

# Research on the Construction and Practice Optimization of the Civic and Political System of Physical Education Courses in Colleges and Universities

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**Abstract:** Physical education is a compulsory course for the cultivation of various professional talents in colleges and universities, and it is the basic support condition for the cultivation of college students' sports core literacy. The construction of a perfect college physical education course system and the comprehensive optimization of the course thinking and political practice system combined with the cultivation practice are important guarantees to ensure the continuous improvement of students' comprehensive literacy level. In this paper, on the basis of clarifying the contemporary value of the construction of college physical education curriculum thinking and government system, the main content of the system construction is clarified and the key aspects of practice optimization are proposed, so as to provide reference for the physical education curriculum teaching reform and play a positive role in promoting the quality of college talent cultivation.

**Keywords:** College sports; Curriculum thinking; System construction; Practice optimization

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In the talent training system of colleges and universities, it is the core issue of current education reform to insist on the fundamental task of establishing moral education as the fundamental guide and construct the curriculum thinking and government system in all aspects. The construction and practice optimization of the system of sports curriculum in colleges and universities can not only effectively cultivate students' awareness of rules and fairness, guide students to develop good qualities such as courageous struggle and solidarity, but also stimulate students' innovation and creativity, cultivate students' good social adaptability, and play a positive role in promoting students' personal career development.

## 1. The value of the times for the construction of the Civic System of college physical education courses

The essence of the physical education curriculum is to enhance students' awareness of physical education, improve the level of physical skills learning and application, develop good physical exercise habits, and lay a solid foundation of physical quality for engaging in professional activities and personal development. The construction of a perfect ideological and political curriculum system, the strengthening of Marxist ideological discourse inculcation in educational activities, and guiding students to recognize and practice socialist core values can not only effectively enhance young students' sports identity and actively participate in various forms of sports activities, but also establish a long-term development concept and lay a solid foundation for the construction of a strong sports nation. The construction of the Civic and Political System of sports curriculum is guided by the fundamental task of establishing moral education, and while realizing the education of sports knowledge and skills, the elements of Civic and Political theory, values and spiritual pursuit are integrated into different aspects of teaching activities, which can not only influence students' ideology and behavior, but also better shape students' spiritual qualities such as integrity, friendliness, patriotism and professionalism, and guide students to have a positive influence on others in participating in sports, and shape equality and equality. It can also guide students to have a positive influence on others, shape equal, friendly and harmonious interpersonal relationships, and better manifest the requirements of deepening the reform of physical education curriculum in colleges and universities. The high level construction and practice optimization of the college physical education curriculum thinking and politics system can make students understand

more deeply the arduous history and historical achievements of China's sports development, cultivate students' national sentiment, and through various forms of sports thinking and politics education activities, they can understand more deeply and widely the important role of physical exercise in promoting national development and stimulate students' cohesion<sup>[1]</sup>.

## **2. The main content of the construction of the Civic and Political system of college physical education course**

### **2.1 Theoretical basis of the Civic and Political System of Physical Education Curriculum**

To understand the theoretical basis of the system of thinking and politics of physical education curriculum, we need to start from three levels: the nature of physical education curriculum, the status of education system and thinking and politics. Based on the perspective of physical education curriculum, physical exercise is the core feature, and it is necessary to realize the unification of theory inculcation and skill application in educational activities. Based on the perspective of the education system, physical education curriculum is an important part of the modern education system and is the embodiment of the national will in the talent training system, and the continuous improvement of the physical quality of young people is an important support for the healthy development of the country and the nation. Based on the perspective of Civics, the Civics of physical education curriculum is distinguished from traditional ideological and political education, but exists dependent on the physical education curriculum, and its purpose is to guide students in the process of physical quality training to perceive the ideals, rules, values and morals of sports, cultivate the correct aesthetic concept of students, and guide students to establish the correct values of life. However, in the cognition of the Civic Theory of Sports Curriculum, it cannot be simply understood as the addition of sports and Civic Politics, and as the Civic Politics of Sports Curriculum, but on the basis of deep excavation of Civic Politics elements, the Civic Politics of Sports Curriculum should be used as a carrier to effectively achieve the goal of Civic Education.

### **2.2 Extent of the Composition of the Civic and Political System of Physical Education Courses**

The outreach of the system of thinking politics in sports courses can be understood from three perspectives: thinking politics in sports theory courses, thinking politics in sports skills courses and thinking politics at the point of integration of the two types of courses. Theoretical sports courses in our universities are relatively well developed, not only forming a curriculum system including sports history, sports culture, knowledge of different sports and health goals, but also interconnecting with health medicine, psycho-aesthetics, journalism and law to build interdisciplinary subjects. Theoretical courses have many integrated links with traditional Civic Education theories and are more complete in terms of knowledge structure. In terms of sports skills courses, they are mainly reflected in athletics, aerobics, swimming, ball games, etc. Some schools also offer traditional martial arts, self-defense and health courses according to the actual situation, and these courses are also rich in thinking political elements<sup>[2]</sup>. However, in the teaching activities, the organization and implementation of the Civic Politics in the curriculum are relatively lagging behind, and the Civic Politics elements have not been brought into full play. In the context of the deepening reform of the talent cultivation system of colleges and universities, some colleges and universities try to combine sports theory and skills teaching to strengthen students' comprehensive literacy cultivation, but because there are relatively few such courses, the preparation of teaching materials and curriculum system are not perfect, so the construction of the course thinking politics is almost in a blank state.

## **3. Practice optimization of the Civic and Political system of college physical education courses**

### **3.1 Changing the traditional concept of education**

The construction of the ideology of physical education courses in colleges and universities belongs to the deep integration of professional courses and ideology education, which is centered on the cultivation of students' ideological and political literacy and the enhancement of students' ability to practice ideology and politics, but for most physical education teachers, their understanding of the construction of the ideological and political system of courses is not deep enough. Some teachers believe that they only need to do a good job teaching physical education knowledge and skills, and that the construction of curriculum thinking and politics needs to waste a lot of time, and the results that can be achieved are not significant enough. In response to this problem, in order to ensure the perfect construction of physical education curriculum thinking and government system, in the teaching practice of continuous optimization, it is necessary to change the cognition of teachers from the ideological level. First of all, physical education teachers should realize that the fundamental task of moral education should be undertaken by higher education itself requires that physical education courses must not be separated from the curriculum system. Only through the deep integration of sports knowledge and skills with Civic and Political Education can we really realize the requirements of the new era of college talent training. Secondly,

physical education teachers should recognize the modernity of the construction of the thought politics of physical education courses. With the continuous development of sports in China, the public's enthusiasm for participating in sports activities has been increasing, and students will become a member of the public after they enter the society, and only by cultivating students' good ideological and moral qualities during the college and university can we lay a good foundation for students' social participation. Once again, physical education teachers should effectively recognize the urgency of building a thought-political system of physical education courses. As an important carrier of communication between different peoples and countries in human society, sports are given political roles in some countries at present, which negatively affects the cultivation of students' values and worldview. to sports activities<sup>[3]</sup>.

### **3.2 Clarify the objectives of the implementation of curriculum thinking and politics**

It is an important guarantee to promote the optimization of the practice of curriculum thinking and government system by clarifying the implementation goals of physical education curriculum thinking and government and indicating the direction for the operation of the curriculum thinking and government system. In terms of the current requirements for talent cultivation in most universities' physical education courses, the implementation goals of curriculum thinking and politics can be broken down into three levels. In terms of the basic level, it is to clarify the requirements of the fundamental task guiding the establishment of moral education, which is the basic component of the target system and the fundamental guarantee for the continuous improvement of students' thinking and political literacy. On the implementation level, it is to realize the effective integration of physical education knowledge and skills with Civic and Political elements, and to effectively improve students' physical sense and acceptance level through teachers' high-level teaching design, application of new teaching methods and demonstration guidance, and to effectively improve students' Civic and Political literacy level. In terms of school development, it is to be able to realize the simultaneous value-added of students, teachers and school development, to be able to provide the society with more comprehensive and high-quality higher talents based on the improvement of talent cultivation quality, to be able to continuously improve the comprehensive strength of the school, and to provide power support for the sustainable development of higher education institutions. In the specific setting of the implementation goals of the Civic Science and Political Science of physical education courses, it is necessary to follow the general law of the growth of students in colleges and universities, follow the requirements of the overall Civic Science and Political Science education planning of schools, decompose and dynamically optimize the goals to ensure that the implementation goals are reached.

## **4. Closing remarks**

The construction of the system of the college physical education curriculum is characterized by policy, era and urgency, which requires physical education teachers to comprehensively enhance the importance of system construction and practice optimization, correctly understand and deal with the problems in the operation of the system of the curriculum, actively explore new education methods according to the actual situation of students, effectively integrate the curriculum of the thinking and politics into the three whole education systems of colleges and universities, comprehensively improve the level of students' thinking and political literacy, and play a role in cultivating new talents to adapt to the construction of socialism with Chinese characteristics. It will play a proper role in promoting the cultivation of new talents for the construction of socialism with Chinese characteristics.

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