

# On the Significance of Combining PE Curriculum and Ideological and Political Education

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**Abstract:** Integrating college physical education into ideological and political education is an important element to improve the overall quality of college students. Promote the development of our country's social economy must improve the teaching quality of the school, colleges and universities can improve the cultivation of high-level talents, is also an important way to improve the level of students' professional culture through, in the process of middle school students 'physical health level and physical quality is also very important, more to improve the students' moral accomplishment and political culture level. Then the combination of university physical education courses and ideological and political education is of substantial significance to the goal of cultivating talents in higher education in China. Physical education course in colleges and universities is a practical course with physical participation, which is of great significance in ideological and political education. It is necessary to fully absorb the important ideological and political factors contained in sports courses, to design the teaching plan of sports courses, improve the ideological and political level of school curriculum teachers, constantly improve the ability of sports ideological and political education in colleges and universities, and promote the cultivation of high-quality talents.

**Keywords:** College physical education courses; Ideology and politics; Education; Combination

## 1. The importance of combining physical education curriculum and ideological and political education

### 1.1 The university physical education curriculum is consistent with the goals of ideological and political education

Students 'comprehensive quality training contains the scientific and cultural quality, physical and mental health quality, ideological and moral quality, and labor skills in various aspects of quality training, to moral education and comprehensive development is the ultimate goal of the university talent training, the students' health and ideological and political training is an important content of moral education, physical education of physical education has physical education and moral education, to the improvement of the comprehensive development of students, cultivate high-quality talents for the society, become a certain industry leader. The training of talents should conform to the requirements of social development and achieve the goal of sustainable development. The teaching of sports can not only exercise the body, but also develop students 'logical thinking ability, carry out ideological and moral education for students, and cultivate students' good quality. Through sports, students can deeply feel the beauty of the movement, experience the beauty of behavior, and promote the function of sports culture.

### 1.2 The combination of physical education courses and ideological and political education in colleges and universities can mutually promote the development of students

The teaching of university physical education courses involves many disciplines, and the disciplines make the foundation of higher education. Discipline refers to the knowledge system, which attaches great importance to academic research, while the majors pay attention to talent training. Ideological and political education mainly belongs to the discipline of Marxism. According to the development of disciplines and the establishment of majors, colleges and universities mainly contain some professional disciplines and majors, which continuously train and transport talents for the development of the country and social economy. From the perspective of society, whether it is physical education courses in colleges and universities and ideological and political education, it is necessary to fully explore the value of the discipline, so that the value of the discipline can be properly displayed. The improvement of students 'health level and physical quality is the role of physical education courses in colleges and universities, healthy body and good physical quality is to contribute to the social security, improve the students' moral quality and establish the ideal faith, ideological and moral education has played a key role, he is related to the fundamental problem of education.

## 2. The dilemma of Combining Physical Education Curriculum and Ideological and Political Education

### 2.1 Lack of ideological and political education in physical education teaching in colleges and universities lacks depth

The traditional teaching methods are monotonous, and the ideological and political education also lacks attention. The ideological and political education has some deficiencies in the content of physical education teaching in colleges and universities, while the thinking of contemporary college students is multi-directional. Individual consciousness is also relatively strong, and their thinking is also relatively active. Now, college students will not accept the traditional rules, and some students will even reject the traditional teaching. In the physical education teaching of colleges and universities, we should flexibly use ideological and political education

methods, actively adopt new media technology, and a variety of teaching methods, so as to achieve a better purpose of ideological education as soon as possible. For the lack of ideological education content in physical education in colleges and universities. Although there are many good ideological and political education factors in physical education, the list has not thoroughly studied the content of physical education. Therefore, it shows that the ideological and political education elements in physical education teaching are not enough, and there is a certain gap between physical education and thought, and there is no good combination, so there is no good teaching effect presented<sup>[1]</sup>.

## **2.2 Ideological and political education in sports training in colleges and universities**

Sports in the University, And in the course of the training, Mastexercise techniques and training is a very important habit for training, If the lack of students' internal sports motivation will not achieve a good training effect, For the stimulation of students' inner motivation, Schools will always be confined to the scope of discipline, Will teach the students that physical exercise can exercise, Improving your motor skills, Without deeply exploring the significance of sports for ideology, moral character, faith and ideal, So, in this respect, College physical training courses are only unilaterally improving skills, The lack of some attention to the ideological and political education work, It only values sports and ignores education. Ideological and moral education of the object is the students, not only on simple preaching, also want to practice, and practice, active participation and the corresponding situation is the characteristics of physical education courses in colleges and universities, using practice course of ideological and political education is easier to implement, this is the best way to ideological and political education, to let them have personal feelings and experience. In order to change the current thought in colleges and universities, we should not only excavate the value of physical education training but also pay attention to the cultivation of ideological and moral education in college physical education courses, so as to realize the combination of ideological and political education and physical education courses in colleges and universities.

## **3. Path of combining physical education curriculum and ideological and political education**

### **3.1 Carry out the elements of ideological and political education in physical education teaching in colleges and universities**

Further extract the ideological and political education theory knowledge and special examples, comprehensive teaching content and method, PE teachers team in teaching has a solid theoretical knowledge and rich teaching practice experience, to strengthen the thorough study of teaching, especially in the physical education course ideological and political education content mining in finishing, reasonable improve the thorough development of ideological and political education, improve the quality of ideological and political education. New media should be used to innovate the teaching forms of ideological and political education. Teachers should fully understand the students' ideological dynamics, understand the students' inner activities, a planned design of teaching content, teachers should also try more new teaching methods, the ideological and political education in physical education courses effectively combined, so as to improve the comprehensive quality of students<sup>[2]</sup>.

### **3.2 Strengthen the importance of ideological and political education in sports training in colleges and universities**

Improve the importance of ideological and political education in sports training, in sports training can reflect the students' moral education and ideological and political consciousness, is the moral level of athletes and ideological and political education, is also the performance of mature ideological and political quality, so in the sports training to strengthen the political and ideological education of athletes. The ideological and political education of athletes should be assessed to a certain extent, and the ideological and political education should be strengthened. It is necessary to strengthen the management of the sports team and the synergistic role of the members in the ideological and political education, to clarify the division of labor, to give full play to the leading role of the coaches, and to carry out the ideological and political education to the athletes. And play the positive role of the team leader, for the athletes' ideological and political education to add a stronger motivation. Coaches are also very important for athletes' ideological supervision in the training process, which can better promote the development of political and ideological education of athletes.

## **4. Epilogue**

Ideological and political education is a huge social project, It requires concerted efforts from all sides, Physical education work in colleges and universities is a complex, diverse and systematic work, The school's PE program is not just a PE program, It is also an ideological and political education work, Sports contains spiritual and ideological and political elements, And they are interconnected, Can make up for each other, To produce a stronger ideological education effect, PE course educators need innovative thinking and distinctive teaching methods, Integrate ideological and political education into the teaching of physical education courses, Improving the ideological education work, Therefore, the implementation of ideological and political education in university physical education is of great significance, It is not only related to the ideological education work of the school, but also related to the results of the school physical education curriculum and the subsequent development.

## **References:**

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