

# Research on the Construction of College Physical Education System from the perspective of “Great Ideology and politics”

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**Abstract:** With the changes of The Times and social progress, the construction of college physical education system has attracted much attention, and it is also worth in-depth study by front-line educators and managers. The construction of physical education system in colleges and universities is not only the need to promote the construction of “healthy China”, but also the practical need to implement quality and quality education and improve the quality and comprehensive strength of talents. In view of this, this paper discusses the connotation value, construction status and construction path of college physical education system from the perspective of “big ideology and politics”, hoping to provide more reference for front-line educators.

**Key words:** great thinking and politics; College sports; Education system; construction

## 1. The connotation and value of college sports education system from the perspective of “Big thinking politics”

College students’ ideological and political education and physical education are two important parts of China’s higher education, in which ideological and political education is the cultivation of students’ political consciousness, social responsibility, humanistic quality, and physical education is the cultivation of students’ physical quality, endurance quality, exercise habits, and so on. Under the ideological and political pattern, college physical education promotes reform and innovation, excavates more ideological and political elements, and organizes more ideological and political activities, which can effectively promote the ideological and political education of physical education curriculum, cultivate students’ healthy body, independent personality and indomitable spirit, and help students’ healthy growth and all-round development. Specifically, in addition to integrating sports into the physical education curriculum, more ideological and political related activities can be introduced, such as sports and cultural activities, social practice activities, etc., to improve students’ knowledge level and achieve the effect of strengthening students’ ideological and moral character. On this basis, we can enrich the content of physical education, innovate the mode of educational activities, and improve the evaluation of education and teaching, so as to comprehensively educate and evaluate students in many aspects such as classroom performance, extracurricular interaction and social service, and help students improve their comprehensive ability and quality.

The innovation of physical education in colleges and universities from the perspective of ideology and politics is of great significance, which helps to cultivate the all-round development of students’ morality, intelligence, body, beauty and labor, and then cultivates more new people who meet the requirements of construction and development in the new era. To be specific, sports education in colleges and universities from the perspective of “big thinking and politics” helps to enhance students’ innovative ability, so that more students can make brave attempts and bold innovations in sports learning and practice, and then truly understand the essence of sports spirit and stick to it consistently. From the perspective of “big thinking and politics”, college sports education is conducive to the construction of school culture and the harmonious development of society. The former is the combination of physical education and campus culture. Based on sports competitions, campus activities, etc., it helps to increase students’ knowledge, improve the overall image of the school and build a cultural atmosphere. The latter is the combination of physical education and social activities, based on community activities, public welfare activities, etc., to help students social practice, improve the ability and quality of students in all aspects, so that they can adapt to the surrounding environment and grow into a good citizen with love and quality. To sum up, sports education in colleges and universities from the perspective of “big thinking and politics” can help students adapt to society and future development. Both colleges and universities, physical education teachers and ideological and political teachers should actively respond to the call of ideological and political education and cultivate outstanding talents who can truly contribute to the country and society.

## 2. The current situation of college sports education system construction under the perspective of “big thought and politics”

### 2.1 Lack of ideological and political content penetration

In most schools, the emphasis of physical education is placed on basketball, football, volleyball and so on a few items, and the enrichment of sports, ideological and political content penetration is not paid attention to. This single sports education and teaching not only limits the scope of students’ sports, reduces the diversity and interest of campus physical education, but also leads to the differentiation of student groups and the narrow vision of students, which affects the implementation effect of quality and literacy education. In particular, the unbalanced development of knowledge, skill education and quality education is more likely to cultivate college students with high scores, low ability and lack of quality. In the future, we need to transform the concept of education, realize the importance of ideological and political elements penetration, pay attention to the cultivation of students in all aspects of ability and quality.

### 2.2 Lack of ideological and political evaluation system

With the ideological and political construction of physical education curriculum put on the agenda under the ideological and political

vision, but there is still a lack of perfect evaluation system, it is difficult to objectively evaluate the growth of students in ideological and political aspects. As a result, physical education in most colleges and universities still stays on the imparting and training of sports skills, but lacks the cultivation of students' moral quality, ideology and social responsibility. Therefore, it is necessary to establish a comprehensive ideological and political evaluation system and run ideological and political education through the whole physical education process, so as to better promote the construction of the physical education system in colleges and universities. At the same time, we should pay attention to the students' ideological quality and moral level of scientific evaluation, in order to better train high-quality talents.

### **3. The construction path of college sports education system from the perspective of “big ideology and politics”**

#### **3.1 Pay attention to theory guidance**

Physical education should not only stay in the cultivation of skills and the improvement of competitive level, but also pay attention to the cultivation of students' moral quality, social responsibility and ideology. Therefore, we should pay attention to theoretical guidance, improve students' ideological understanding level, guide students to establish a correct world outlook, outlook on life and values. To be specific, schools can actively set up corresponding courses, lectures, seminars, etc., to help students learn more sports information, sportsmanship, athletes' stories, etc. For example, “Women's volleyball spirit” is worth carrying forward and discussing. At the same time, efforts should also be made in education and teaching. It is necessary for PE teachers to use interactive teaching, case analysis and other forms to combine theoretical education with practical problems, so as to help students better understand and master sports knowledge. Although physical education is the most important or sports practice, but the correct value concept education, physical education theory knowledge education is still essential, is the future education and teaching need to focus on improving the important module. In short, through the correct and scientific guidance of sports theory, students can establish the spirit of perseverance and innovation, which is of great significance for students' future sports and future development, and is worth our in-depth exploration and practice.

#### **3.2 Organizing practical activities**

With the development and progress of modern education, physical education is no longer limited to knowledge teaching and skill training, but more and more to cultivate healthy living habits, correct sports concepts, positive ideology and other directions. For the construction of the physical education system in colleges and universities, the organization of related practical activities and the emphasis on the cultivation of students' quality have also become the inevitable trend of education development. First of all, the organization of school-level sports competitions, using competitions to inspire people, to promote students' theoretical knowledge, practical skills to use the purpose, at the same time to improve the level of physical education. For example, when learning basketball, organize intra-class, class and school-level competition activities, so that students can abide by the basketball rules, exert their sports ability, exercise innovative thinking and improve their comprehensive quality in the actual competition. Secondly, in addition to exercise and competition, focus on basketball culture education and guidance, so that students can understand the new development and new ideas in the field of sports, and experience the new achievements brought by interdisciplinary disciplines. On this basis, sports can also be combined with health and hygiene, social responsibility, etc., to further improve students' humanistic quality and social responsibility. Finally, the combination of physical education with three trips to the countryside and personal social practice can also set up students' correct values and outlook on life, so that students can understand sports spirit and sports culture in specific projects, and at the same time contribute to the development of communities and villages. To sum up, the organization of practical activities is also one of the important ways to implement the innovation of the ideological and political education system of physical education. By holding various sports competitions, cultural activities and social practices, it can provide more opportunities for students to practice sports and ideological and political education, so that the majority of students can better participate in knowledge practice, and promote the innovation of the physical education system of colleges and universities.

#### **3.3 Improve the quality of teachers**

The ability and professionalism of teachers actually determine the actual level of the construction of the physical education system in colleges and universities, so teachers should constantly improve their skills and improve their comprehensive quality. First of all, teachers should improve their discipline quality, which means that physical education teachers should have more professional insight, knowledge and skills, so as to lead students to improve their physical education ability and quality. Based on this, schools should organize academic research and exchange activities to encourage teachers to actively study and train, which can achieve good results. Secondly, teachers should improve the quality of education and teaching, which means that physical education teachers should deeply cultivate physical education theories and enrich practical experience, make good use of various advanced teaching methods to optimize the classroom and assign tasks, so as to improve students' physical education ability and comprehensive level. Based on this, colleges and universities should actively promote the reform of physical education teaching, and call on front-line teachers to implement it in classroom teaching and extracurricular activities. It is even said that through salary, promotion channels and other aspects of the reward, with performance evaluation to motivate teachers to promote teaching reform, and effectively reflect the ideological and political ideas for physical education leading role. Finally, teachers should improve their ideological and political quality, which means that physical education teachers are also practitioners and promoters of ideological and political ideas, and should have a high degree of ideological and political awareness and ability. Through ideological and political education training, organizing ideological and political exchange meetings, etc., we can also fully implement curriculum ideological and political thinking, and effectively enhance the construction level of college sports education system under the ideological and political vision. In short, the improvement of teachers' quality is also an important part of the construction of college sports education system under

the ideological and political vision. The improvement of teachers' discipline quality, teaching quality and ideological and political quality corresponds to each education module in physical education, and the corresponding improvement of education level is also conducive to the healthy growth and all-round development of students, which is worthy of our in-depth exploration and practice.

#### 3.4 Improve the evaluation link

In the construction and effect evaluation of college sports education system under the vision of ideological and political affairs, the effect evaluation is naturally very important. It involves the evaluation of students' sports accomplishment and physical quality, the evaluation of teachers' education and teaching level, the evaluation of curriculum and activity quality, and so on. It is an important task in the construction of college sports education system. The construction of the evaluation system takes into account the characteristics and objectives of physical education at this stage, and needs to be improved in the following aspects. First, we should improve the evaluation indicators. The evaluation index should be combined with the education goal of ideological and political education, and a reasonable index system of sports literacy should be designed, which should pay attention to the physical quality and skill level of students, but also pay attention to their ideological and moral character, team spirit and leadership. Moreover, the evaluation indicators should be operable, and corresponding evaluation standards and index systems should be formulated for students in different grades, different levels and different stages. Second, we should improve the evaluation methods. The evaluation method should be matched with the evaluation index, taking into account the characteristics of students and training forms, choose the appropriate evaluation method. For example, quantitative analysis, qualitative analysis, investigation analysis, etc., can be used to scientifically evaluate students' sports literacy and physical quality, but also to evaluate students' comprehensive quality and teachers' teaching level. Third, we should pay attention to balanced evaluation. The evaluation process requires not only objective and rigorous, but also pay attention to love, concern and humanity, respect for each student's personality and differences, and effectively carry out balanced evaluation. The evaluation process should make students feel their progress and growth, encourage students to become their own masters, and constantly pursue progress and innovation. In short, improving the evaluation link is one of the key links in the construction of college sports education system. Only by establishing a scientific and reasonable, just and fair, individualized and diversified evaluation system can we promote the overall development of college sports education work and provide better guarantee for the healthy growth and all-round development of students.

### Concluding Remarks

All in all, the construction and effect evaluation of college sports education system under the ideological and political vision is not accomplished overnight, and the feedback and improvement of the corresponding education and teaching results still need in-depth exploration and practice by front-line educators. In the future theoretical education, we should deeply realize the importance of expanding students' horizon, and increase more ideological and political resources, and cultivate students' interest in sports while introducing teaching. In terms of practical teaching, it is necessary to enrich sports items, and improve the effective degree of students' independent choice, so that every student can choose their favorite items and improve their skills and tactics, and improve their sports quality. For the optimization of the corresponding teaching evaluation links and the improvement of teachers' ability and quality, it is also necessary to participate in many aspects and do their own work well, in order to truly help the modernization and comprehensive development of physical education.

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