

Reform and Realization of Ideological and Political Education in College Physical Education

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Abstract: In view of the problems of imperfect system, insufficient integration of ideological and political elements and backward teaching mode in the implementation of college physical education curriculum, by combing through the overall concept of health, ideals and beliefs, patriotism, collectivism, democracy and the rule of law, and the Olympic spirit embodied in the ideological and political content of the college physical education curriculum, it puts forward the ways of improving the system, strengthening the curriculum design, innovating the evaluation mechanism and so on.

Keywords: College Physical Education; Curriculum ideological and political; Teaching reform; Realization path

Fund Project: Jilin Provincial Higher Education Teaching Reform Research “Ideological and Political Design and Practice Research on Physical Education Curriculum in University” (Project No. :20213F286DR000T)

Introduction:

The ideological and political curriculum refers to the construction of the whole staff, the whole course, the whole curriculum education pattern, all kinds of courses and ideological and political theory courses to the same direction, form a synergistic effect, it is a kind of comprehensive educational idea to regard “Making virtue and cultivating people” as the fundamental task of education. This requires teachers to carry out creative teaching in accordance with the nature of the subject and the content of ideological and political work, and to achieve the teaching goal of “Building morality and cultivating people” while imparting subject knowledge. Making use of the moral and intellectual education elements in the specialized courses and the quality training courses, we can change the methods and strategies of knowledge imparting and skill training implemented in the past specialized courses and general education, the aim is to take the ideological and political course theory as the core, to teach students patriotism education, traditional culture education and other knowledge. It can be seen that the function of educating people is strong, which can cultivate students’ correct outlook and ideological and political quality. Under this guidance, the integration of ideological and political courses and college physical education courses can promote the combination of physical education skills and political values, so as to cultivate students’ sports spirit and ideological and political quality.

1. The value of the times of ideological and political construction

1.1 Temper the quality value all the time

Every college student needs to practice repeatedly to master and study sports skills, and even has to bear a relatively large load of sports, especially in the process of outdoor sports training, for example: mountain climbing, swimming, boating, cycling, self-help, survival and cross-country activities, but also need to consume huge physical energy and exercise the will of college students. In view of this, sports teaching itself on the great exercise of college students never say, hard-working simple, down-to-earth will quality. In addition, the indirect training of the students are not afraid of difficulties, solidarity and self-confidence and self-improvement of the inner character^[1].

1.2 Shaping the value of personality

Students’ all-round healthy personality characteristics mainly come from positive life experience. College sports not only create

health and happiness for students, but also provide them with positive energy of life and emotional feelings. Sports activities can greatly meet the needs of college students, secrete their body energy, make them get the physical level of happiness and spiritual level of satisfaction, college students in the success of Sports Performance and development, college students can bring a sense of achievement and self-confidence to themselves, especially the sports for all the staff, which can improve the students' practical adaptation level and interpersonal communication, and enhance the students' sense of belonging and security, sports can improve students' physique, appearance and temperament, and improve self-evaluation.

1.3 Behavior norms value

College physical education curriculum can improve the behavior of students, strengthen the moral concept of college students. College physical education classroom teaching generally includes pre-class formation practice, classroom organization and control and after-class return of sports equipment, etc. , then makes the student produce the fine sports moral standard. In addition, there are certain value orientations and standard requirements in carrying out various university sports activities, games and competitions, etc. , every college student should strictly follow the rules of competition, abide by the moral rules of sports, and participate in the competition fairly, to guide every college student to strictly abide by sports competition, respect the referee, resolutely learn self-restraint, advocate social moral standards and norms^[2].

2. Ideological and political reform strategy of college Physical Education

2.1 Improve the management system

Colleges and universities also need to improve and optimize the educational management system, and to promote the ideological and political reform of the curriculum. On the one hand, schools need to integrate and optimize the curriculum resources of various subjects, promote the full integration of ideological and political curriculum and physical education curriculum, and strengthen teachers' cooperative education thought, school management departments, colleges also need to coordinate the implementation of national policy, so as to build a curriculum ideological and political teachers and PE teachers full exchange, cooperation platform. Through the platform to promote the full exchange of both sides, and according to the combination of the two, constantly adjust and optimize, so as to promote the ideological and political concept of the curriculum, educational means fully integrated into the physical education curriculum. On the other hand, schools can also set up interdisciplinary teaching and research groups, interdisciplinary management departments. In the teaching and research group, physical education teachers can consult the ideological and political teachers when designing teaching plans and activities, and also ask the ideological and political teachers to join in when evaluating the teaching effect, cooperation in lesson preparation, demonstration and observation, teaching reform, the final formation of a whole curriculum and take into account the overall system of teaching and research projects. Through the above measures, students can be encouraged to participate in three-dimensional sports classroom activities, from the ideological and spiritual training of students, inspire students, finally, the effective realization of the whole, the whole process, all-round PE ideological and political learning^[3].

2.2 Strengthen curriculum design

The classroom is an important way to realize the teaching goal of physical education, and the quality of teaching design directly determines the teaching quality and effect of the course. There are many majors, many grades and rich teaching contents in college physical education. We should formulate different teaching designs for students of different majors, different grades and different teaching contents, on the basis of teaching knowledge, skill and quality, and according to the law of Students' physical and mental development, the ideological and political elements in physical education are cleverly designed in classroom teaching to guide students' correct behavior, be targeted in teaching. On the basis of respecting the knowledge system of curriculum and the law of ideological and political education, the innovation reform of Physical Education curriculum examination is carried out. At the same time, we should increase the content of ideological and political work, innovate the form of examination, and pay attention to the change and promotion of students' ideological and political work in the course of teaching, through the reform of the assessment model of ideological and political education to test the effectiveness of the curriculum.

2.3 Innovation evaluation mechanism

The traditional way of curriculum evaluation is single and backward, which is not conducive to teaching feedback and student learning feedback. The reform of curriculum ideology and politics has put forward new requirements for the way of curriculum evaluation, which requires teachers to innovate the method of curriculum evaluation, to promote the evaluation of diversified, targeted content, pay attention to students ideological and political literacy, physical fitness and physical level. On

this basis, the objective evaluation, the subjective evaluation, the level of knowledge and skill evaluation to achieve unity, and moral education, ideological and political literacy, sports spirit and sports culture are integrated into the evaluation system. After the improvement of the evaluation system, teachers need to make clear the evaluation index, through the refinement of standards, play the evaluation system of the reverse incentive, so as to effectively mobilize the students' sports potential, so that students continue to progress. To strengthen the training of PE teachers' teaching ability and ideological quality, it is necessary to make a comprehensive evaluation of teachers' ideological and political quality, consciousness, integrity of teaching content and advancement of teaching methods^[4].

Conclusion:

It is necessary for the relevant departments and personnel in the university to raise their awareness of the fundamental task of setting up morality and cultivating people in the physical education curriculum, to actively promote the implementation of physical education curriculum ideological and political tasks and objectives to lay the ideological foundation. The propaganda department, the Educational Administration Department, the Student Department, the Marxism Institute, the sports department and so on of the school, through the establishment of the Joint Promotion Working Group, each department establishes the main coordinated work system, improve the efficiency of working together. At the same time, each college should raise awareness, take the talent cultivation demand as the guidance, combine the discipline construction, the student work, the school spirit construction and so on work, docking the talent cultivation goal and the task, the ideological and political education of college physical education courses into the college's work, forming a "Sports people" of strong awareness and strong atmosphere. To promote the establishment and improvement of the ideological and political evaluation system of college physical education curriculum, so as to lead the physical education curriculum to improve the effect of ideological and political practice.

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