

The Realistic Dilemma and Development Countermeasures of the Integration of Public Physical Education and Course Ideological and Political Education

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Abstract

The birth of ideological and political education in the curriculum is not accidental. It is a product that conforms to the development of the new era, a new educational concept, and not an independent curriculum system. It has a close relationship with various disciplines, and its value is beyond doubt. In the context of the vigorous implementation of the new curriculum reform, the old educational models and concepts are constantly being updated, and the promotion of ideological and political education in the curriculum has also achieved significant results. However, there are also many problems in the specific implementation process, which has caused a series of negative impacts. This means that ideological and political education in the curriculum still needs further practice and improvement, fully playing a positive leading role, and eliminating various negative impacts. Physical education curriculum ideological and political education refers to the integration of ideological and political education into the process of physical education teaching. By extracting suitable ideological and political elements and adopting appropriate methods to integrate them into physical education teaching activities, the educational value of physical education teaching can be maximized.

Keywords

Course Ideological and Political Education; College Physical Education Teaching; Current Situation Analysis; Reform Path.

1. Introduction

The ideological and political education in physical education courses is based on the content of physical education courses, allowing students to not only master physical education knowledge and skills, but also be invisibly influenced, thereby establishing a correct outlook on life, values, and the world. Through this approach, the value guiding role of ideological and political education in physical education courses can be fully demonstrated, which not only achieves the teaching goal of comprehensive education, but also demonstrates the dual effect of ideological and political education and physical education. Relying on physical education teaching and training programs, integrating with ideological and political education elements, the focus is on exploring political identity and cultural confidence in these physical education training programs, actively promoting socialist core values, and achieving the goal of ideological and political education in physical education courses.

2. Realistic Dilemmas Faced by Public Sports

For a long time, there has been a traditional teaching model of "emphasizing skills over moral education" in the teaching process of physical education courses in universities, which has had a profound impact on the ideological and political construction of physical education courses and hindered their development^[1]. In this mode, emphasis is placed on cultivating students' sports skills, while neglecting the importance of moral character and ideological and political

education. This skill oriented teaching model is not conducive to the comprehensive development and improvement of students' overall quality, nor can it meet the needs of society for cultivating citizens with ideological and moral values.

2.1. The Phenomenon of Unclear Goals in Ideological and Political Education

The teaching field in our country has always been dominated by the theory of fractions, which makes the teaching objectives of physical education courses too singular. Traditional physical education courses focus on imparting knowledge and skills, but have relatively less pursuit of sports cultural values. However, the three-dimensional goal of physical education curriculum is to comprehensively develop knowledge and skills, processes and methods, emotional attitudes, and values. Only when these three goals are balanced can we promote the comprehensive development of college students in morality, intelligence, physical fitness, aesthetics, and labor. In this context, the goal of ideological and political education has long been missing in physical education courses. Due to the unclear objectives, physical education teachers often overlook the cultivation of emotional attitudes and values in the teaching process, which hinders the comprehensive development of students. Therefore, we need to attach importance to the role of ideological and political education in physical education courses, and clarify its target content.

2.2. The Problem of Incomplete Ideological and Political Evaluation System

Currently, many schools have some problems in the evaluation of physical education teaching. Firstly, the evaluation targets are not comprehensive and only focus on the physical performance of students, while neglecting their physical fitness, collaborative ability, and other aspects. Secondly, the evaluation content is unclear, lacking specific indicators and guiding requirements, resulting in inaccurate evaluation results.^[2] Once again, the evaluation criteria are incomplete, lacking scientific and operational aspects, and cannot fully reflect the comprehensive ability level of students.

2.3. Analysis of the Problem of Rigid and Superficial Ideological and Political Teaching Methods

For college students, the content of political education is often abstract and difficult to understand and accept. In traditional physical education teaching, ideological and political education is often separated from physical education teaching, lacking flexible integration, and even leading to forced segmentation. There are some problems in conducting ideological and political education in physical education courses. Teachers lack affinity in ideological and political education, making it difficult to establish good teacher-student relationships with students, which affects the effectiveness of education. Secondly, overly theoretical teaching methods make it difficult for students to resonate and practice, and they cannot truly understand the importance and significance of ideological and political education. In addition, the superficial form of teaching deprives students of opportunities for in-depth thinking and exploration, and prevents them from cultivating solid ideological qualities.^[3] Finally, the implantation of ideological and political education is often fragmented, lacking systematicity and continuity, and unable to form effective educational effects.

3. Strategies for the Development of Public Physical Education Teaching in Universities under the Background of Ideological and Political Education in Two Courses

3.1. Establish a Professional Team for Ideological and Political Education in Physical Education Courses

The ideological and political education in physical education courses has surpassed the scope of traditional ideological and political education, cleverly integrating the teaching content of physical education and ideological and political education, and working together to achieve the goal of collaborative education. To effectively promote the ideological and political construction of physical education courses, the key lies in building a collaborative, interactive, and shared teaching team to ensure the overall process is orderly. Therefore, various departments in universities should strengthen communication and cooperation. For example, Marx College can fully leverage its curriculum advantages, deepen the theoretical and knowledge-based nature of physical education courses, and jointly promote the in-depth development of ideological and political education in physical education courses. Teachers of ideological and political courses can be selected from sports colleges to achieve deep integration between ideological and political teachers and physical education teaching. In this way, ideological and political teachers can also determine the depth and breadth of ideological and political education content based on physical education teaching content, ensuring that the applied ideological and political theoretical knowledge is in line with physical education teaching. Through active cooperation between both parties, we will fully explore the resources of ideological and political talents in physical education courses, jointly explore the content of ideological and political education in physical education courses, improve the teaching content of ideological and political education in physical education courses, and thus improve the problems existing in the process of ideological and political education in physical education courses in universities, cultivating a group of truly outstanding ideological and political talents in physical education courses for universities.^[4]

Secondly, when setting up courses, physical education teachers in universities need to take a holistic perspective, break through the boundaries between disciplines, and enable mutual integration between disciplines, achieving resource sharing. Finally, university teachers can leverage resource linkage effects. Each university can leverage its own advantages to break through spatial and temporal limitations and engage in deep cooperation. In addition, various universities should also carry out in-depth cooperation with majors similar to the physical education discipline, organize senior ideological and political education experts in universities, and truly exchange and interact with the ideological and political education in physical education courses, in order to build a more complete and comprehensive ideological and political education system in physical education courses, thereby achieving resource sharing among universities and enhancing the overall effectiveness of ideological and political education in physical education courses.

3.2. Optimize Talent Training Objectives

Curriculum ideological and political education not only reflects the continuous improvement of China's pursuit of curriculum value, but also becomes an important framework for interdisciplinary curriculum goals. Integrating the pursuit of curriculum value and goal framework into physical education curriculum teaching, combined with the characteristics of university physical education curriculum, comprehensively integrating theory, technology, process and methods, aiming to meet the demand of society for sports talents. Therefore, it is crucial to establish a physical education curriculum ideological and political system that integrates sports skills, exercise enjoyment, and sports cognition. When formulating ideological

and political goals for physical education courses, attention should be paid to the following points: first, clarify the training objectives for sports professionals. Guided by educational goals, reasonably plan the teaching objectives of physical education courses, and optimize the strategies for cultivating ideological and political talents. When cultivating sports talents, emphasis should be placed on improving theoretical literacy and skill levels to achieve comprehensive development. While transmitting knowledge to students, we also help college students shape correct values and achieve mutual integration, ultimately achieving the goal of comprehensive education. Secondly, it should meet the graduation requirements for sports majors. After completing the phased content, students must achieve this indicator^[5]. Finally, the discipline of physical education needs to design curriculum systems for different majors. When building a curriculum ideological and political system, the sports department needs to achieve comprehensive and multi-level goals, and they are closely related to the curriculum goals of different disciplines and cannot exist independently.

3.3. Fully Tap into the Ideological and Political Elements in College Physical Education Courses

The Implementation Outline of the Plan for Improving the Quality of Ideological and Political Education in Universities clearly states that universities need to sort out the ideological and political elements contained in different professional courses and explore their ideological and political education functions. The so-called ideological and political elements refer to spiritual factors. In terms of content, they are the basic requirements proposed by China for contemporary college students in terms of spiritual literacy. In terms of form, they are an important way of spiritual education for students. Only by fully exploring the ideological and political elements contained in physical education courses can we lay the foundation for carrying out ideological and political education in physical education courses. College physical education teachers not only need to keep up with the times and optimize the teaching content in combination with the development of the times, but also need to explore the content that is in line with the guidance of ideological value. When exploring ideological and political resources in physical education courses, it is possible to closely integrate them with the characteristics of physical education courses.^[6] Firstly, ideological and political content can be explored in physical education teaching practice, and the content that is in line with socialist core values can be sorted out, so as to cultivate students' willpower during the exercise process. By making students feel the rules of sports and reflecting the fairness, rule of law, and integrity in the socialist core values, the moral literacy of college students can be improved. When conducting sports skill training for students, it can cultivate their ability to discover problems and insight, guide them to complete the training through cooperation, thereby improving their cooperation ability, and also cultivate their awareness of rules, helping college students improve their personality unconsciously.

Secondly, it is possible to combine with current sports hotspots and events, actively discuss with students the performance of Chinese Olympic athletes in the Winter Olympics, explain to students typical examples of Chinese Olympic athletes working hard and bringing glory to the country during the competition, thereby stimulating the patriotism of college students and enhancing their sense of national pride. This not only enriches the teaching resources of ideological and political education in physical education courses in universities, fully combines the ideological situation of students, but also helps students cultivate national confidence, better feel China's strength in sports, stimulate the spirit of sports struggle among college students, and help China accelerate its development into a sports powerhouse.

3.4. Enhancing the Ideological and Political Education Ability of College Physical Education Teachers

Teachers are the prerequisite and guarantee for carrying out ideological and political education in physical education courses. Only university physical education teachers with high ideological and political literacy and abilities can help implement ideological and political education in physical education courses. Therefore, universities need to adhere to the principle that educators should receive education first, and actively educate and train physical education teachers. Therefore, the primary task of strengthening the ideological and political construction of physical education courses in universities is to deepen the understanding and mastery of ideological and political theory knowledge by physical education teachers. Although physical education teachers have rich teaching experience and knowledge in the field of physical education, they may be relatively weak in the content of ideological and political education. Therefore, universities should actively carry out training for physical education teachers, including imparting relevant knowledge such as ideological and political education theory and Marxist principles to them. In addition, establishing a research group on ideological and political theory knowledge to enable teachers to learn the advanced theoretical achievements of Marxism together is also an effective way. The college can also organize physical education teachers to actively participate in course ideological and political lectures, in order to broaden their horizons and improve the level of ideological and political education. Actively encourage physical education teachers to participate in ideological and political education, in order to help college physical education teachers improve their ideological and political literacy, ensure that they can carry out ideological and political education for students in the process of physical education teaching, and ensure the overall effect of ideological and political education in physical education courses. Physical education teachers not only need to actively fulfill their teaching responsibilities, but also fully recognize their important value in fulfilling their responsibilities, and internalize this responsibility as their own code of conduct. Universities need to actively strengthen their awareness of talent cultivation and guide physical education teachers to strengthen their awareness of education, in order to lay a foundation for the good implementation of ideological and political education in physical education courses in universities. In addition, universities need to strengthen the construction of teacher ethics, which directly affects the specific effect of ideological and political education in physical education courses.^[7] Colleges can cultivate the moral literacy of physical education teachers through methods such as moral assessment and special moral training, so that their professional literacy can be fully integrated with moral literacy, thereby better guiding students to carry out ideological and political activities in physical education courses and improving the overall effect of ideological and political education in physical education courses in universities.

4. The Value of Ideological and Political Construction in College Physical Education Courses

4.1. Beneficial for Actively Implementing the Strategy of Building a Strong Sports Country

The educational function of ideological and political education in physical education courses is very significant, which can effectively promote the comprehensive and healthy development of college students. In physical education teaching practice, the positive influence of ideological and political education elements should be fully utilized, with moral education as the foundation, guiding students to make positive progress in sports theory, skills, and values, so that the ideological and political literacy of college students can be fundamentally improved, and the personality of college students can be improved, better helping universities achieve their own educational goals^[9]. Integrating ideological and political education elements into

physical education courses can not only deepen the integration of ideological and political elements into physical education teaching, enabling college students to learn sports skills and knowledge, enhance their physical fitness, but also cultivate patriotism and unity among college students through sports ideological and political education.

4.2. Beneficial for Promoting the Reform of Physical Education Courses in Universities

The implementation of physical education courses in universities aims not only to enable students to learn sports knowledge and skills, improve their physical health, but also to cultivate good exercise habits, enhance willpower, and ultimately improve their personality. The ideological and political education in physical education courses is a deep integration of physical education courses and ideological and political education. This integration leverages the advantages of both parties and helps to build an effective cooperative education system. This not only helps physical education teachers to innovate teaching content and models, achieve the goals of college physical education teaching, but also promotes the reform of ideological and political education in college physical education courses, making it better carried out. [8] When universities carry out ideological and political education in physical education courses, if they want to better implement the teaching goal of cultivating morality and talents, they need to focus on the elements of ideological and political education. When designing the teaching tasks of ideological and political education in physical education courses, it is necessary to fully integrate with the elements of ideological and political education, so that college students can form a good personality and improve their ideological and political literacy by receiving physical education teaching. When setting up physical education teaching courses, it is necessary to set the fundamental task of cultivating morality and talents, and integrate various aspects of physical education teaching into the process of physical education teaching, so that students can form good ideological and political literacy. When carrying out physical education courses, physical education teachers can add some traditional ethnic sports projects, so that students can enhance their ethnic confidence during the exercise process. When designing the evaluation of physical education courses, it is necessary to design certain ideological and moral evaluation indicators to make the content of physical education course evaluation more diverse. [10]

5. Conclusion

Through in-depth exploration of ideological and political education in college physical education courses, the following conclusions are drawn: on the one hand, significant achievements have been made in the construction and practice of ideological and political education in college physical education courses. Through a comprehensive, all process, and all-round education model, ideological and political education in college physical education courses can effectively promote the comprehensive development of students. This model emphasizes the subjectivity and personalized development of students, and stimulates their learning interest and enthusiasm through diverse teaching methods and means. On the other hand, ideological and political education in physical education courses in universities has a profound theoretical foundation and broad value significance. It not only helps to cultivate students' sports skills, but also enhances their ideological and moral qualities and sense of social responsibility. Through the study and practice of physical education courses, students can better understand and master the socialist core values, and form correct worldviews, outlooks on life, and values.

The importance of integrating ideological and political education in university physical education courses is even more prominent, and it is a necessary path to guide students to achieve comprehensive development. Therefore, in future practical teaching, universities need

to change their early development ideas and models, and redefine university physical education courses. Clarify the correlation between ideological and political courses and university physical education, and fully consider the current implementation status and existing problems of university physical education courses. Determine how to integrate meaningful ideological and political elements into the curriculum, strengthen the improvement of ideological and political models in university physical education courses, actively utilize information technology, increase the integration of course content, and establish a modern ideological and political platform for the curriculum. Adhering to the concept of reasonable connection of internal elements, establish corresponding groups to ensure that they continuously provide guidance for ideological and political education in university physical education courses.

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