

Strategies of Carrying Out Ideological and Political Education in College Physical Education

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Abstract

Under the background of curriculum ideological and political teaching reform, college physical education should establish the concept of "moral education" and undertake the task of educating students in all aspects. Based on this, the paper briefly expounds the necessity of carrying out ideological and political education in college physical education, systematically summarizes the basic characteristics of ideological and political education, and constructs a systematic ideological and political education strategy of college physical education, in order to better guide the reform of physical education.

Keywords

Physical education; IDEological and political education; Main strategies.

1. Introduction

College physical education courses aim at cultivating students' sports skills, enriching students' health knowledge and improving students' physical quality. Ideological and political education in physical education has its own characteristics and values which are different from other subjects. Physical education teachers need to combine teaching objectives, teaching content and teaching environment to formulate scientific ideological and political education strategies, so as to give full play to the unique ideological and political education value of PHYSICAL education and make up for the deficiency of ideological and political education of other courses.

2. The Necessity of Carrying Out Ideological and Political Education in College PHYSICAL Education

2.1. Practice the Ideological and Political Thoughts of the National Curriculum

The reform of ideological and political education in college curriculum is carried out under the guidance of national policies. In 2016, General Secretary Xi Jinping pointed out at the National Conference on Ideological and Political Work in Colleges and universities that the ideological and political work in colleges and universities should be changed according to the situation, progress according to the time and change according to the situation. We must follow the law of ideological and political work, the law of teaching and educating people, the law of student growth, and constantly improve our work ability and level. To use good classroom teaching the main channel, to adhere to in the improvement of ideological and political theory to strengthen and improve ideological and political education and targeted affinity and meet the demand of students' growth development and look forward to, other each lesson is to keep a canal, a kind of good responsibility farmland, make all kinds of courses with the direction of ideological and political theory, form a synergistic effect. In order to promote the reform of curriculum ideology and politics, the Ministry of Education held the on-site promotion meeting of "curriculum ideology and politics" in colleges and universities in June 2017, requiring colleges and universities to achieve a unified understanding of "thinking", "teachers" to strengthen their strength, "teaching materials" to enrich the supply, "teaching method" to improve the

classroom, "mechanism" to form a long-term. In December 2017, the Ministry of Education issued the Implementation Outline of The Project to Improve the Quality of Ideological and Political Work in Colleges and Universities. Adhere to the law, the courage to reform and innovation; Adhere to the problem-oriented, focus on precise policy; Adhere to the coordination, strengthen the responsibility to carry out the basic principle, give full play to the curriculum, scientific research, practice and culture, network, psychology, management, service, financing and organization work of the education function, excavate educational elements, improve the educational mechanism, optimization evaluation incentives, to strengthen the implementation of security, to build "top ten" educational system. In March 2019, xi jinping, general secretary of the symposium chaired a school ideological and political theory course teachers, put forward "to establish a unified leadership of party committees, party and government manages concertedly, relevant departments of the individual and society as a whole together with the working pattern, promote formation of the whole party to the whole society to do a good job in education courses, teachers should speak good education courses, students learn seriously good atmosphere of education courses. " At present, curriculum ideological and political reform has become an important trend of China's education department to promote college teaching reform. Physical education teachers in colleges and universities actively carry out ideological and political education in teaching and practice policy requirements, which not only adapt to the social trend, but also ensure the smooth and efficient implementation of physical education curriculum teaching.

2.2. Improve College Students' Ideological and Political Literacy

In the process of healthy growth, college students should not only master advanced scientific and cultural knowledge, but also have good ideological and political accomplishment. Good ideological and political accomplishment can improve students' comprehensive accomplishment, make them smoothly integrate into the social environment, realize the value of life, and help to create a harmonious, healthy and upward social atmosphere. Therefore, ideological and political education has become an indispensable part of higher education, which is also an important reason why China's education departments promote the transformation from "ideological and political curriculum" to "curriculum ideological and political curriculum" and develop full, whole and all-round education. Combining with the objective, content and environment of physical education, college physical education curriculum introduces ideological and political education content and carries out ideological and political education activities, which can not only construct a new pattern of full, whole and all-round education, but also make up for the deficiency of ideological and political education in content and method of other courses. The ideological and political education in physical education includes martial morality accomplishment, fighting spirit, healthy psychology, honor consciousness, team spirit, responsibility and responsibility behavior, which highlights the value of individualized ideological and political education in PHYSICAL education and can effectively improve the ideological and political accomplishment and comprehensive quality of college students.

2.3. Drive PE Teaching Innovation

Physical education curriculum is mainly around the training of specific sports items, rich in content, clear skills, need to use interesting, encouraging, challenging as one of the teaching methods to improve the quality of physical education, therefore, the innovation of teaching methods is always a concern of physical education teachers. Integrating ideological and political education into physical education curriculum can expand the content of physical education, get rid of the limitation of merely focusing on sports skills, sports knowledge and health knowledge, and introduce more contents of ideological, moral and honorable nature to fully stimulate students' interest in learning. Physical education teachers can guide students to deepen their understanding of personality cultivation, moral quality, spiritual pursuit and

values through ideological and political education, so that they can have a strong affinity and affinity for teachers, so that they can participate in curriculum learning more actively and actively. In addition, PE teachers can also introduce case analysis and interactive discussion in ideological and political education into PE teaching to enrich the teaching methods of PE, so that students can not only master sports knowledge but also improve ideological and political literacy in a subtle way.

3. The Basic Characteristics of Ideological and Political Education in College Physical Education

3.1. Carry Out Ideological and Political Education in Sports Training

College physical education curriculum mainly around basketball, football, volleyball, badminton, aerobics, and track and field sports training activities, training students to master sports skills is one of the basic objectives of physical education, is also the main content of physical education teaching. The primary characteristic of ideological and political education in college physical education curriculum is to carry out ideological and political education in sports training, that is, to introduce ideological and political education knowledge imperceptibly in the process of cultivating students' sports skills, strategies and tactics, and actual combat ability. This not only realizes the perfect combination of sports training and ideological and political education, but also extends the conventional ideological and political education from the classroom to the extracurricular work, with obvious characteristics of edutainment, and improves the work form of ideological and political education.

3.2. Integrate Ideological and Political Contents Into Spiritual Education

In addition to special sports skills, strategies and tactics, each sport item involved in college PHYSICAL education also has personalized sports rules and spiritual connotations, which also constitute an indispensable content of college physical education, as well as an important carrier of ideological and political education. Taking basketball teaching as an example, PE teachers should pay attention to cultivating students' awareness of rules, system and law while teaching basketball rules to students. In the course of training, PE teachers should guide students to have the spirit of perseverance, teamwork and hard work, so as to improve students' moral cultivation and ideological and political accomplishment. Martial arts teaching will inevitably involve 'knowledge, the teacher can be extended to "benevolence, righteousness, propriety, wisdom, the letter" and "respect nature, heaven and earth, according to rules, love family, filial piety parents, respect teachers, strictly self-disciplined, let person" the education of the respect such as education, in order to realize the spirit of sports education and the perfect combination of ideological and political education.

3.3. Introduce Ideological and Political Connotation Into Health Knowledge Publicity

In June 2014, the Ministry of Education issued the basic standards of higher school sports work, stressed that to tap into school physical education in students' moral education, intellectual development, physical and mental health, aesthetic quality and diverse education function in the formation of healthy lifestyle, plan, system and guarantee to promote the school physical education and moral education, intellectual education, aesthetic education organic fusion, Improve students' comprehensive quality. Therefore, it is an important task to train students' healthy sports concept, life style, aesthetic accomplishment and emotional thought. College physical education teaching can introduce targeted ideological and political education content in health knowledge publicity. Taking healthy life style education as an example, it can be extended from healthy life education to ideology, quality and cultivation education. Physical education teachers can guide students to pay attention to personal image, strengthen personal

self-discipline, formulate scientific life plan and maintain a positive and healthy mentality in the process of teaching healthy thoughts, healthy life, healthy sports skills and exercise habits. The combination of health knowledge publicity and ideological and political education has become an important feature of ideological and political education in college physical education.

4. The Main Strategies of Carrying Out Ideological and Political Education in College Physical Education

4.1. Follow the Teaching Principle of Extending Ideological and Political Knowledge from Physical Education

To carry out ideological and political education in college physical education is not to regard ideological and political education as the main goal and task, nor to weaken or even ignore the goal and content of physical education, but to carry out ideological and political education activities based on sports skills, sports knowledge, sports spirit and healthy thought teaching. Physical education teachers must accurately grasp the primary and secondary relationship between physical education and ideological and political education, follow the teaching principle of extending ideological and political knowledge from physical education, choose and construct a new system of physical education curriculum integrating ideological and political education. Specifically, physical education teachers can extract and derive ideological and political content that students can easily accept by combining specific sports items, teaching content characteristics and teaching plans, so as to carry out ideological and political education activities smoothly. This method can guarantee the compatibility of physical education knowledge and ideological and political knowledge, and improve the efficiency of physical education teaching.

4.2. Carry Out Ideological and Political Education Comprehensively in Accordance with the Curriculum Plan

There are certain problems of randomness and fragmentation in carrying out ideological and political education in college physical education. This is mainly reflected in the fact that some PE teachers do not make PE ideological and political education plans, but spread ideological and political knowledge according to personal temporary ideas and random feelings in the teaching process, which ultimately leads to the problem that ideological and political education content is not comprehensive and in-depth, and weakens the value of ideological and political education. At present, college sports teachers' priority is to combine curriculum plan, follow the principle of stretching from sports knowledge education of knowledge teaching, construct a systematic and scientific physical education ideological education plan, detailed regulations, every class of ideological education goal, content and methods, to ensure that all covers them teaching work to be able to have a purpose, carried out in a planned way ideological education activities. This can not only improve the pertinence of ideological and political education of physical education curriculum from the micro level, but also ensure the systematicness and comprehensiveness of ideological and political education content of physical education curriculum from the macro level.

Theoretical knowledge education and practical education should be carried out simultaneously. At the primary level, ideological and political education aims to cultivate students' correct ideological concepts, political qualities, moral accomplishment, psychological quality, emotional concepts and value goals, while at the higher level, it guides students to practice these concepts and internalize them into personal thoughts and behavior habits. To carry out ideological and political education in college physical education, it is necessary to carry out theoretical knowledge education and practical education together, so as to improve students' ideological and political accomplishment from two aspects of "thought" and "behavior". In the

process of explaining sports skills, promoting sports spirit and introducing health knowledge, PE teachers can extend relevant ideological and political knowledge and improve students' ideological and political theoretical literacy through stories, interactions and discussions. In the process of guiding students to carry out sports training, technical and tactical training and actual combat training, physical education teachers must require students to regulate personal language and behavior with correct value standards. Once students are found to have bad behaviors, they should be corrected in time, so as to form a good ideological and political practice atmosphere in class. Promote students to internalize ideological and political knowledge gradually into personal ideology and behavior habits.

In general, curriculum ideological and political reform is an important content of the current college curriculum reform, and also an important trend of college education and teaching innovation and development. In the face of the ideological and political education pattern of the whole staff, the whole process and all-round, college PE teachers should actively carry out ideological and political education, practice the ideological and political philosophy of the curriculum, improve the ideological and political quality of college students in an all-round way, and drive the innovation of physical education. College physical education teachers can carry out ideological and political education in sports training, spiritual education and health knowledge publicity, so as to highlight the characteristics and value of individualized ideological and political education in physical education. Physical education teachers should follow the teaching principle of extending ideological and political knowledge from physical education, carry out ideological and political education in a full, comprehensive and all-round way according to the curriculum plan, and carry out ideological and political theoretical knowledge education and practical education simultaneously, so as to further improve students' ideological and political accomplishment.

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