

# *Research on the Role of Physical Education in the Comprehensive Development of College Students in the New Era and Practical Ways*

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**Keywords:** Physical education, New era, College students, Comprehensive development, Practical ways to study

**Abstract:** In this paper, through an in-depth study of the role and practical ways of physical education in the comprehensive development of college students in the new era, college physical education, as an indispensable and important part of the subject system, curriculum system, and practice system of colleges and universities, is not only a practical form of improving the physical fitness of college students but also assumes the important responsibility of shaping character and refining will, which is similar to the function of ideological and political education in colleges and universities in influencing people, infecting people and shaping. This function coincides with the function of ideological and political education in colleges and universities to influence, infect and shape people. Therefore, to play the function of ideological and political education of university sports, we should take university sports as the starting point and landing point, but ideological and political education in the scope of university sports, and deeply understand the historical logic and theoretical logic of the association between them.

## 1. Introduction

However, at the present stage, in the process of college physical education, both the teachers and the recipients are too single-minded to regard college physical education as a means to improve students' physical quality and to master and improve their motor skills, which will undoubtedly prevent colleges and universities from understanding the ideological and political education function of physical education comprehensively and objectively to a certain extent, and eventually lead to workers' complete ignorance of the ideological and political education factors contained in physical education and the ideological and political education role such factors can play [1]. At present, it is the implementation stage of the new requirement of full, full, and all-round education, but the function of ideological and political education of university sports still has many problems

such as unclear educational objectives, ineffective educational measures, and not yet formed educational synergy, and the function of ideological and political education of university school sports is not well played.

To promote the integration of ideological and political education into the whole teaching process from the whole process of nurturing people, it is necessary to continuously enrich the existing knowledge system of education in various disciplines and continuously innovate the means and carriers of ideological and political education to achieve the purpose of nurturing people in the whole process and all aspects. Strengthening the research and discussion on the function of ideological and political education in university sports discipline can help enrich the knowledge system of nurturing people in university sports discipline, and can effectively tap and realize the ideological and political education value of university sports [2]. Higher education is becoming more and more prosperous under the high attention of the Party and the State, and the ideological and political education of college students, which is an important part of higher education, also keeps presenting a new face, but at the present stage of work, we find that the empirical education method and the previous education form are still the mainstream of the current ideological and political work. Education is often in the form of one-way indoctrination and simple preaching, mostly from the perspective of those who teach, with obvious preaching intentions and goals.

To provide a realistic basis for deepening the research and innovation of the function of ideological and political education in university sports. To research the current situation of the function of ideological and political education in university sports, to sort out the historical context of the function and summarize the experience, to grasp the mission of the times, to accurately diagnose the real situation, historical context, and mission of the times of the function of ideological and political education in university sports, and to provide a scientific basis for the study of the realization of the path and practical decisions. Also, it provides countermeasures to solve the core problems of university sports for the effectiveness of ideological and political education. Based on the principle of effectiveness, we will focus on the theoretical basis, scientific goals, and strategic paths of university sports for human shaping, and breakthrough the bottlenecks that affect and restrict the organic unity of ideological and political education and university sports knowledge system education and the effectiveness of synergistic development one by one. The cultivation of people by university sports is closely linked with the needs of the country, the confusion and demands of educators and educated people, to comprehensively improve the quality of the function of sports as ideological and political education, and finally solve the core problem of the effectiveness of ideological and political education through the construction of the realization path.

## 2. Related Studies

Although sports and ideological and political education are distinctly different disciplines, they share the same path in the purpose of nurturing people. Among the collected data, there are not many monographs exploring the relationship between sports and ideological and political education, only some relatively sporadic fragments, and the more representative ones are for the relationship between sports and ideological and political education, initiatives to actively carry out sports, and how to carry out character education in physical education [3].

Çakiroğlu and others pointed out that labour is an inescapable responsibility of man in society and plays an important role in moral, intellectual, and physical education; labour education enables students to have a correct concept of labour, corrects wrong labour dynamics, and is an important means to achieve independent freedom [4]. Cai believed that labour education plays an irreplaceable role in the formation and development of human character [5]. Zhang, on the other hand, studies the problems arising in labour contracts from the perspective of labour education and

educates college students about labour techniques by making them aware of the labour problems that may arise in their careers [6]. Wu has a similar view that the purpose of labour education is to cultivate skilled personnel who can adapt to the needs of social development, and the research on labour education in recent years is the study of labour technology [7]. From the perspective of educational approaches, some scholars propose to design teaching terms in teaching activities to strengthen students' understanding of labour; they should improve the organization and management system of labour education, improve practical teaching and learning, and encourage students to participate in labour learning and labour practice. Besides, there are also many scholars from the perspective of how to gather the strength of government, society, school, and family, and use the resources of four parties to enhance the effectiveness of labour education for college students.

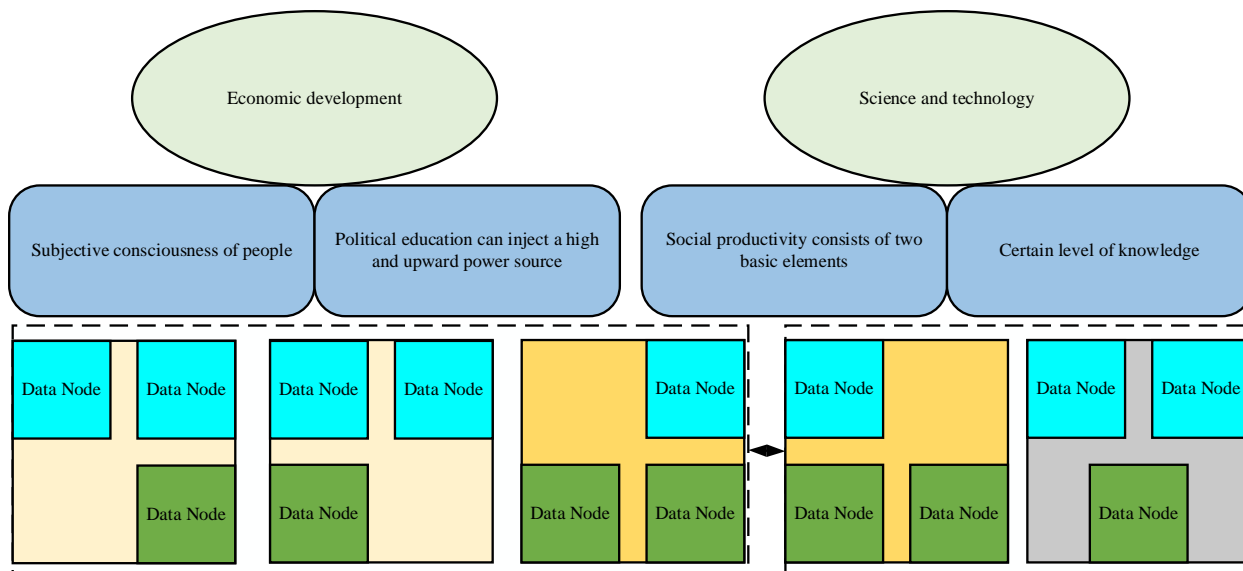
At this stage, there is a consensus in domestic and international academic circles on the important value of university sports as a carrier of ideological and political education, and many countries have included ideological and political education (in some countries, moral education, civic education, or core values education) in the relevant documents or regulations of school physical education teaching objectives and curriculum standards. Research analysis of the role and practice pathways in the integrated development of physical education

## **2.1 Theoretical Interpretation of the Function of Ideological and Political Education of University Sports**

As an important part of college education activities, college sports are related to the physical and mental health growth of college students. On the one hand, it undertakes the arduous task of enhancing the physical fitness of college students and has the characteristics of instrumental rationality; on the other hand, it also has strong educational attributes and plays an important and unique role in nurturing people. The degree of attention, investment, and development of university sports reflect the development and changes of the times to some extent [8]. With the continuous development of the concept of national fitness and the further deepening of the reform of the education system, students can reap the fun, enhance physical fitness, improve their personality and refine their will in physical exercise, which are important driving forces for the function of ideological and political education. Thus, to deeply study the ideological and political education function of college sports as a contemporary proposition, we need to first clarify the basic connotation of college sports and ideological and political education function, as well as the inner interaction between them.

Economic development is not only the unilateral role of science and technology to promote it, it still needs the subjective consciousness of people as a subject always to promote its development, and sports ideological and political education can inject a high and upward power source for people in the subjective world of people because in a general sense, social productivity consists of two basic elements, human and material, the material element is mainly referred to the object of the labour and the material element refers to the objects of labour and the means of labour, mainly the tools of production, while the human element refers to the workers with a certain level of knowledge, labour skills and production experience, and the human element is the leading factor in the realization of productivity [9]. By guiding students to participate in sports activities, school sports improve students' physical quality and ideology in the process of physical exercise and improve their labour skills in the process of improving their physical quality, while school sports also improve students' ideological awareness, labour dynamics, and responsibility. In the process of improving students' ideological and moral quality, school sports can promote students to give full play to their mastery of scientific and cultural knowledge and labour skills, so that these skills and

factors work together to promote the development of social productivity by the role played by human elements in productivity, making school sports contribute to the construction of socialist material civilization and its value, as shown in Figure 1.



*Fig.1 Functional Framework of Ideological and Political Education in University Sports*

In terms of culture, school sports culture is generated and developed by the interaction and influence of both campus culture and sports culture. University sports culture is the sum of sports spirit and wealth jointly created by all teachers, students, and staff in practice under certain socio-political, economic, cultural, educational and sports conditions. School sports culture is the material and spiritual contents created by university teachers, students, and staff in the process of school sports education, school sports learning, and school sports activities, including various forms of sports culture such as sports spirit, values, sports morality, and sports ability level. Modern society, especially the socialist society with Chinese characteristics, needs high quality and high-level talents, and the non-intellectual factors that high-quality talents must need to be inculcated and cultivated through culture. School sports culture plays an extremely important role in the campus culture to cultivate high-quality talents needed for the cause of socialist construction.

## 2.2 Analysis of Practice Paths

Compared with school practice activities, social practice activities are richer and more diversified in content and form because of the wider range of people, more diverse levels, and greater differences. Moreover, compared with campus practice activities, participation in social practice activities is an important way for people to start socialization formally, which is of great significance to the socialization of people. Therefore, college students in the new era must pay attention to exercise themselves in society, actively participate in various forms and themes of social practice, and seize all the opportunities to exercise themselves. Also, students can have a more intuitive feeling and experience of the real situation of people's livelihood, so that they can better understand what the country is doing and what people need [10]. Also, they can actively participate in the educational activities on the theme of responsibility in society and volunteer activities, so that they can get to know themselves, exercise, and improve themselves in various activities so that they can better serve society in the future.

Strengthen practical education and change from emphasis on book indoctrination to emphasis on

practical education. In the traditional school education mode, students learn all aspects of knowledge with books as the carrier, so the indoctrination of book knowledge has become the main method of bearing education for college students. Although students have mastered theoretical knowledge, they may not be able to apply it well in their life to make it useful. Therefore, in the cultivation of students' responsibility, we must strengthen the practical education of students, combine the learning of book knowledge and the application of knowledge in practice, fully respect the main position of students, encourage them to consciously play their subjective initiative in theoretical learning and practical application, and carry out effective self-education and management, to enhance their ability and cognition of responsibility, as shown in Figure 2.

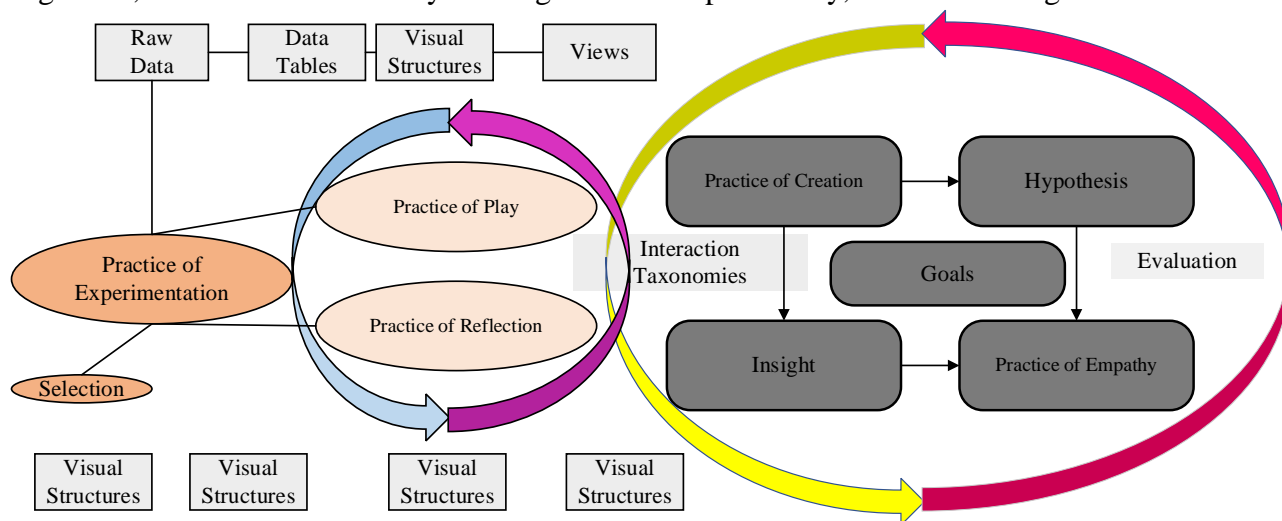


Fig.2 Practice Path

The cultivation method combining theoretical education and practical exercise should be adopted. The theoretical education method is the most basic and traditional education method among ideological and political education methods. Through theoretical propaganda and education, educated people can quickly and directly receive the most systematic theoretical knowledge about responsibility-taking, which is the education method that ideological and political education should insist on continuing to adopt at present. On the other hand, we should strengthen the practical exercise of the educated people, and strive to enhance the ability of responsibility in practice. Therefore, we should encourage the new-age college students to participate in more campus practice activities and social practice activities, and make full use of the network practice platform, to exercise and improve their responsibility-bearing ability in practice.

Explicit education refers to the way that educators use classrooms and books as carriers to directly impart relevant knowledge to educated people. The ideological and political theory class is the main channel to cultivate responsibility, and it needs to be persisted for a long time. Invisible education is a method to educate the educated with unplanned, implicit, and invisible activities or carriers, which are permeable and can influence and change people in a subtle way. The common methods of implicit education are diversion education method, example demonstration method, and so on. In the process of cultivating the responsibility of college students in the new era, colleges and universities should make comprehensive use of explicit education and implicit education methods to better combine the two.

### 3. Results Analysis

The learning of sports skills cannot be slackened. It is not possible to make sports skills only the

core of education in college sports, and it is even more important not to give up the development of competitive sports because, besides its educational function, the university also has the responsibility of training excellent competitive sports athletes for the country. And in fact, our country is immature and arguably backward in the popularity of many competitive sports on campus. Therefore, the development of collective, competitive, tactically oriented, rival sports can be strengthened in the physical education phase of higher education. The arrangement of this physical education content has the following advantages: firstly, at the stage of higher education, everyone's body is mature, and it is the stage with the most excellent physical functions; secondly, this stage has strong comprehension ability and more time for independent study, which is especially suitable for students to find a collective sport suitable for them, and it is important for promoting students' collectivism spirit; finally, the training of collective sports is conducive to enhancing the friendship among students and promoting mutual motivation and influence among peers, as shown in Figure 3.

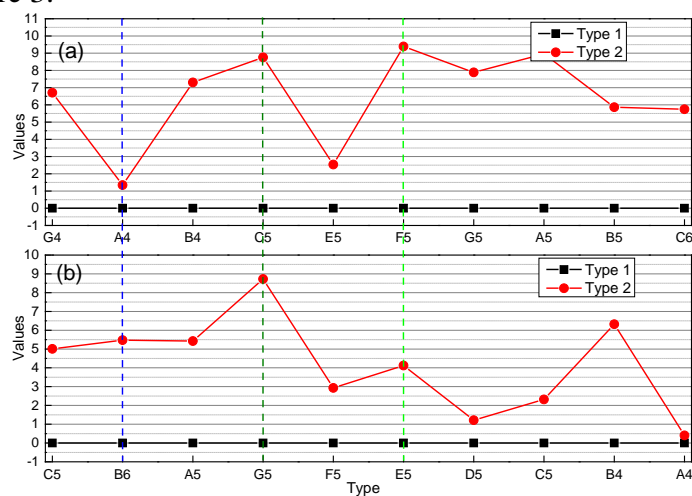
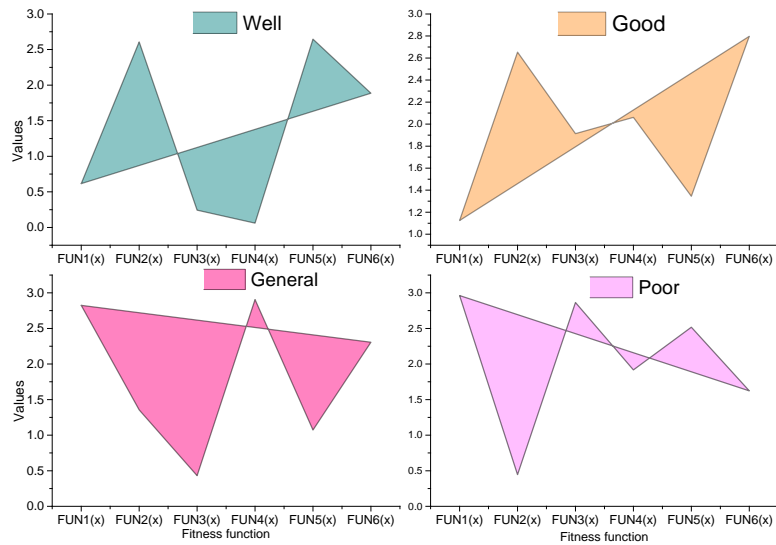


Fig.3 Physical Education Results

College sports are important for the formation of lifelong sports ideas in individuals. The selective and autonomous nature of college sports allows students to discover sports that are suitable and sustainable for them through their knowledge of themselves, and what college sports need to do is to make students realize the significance of lifelong sports for their overall sustainable development so that they can love sports. The content of the classes must be diversified to provide students with rich options of sports content. When there are not enough objective teachers, students are encouraged to create clubs to create a rich campus sports culture. University sports also promote the transmission of sports culture, which is culturally significant and politically significant beyond primary and secondary schools and is an important way to promote the socialization of people, whose most important quality is a sense of responsibility. This is also significant for the development of society. The teaching content should be more inclined to collective creation, focusing on group learning, so that students can learn to cooperate in small teams, learn to take responsibility, pursue the spirit of progress in large groups, and truly pass on the culture of sports and the Olympic spirit of sports. Moreover, the regular opening of university sports venues to the public as a public social resource is also a manifestation of the university's spirit of contribution and freedom, and openness, as shown in Figure 4.





*Fig.4 Evaluation Results*

By praising outstanding athletes, beautiful technical movements, etc. to stimulate students to promote the spirit of hard work, but also to promote the improvement of students' aesthetic ability. The environment also must be positively constructed through instructional design. In physical education learning, the empathy of students in a specific situation greatly improves learning efficiency. So, sports can be uplifting and sports can play an educational role. Moreover, teachers need to strengthen their cultivation. It can be said that teachers should be role models in the minds of their students. So, the teacher's words and actions will directly or indirectly influence the students, which is also a very important part of physical education, which is the power of example and the most important meaning of the existence of the human dimension of the humanistic environment. So, the optimization of the educational and teaching environment is also an important dimension to improve the ideological and political function of university sports. Both the physical environment of physical education and the cultural environment are designed for a better understanding of sports ideas, mastering sports skills, and achieving a harmonious unity of educational effects through potential influence. Physically and mentally healthy students, having become social builders, can contribute to the stable development of society, and thus become a firm force for a harmonious society.

#### 4. Conclusion

The realization of ideological and political education function of university sports is a linkage of both organizational systems, i.e. universities, and target subjects, i.e. teachers and students of universities, which involves the work of many levels of universities. It requires both universities to pay high attention to, formulate policies, and take actions to infiltrate and promote the ideological and political education implication of university sports, and teachers and students to actively participate and widely input to feel and practice the ideological and political education in university sports. The content and form of political education in college sports need to be actively participated in and practiced by students and teachers. Overall, to play the function of ideological and political education and to realize the function of ideological and political education, university sports should sink and start from the basic work, digging into the development of university sports and exploring the development of ideological and political education. The ideological and political education function of university sports is a topic that needs to be studied and explored in practice for a long

time, and it is a combination of two discipline systems, curriculum systems and practice systems with different attributes. The results of the analysis and research are still relatively rare.

## Acknowledgements

The study was supported by the “Higher Physical Education Project of Sports Association in Zhejiang School, China (Grant No. ZGTX202004)”, and “Teaching Reform Research Project of Zhejiang Higher Education (the 13th Five-Year Plan), China (Grant No. JG20190630)”, and “Scientific Research Project of Zhejiang Education Department, China (Grant No. Y201840253)”.

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