

# *Research on the Course Construction of Orienteering in Colleges from the Perspective of Ideological And Political Theories Teaching in All Course*

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**Abstract:** ideological and political theories teaching in all course is the requirement of the party and the government for the teaching work in colleges in the new era, it is an important measure to realize the whole process and all-round education in colleges, and it is also the fundamental path to promote the high-quality development of various courses in colleges. The smooth development of orientation sports teaching in colleges requires high-quality courses as the foundation. From the perspective of ideological and political theories teaching in all course, high-quality orienteering courses should focus on knowledge transfer and ability improvement, and give full play to its value-leading function.

## 1. Introduction

With the deepening of the reform of college physical education, the position of physical education in the teaching system of colleges is increasingly promoted. Orienteering can not only enhance students' physique, promote their judgment, analysis and memory development, but also improve their psychological quality, enhance their awareness of rules, integrity, cooperation and so on, and cultivate them to form good moral character. Orienteering is a new sport which integrates fitness, education and morality. Although it has a short development time in Chinese colleges, it has developed rapidly. In recent years, more and more colleges have opened orienteering courses, and they have been widely loved by college students. Curriculum is an important foundation for the smooth development of teaching activities, and its quality directly affects the quality of teaching. However, from the current point of view, the orienteering courses of many colleges in our country have not fully exerted their value-leading function. Obviously, this is not in line with the requirements of college curriculum construction from the perspective of ideological and political theories teaching in all course.

## 2. Strategies for the Construction of Orienteering Courses in Colleges from the Perspective of Ideological And Political Theories Teaching in All Course

### 2.1 College Orienteering Course Planning and Design

The planning and design of orientation sports courses in colleges from the perspective of ideological and political theories teaching in all course focuses on solving the three problems of curriculum content, setting sequence and curriculum standards. (1) Orienteering courses in colleges should include knowledge transfer courses, ability training courses and value-leading courses. Among them, the knowledge transfer courses are mainly based on the teaching of the basic theory of orienteering; the skills training and improvement courses are mainly based on the teaching and training of orienteering skills, sports psychology and specific physical fitness; and the value-led courses are based on the moral education of orienteering. (2) Orienteering courses in colleges should first carry out knowledge transfer courses, and then develop ability training and improvement courses, and develop value-led courses with independent and integrated thinking. Independent thinking means that value-led courses are placed after knowledge transfer courses, ability training and improvement courses. Integrated thinking is to place value-leading courses in knowledge transfer courses, ability training and improvement courses. The latter kind of curriculum ordering requires higher teaching ability of physical education teachers. (3) The curriculum standard mainly includes the curriculum objective standard and the curriculum content standard. The curriculum goals of orienteering in colleges should highlight the goals of moral education on the basis of clarifying physical education and intellectual education. In terms of course content standards, the content of college orienteering courses should follow the college physical education syllabus and college talent training requirements, and put forward level requirements for students' sports knowledge, sports skills, sports emotions, learning strategies, and cultural awareness.

## 2.2 Implementation of Orienteering Courses in Colleges

The implementation of orienteering course in colleges mainly solves the problems of teaching objectives, teaching contents, teaching methods and means, teaching evaluation and teaching environment construction. (1) The teaching goal of the college orienteering course should be to cultivate talents with all-round development of morality, intelligence, physical fitness, beauty and labor. (2) The teaching content of orienteering courses in colleges should not only focus on the teaching of basic theoretical knowledge and sports skills, but also pay attention to the cultivation and improvement of students' ideological level, political literacy and moral quality. This requires colleges to organize physical education teachers and ideological and political teachers to jointly compile orienteering teaching materials and teaching materials with distinctive ideological and political education elements. (3) The teaching methods of orienteering courses in colleges are mainly inquiry teaching method (such as discovery method and problem inquiry method) and situational teaching method (such as game method, competition method and group cooperative learning method). For example, teachers use the method of question inquiry to make students explore the influence of the spirit of cooperation and mutual assistance on the performance of orienteering, so that students can constantly enhance their cognition and understanding of "cooperation and mutual assistance" in the process of inquiry, and attach importance to cooperation and mutual assistance in the process of daily training and competition. (4) The evaluation index system of college orienteering teaching should set up evaluation indexes such as "cooperation and mutual assistance", "integrity", "fair competition", "hard training", "hard work", "love for the collective" and "love for the country". In the evaluation process, teachers should encourage students to self-evaluate so that they can keep the word "virtue" in mind. (5) In the construction of the college orienteering teaching environment, first of all, moral training must be incorporated into various school systems related to orienteering, such as "School Orienteering Competition Activity Plan" and "School Orienteering Classroom Management System". Colleges should integrate the

spirit of assistance and mutual assistance, fair competition, hard work and enterprising spirit contained in orienteering with the construction of school style of study. Secondly, colleges should build a group of orienteering sculptures with distinct ideological and political education elements in their schools to vividly interpret the ideological and political education functions of orienteering. Finally, teachers should pay attention to teacher-student cooperation in the teaching of orienteering, lead by example, influence students with their own good morals, and promote their moral development.

Teachers are the main participants in the construction of Orienteering Course. The leaders of colleges should organize the study and training of “Orienteering + ideological and political education”, so that physical education teachers attach great importance to the ideological and political education function of orienteering, improve their ability to excavate the ideological and political elements in Orienteering course, and carry out the relevant ability of Ideological and political education in Orienteering Course Teaching. Colleges should take “ideological and political education awareness and ability” as an important assessment index for the recruitment of new physical education teachers, the learning and training of physical education teachers, and the evaluation and promotion of physical education teachers. Colleges should also strengthen inter-school cooperation, through the exchange of teachers, joint scientific research, etc., so that the physical education teachers of the school and the physical education teachers of other schools can learn and develop together in the construction of orienteering courses.

### 3. Conclusion

The growth and success of college students requires not only a wealth of professional knowledge and skilled professional skills, but also a high level of ideology and moral quality. Under the perspective of ideological and political theories teaching in all course, college physical education teachers should emphasize the necessity and significance of integrating curriculum ideology and politics into orienteering. In the course of course construction, physical education teachers should fully tap the ideological and political elements of orienteering, and give the orienteering courses with ideological and political connotations, so that students can not only strengthen their physical fitness, relax their minds and bodies, but also improve their ideological level and cultivate moral quality in orienteering.

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