

Study on Penetration of Moral Education in College Physical Education in the New Period

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Abstract: Under the background of the educational reform of "five education simultaneously", we should adhere to the socialist education development path with Chinese characteristics, and train the socialist builders and successors with the all-round development of morality, intelligence, physical, beauty and labor. For college students, in the college physical education practice and exploration, help students to correct understanding of the fusion of sports and self-restraint is beneficial to cultivate students 'healthy body, and foster students' good moral character, focus on the student humanistic spirit formed at the same time, promote the comprehensive and healthy development of students. In the new period, this paper studies the practice and exploration of moral education in physical education in colleges and universities, and puts forward some suggestions.

Keywords: New period; Physical education in colleges and universities; Moral education; Infiltration

Fund Project:

Topic: The first batch of research topics and practice projects of network ideological and political work of Xi'an Peihua University, the topic name is "Research on innovation Mechanism and Sports Path Method of Cultivating New People in Universities from the perspective of" Sports Person ""

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Introduction:

With the development of modern education to a higher level, the comprehensive development of "moral, intellectual, physical, aesthetic and labor" has become the focus of talent training. In the new period, the moral education of physical education, is to make education true, school sports to achieve "enhance students 'physique, improve sports skills, shaping sound personality" three big goals, and the effective combination of physical education and moral education can promote the physical education quality, education quality, to promote the students' comprehensive healthy growth is of great significance.

1. The current situation of moral education permeates in the physical education teaching in colleges and universities

1.1 The cultivation of moral education consciousness in the process of physical education is not enough

At present, most schools have a physical education infrastructure construction is relatively perfect. In the physical education classroom, a variety of sports and sports equipment for students to choose, teachers can rely on sufficient sports resources and to promote the students' healthy development. However, the effect of moral education in physical education is insufficient. Physical education teaching mode old, content single cause part of students like "sports" and "PE" or the university physical education teachers failed to make full use of existing resources to provide students with a good course experience, which caused the students to the

implementation of physical education course cognitive deviation, will think physical education course is an entertainment course, irrelevant, which affects the university participation of physical exercise, ultimately affect the understanding of sports spirit and pursuit, is not conducive to the cultivation and development of college moral quality. In addition, most teachers are still under the influence of traditional education, adhere to cramming education, that as long as the knowledge is explained in place, students will understand themselves in the repetition, only pay attention to the learning of sports skills, do not pay attention to the moral performance of students inside and outside the classroom.

1.2 The "one size fits all" teaching method restricts student development

Because college students need to exercise to achieve the ideal exercise effect. However, each individual has differences due to their own psychological quality, physical conditions, learning ability, so different physical education contents should be designed according to students' different situations and characteristics. On the reality of physical education curriculum, physical education teachers usually will only use "one size fits all" way of education, no reasonable design for different levels of students to carry out different content of physical education, but tough rules all students complete a sports project, a single run, jump, throw tasks to students independently. For example, for some obese students, their endurance quality and exercise stress resistance are different from other students. If they only let them run for a long time, it will cause their physical and mental load increased and damage the physical health of students. Neither physical quality nor moral will quality is well personalized development

1.3 Teachers ignore the subject status of students

The physical education classroom teaching in colleges and universities is mainly dominated by teachers. Students need to keep up with the pace of teachers, adapt to the rhythm of teachers, and get used to the teaching methods of teachers. This will lead to the information difference between teachers and students in "teaching" and "learning", leading to the teaching effect of teachers can not meet the expectations, making teachers spend more time on how to improve the teaching efficiency, students lose interest in physical education class, and even reduce their participation in sports activities.

1.4 The method of infiltrating moral consciousness in physical education classroom is relatively single

There are many kinds of moral education methods, such as: persuasion education, example demonstration, emotional edification, self-education, practical exercise, moral evaluation and so on. Physical education classroom is also an educational process of collective ability, will and spirit. Physical education teachers should make full use of a variety of moral education methods according to students' cognition, emotion, thought, character, behavior and will shown in the classroom, combined with the characteristics of sports projects, and targeted and conscious development of moral education.

2. The strategy of infiltrating moral education in physical education teaching in colleges and universities

2.1 Realize the effective combination of games and sports

Sports games have unique antagonism and competitive, in order to better improve the students' interest in sports activities and enthusiasm, improve the quality of sports teaching, help students to cultivate good will and quality, sports class in colleges and universities, teachers should pay attention to realize the combination of game and sports, through the game to attract more college students to participate in sports activities, in improving their for physical education pain or boring perception at the same time, also can effectively exercise their body, during, through the penetration of moral education, also can make the students develop a strong will, noble moral character. And through the teaching content to test whether the group is reasonable.

For example, in the physical education course, teachers can design some group games, such as "trust back fall" to divide the students into several groups, and let each group of students freely choose the group name and determine the group leader candidate. After the basic information is determined, the teacher will tell the rules: any team member turns his back and turns his eyes closed, and the rest of the team members are responsible for ensuring the safety of the student, catch him behind him, and each group member takes turns to experience. Due to the small strength of college students, teachers should take necessary safety measures to prevent a protective mat behind the fallen students and prevent the students from being injured. This is conducive to enhancing the trust between students, as well as cultivate their communication ability and the ability to deal with problems, improve the psychological quality of students, establish the team spirit of unity and cooperation.

2.2 To infiltrate the moral consciousness through high standards of behavior training

Sports classroom in the queue formation and body posture practice, is the best means of cultivating organizational discipline, it requires under the unified command to complete a series of coordinated action, from the individual to achieve standards to all achieve

the same standard, to complete the overall movement, face, concentration and separate exercises, in the practice must be "strict", "posture", "quick", "accurate", cultivate college students strict organizational discipline and vigorous spirit, is essential to every PE. Similar links include such as basic skills exercises of martial arts courses, basic frame exercises of sports dance courses and body training.

2.3 Give full play to the incentive role of example to promote the firm establishment of correct sports values

In the course of the development of competitive sports in China, at each stage, there are representative sports celebrities and athletes. They struggle and make achievements in the training and on the field, which are in the breakthrough of self, inheriting the mission, and the power of example inspires people to forge ahead and endless. University sports not only to cultivate students' lifelong sports thought, but also instill "become good people need to pay", "because of love, so hard to pay, to do it best", "no difficulty can stop me inspire a stronger yourself", let college students from the example of learning power, firmly set up the correct sports values.

2.4 Strengthen communication and interaction to penetrate moral education through case introduction

Some college PE teachers simply ask students to complete a sports skill task, and lack moral interaction and communication between teachers and students. They should reorganize the teaching content, set knowledge, skills, emotion and other teaching objectives, such as case teaching, how to complete 2-3 joint defense, how to get off the defender in the basketball teaching. Teachers can also ask questions to students, through the form of discussion, answer, interaction subtly to promote students to form unity and upward cohesion, improve the quality of physical education and moral education.

2.5 Optimize the assessment and evaluation methods, enrich the means of moral education evaluation, and pay more attention to moral education evaluation

A perfect evaluation system can accurately evaluate the achievement of classroom objectives and teaching quality. In the physical education classroom teaching, the students' moral education should be evaluated in terms of thought, will, emotion, attitude, skills, behavior and other aspects reflected in the teaching process. No matter whether the goal is completed or not, the physical education teachers in colleges and universities should give timely encouraging evaluation, so as to cultivate students' correct view of frustration, improve students' psychological quality, encourage students to maintain the sports spirit of perseverance, and cultivate the correct sports competitive spirit.

So need to optimize the evaluation method, rich evaluation means, increase the new era of moral education standards, according to the students' learning and growth state, scientific and reasonable moral education evaluation, in turn, also can effectively urge teachers in the sports classroom targeted implementation of moral education, ensure the moral education better penetration into the teaching content.

Conclusion:

In the new period, the moral education in college physical education, improve the disadvantages of the existing physical education teaching in colleges and universities, need PE teachers through the combination of games and sports, high standard of behavior training, play the role of example, through case introduction to strengthen moral education penetration and optimize the evaluation method rich moral education evaluation means

To promote the improvement of students' moral quality and personal will, encourage students to pursue and adhere to the sports spirit, and promote the comprehensive and healthy development of students.

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