and political construction of physical education curriculum can be formed in the process of students' experiencing of the fun of sports, seeking physical and mental challenges, feeling the passion of life, and enjoying self-transcendence, so as to show the vitality of college physical education and construct a harmonious and vivid ethical relationship and order of college physical education. "Moral cultivation" is the expected practice process of implementing the core accomplishment of physical education to "sports morality", and "physical cultivation" is the practice path by the core accomplishment of physical education to "sports ability and healthy behavior". The design of high quality physical education curriculum context should consider not only the development of students' physical ability and the mastery of technical skills, but also the cultivation of students' awareness of rules and sportsmanship in specific sports context, and make sure the teaching results can be extended to students' daily life. Such curriculum design and teaching arrangement realize the co-development of "moral cultivation" and "physical training" in the "silent" teaching situation.

### **3. Focusing on both "morality" and "ability" : the main path of ideological and political construction in physical education curriculum**

The way of "developing both morality and ability" in physical education curriculum is to integrate and implement the specific requirements of "fostering moral through education" in the new era into the physical education curriculum and teaching. The communique of the Fourth Plenary Session of the 19th CPC Central Committee pointed out that "China's national system and national governance system have significant advantages of adhering to both ability and virtue, selecting talents, gathering talents from all over the world, and training more and more excellent talents." [5] It is the mission of the physical education curriculum to train and bring up outstanding talents with "both ability and moral integrity". "Guiding ability with morality, promoting morality through ability, and developing morality with ability" is the highly concentrated content of ideological and political construction in physical education curriculum. Adhering to the same frequency of "morality" and "ability" is a correct description of the theoretical logic of ideological and political construction in physical education curriculum.

In terms of the psychological theory of ideological and political construction of physical education curriculum, it can help students to understand that physical activities can prevent and eliminate psychological barriers, enhance the psychological ability needed to adapt to the society, improve interpersonal skills, and help building harmonious interpersonal relations. It can also help them to learn how to respect and care for others, how to restrain themselves when encountering contradictions and conflicts, and how tolerance and understand each other, and finally learns how to correctly handle the relationship during cooperation and competition, and then have a sense of social responsibility. The biggest educational advantage of physical education course is that while the students experiencing the improvement of their sports and health ability, their good moral character also comes with it gradually. In physical education learning, through subjective efforts and the objective practice, the students will consciously think of sports culture, develop competitive consciousness, moral cognition, and internalize and sublimate the individual moral emotion and will, through the combination with the practical situation of physical education learning and sports skills upgrading experience. The students will make efforts to develop moral cognition and the actual movement of the self ability to maintain and to promote the plan closely linked. And eventually realize the unity between moral internalization and skill externalization in physical education curriculum.

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