

The Practical Path of Ideological and Political Teaching of Ethnic Aerobics Courses from the Perspective of Lide Shuren

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Abstract: Literature, theoretical analysis, teaching practice and other methods were used, and the research and analysis of the integration path of ethnic aerobics curriculum and ideological and political teaching found that the integration of ethnic aerobics curriculum teaching into curriculum ideology and politics is important and of great superiority. By strengthening the concept of ideological and political education in the teaching of ethnic aerobics courses, integrating ideological and political elements into the general goal of the teaching of ethnic aerobics courses, refining the ideological and political resources of the courses into the teaching links of ethnic aerobics. The ideological and political requirements of the course are integrated into the entire teaching process of the national aerobics course, so that the national aerobics course and the ideological and political education are organically integrated, so as to achieve the effect of all-round education.

1. Introduction

A country cannot prosper without virtue, and a person cannot stand without virtue. Young college students need to have good moral qualities, which is the core factor for establishing the correct three views. The fundamental of education is "cultivating moral and cultivating people". In December 2016, General Secretary Xi Jinping delivered an important speech at the Ethnic Ideological and Political Work Conference for College Students. It is required that schools should implement morality and cultivating people to the root, and the whole process of education should take ideological and political work as the main line throughout, and realize the educational concept of "three comprehensive education" of educating people in the whole process, all staff, and all-round education. In June 2020, the Ministry of Education issued the "Guidelines for Ideological and Political Construction of Colleges and Universities" to comprehensively promote colleges and universities ideological and political course construction. Physical education is a compulsory course in today's colleges and universities, and ethnic aerobics is a physical education program with both culture and aesthetics. How to integrate curriculum ideology and politics into ethnic aerobics teaching, guide students to establish and practice socialist core values, and then realize the

education function of ethnic aerobics courses.

2. The Necessity of Integrating Ethnic Aerobics Course Teaching into Ideological and Political Education

On May 28, 2020, the Ministry of Education issued the "Guidelines for the Ideological and Political Construction of Curriculum in Colleges and Universities", which pointed out that comprehensively promoting the ideological and political construction of courses is a strategic measure to implement the fundamental task of morality and education. In October 2020, the General Office of the Central Committee of the Communist Party of China and the General Office of the State Council issued the "Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era" and "Opinions on Comprehensively Strengthening and Improving School Aesthetic Education in the New Era" (referred to as "Opinions"), to fully implement the party's education policy, to further strengthen and improve school sports and aesthetic education in the new era, systematic design and overall deployment^[1]. Ethnic aerobics courses have always been an important part of the physical education curriculum in colleges and universities. The political and cultural nature and artistic aesthetics of ethnic aerobics are an important part of the construction of university campus sports culture. Fully mobilizing the ideological and political education elements in the ethnic aerobics curriculum is conducive to the cultivation and development of college students' outlook on life, world outlook and values in the new era.

3. The Ideological and Political Education Function of Ethnic Aerobics Course Teaching

Ideological and political education is a subtle process. Young students in colleges and universities have active brains and unique personalities. Therefore, teachers should fully consider the individual characteristics of young students, organically integrate ideological and political elements into the knowledge points of ethnic aerobics classroom teaching in the process of promoting ethnic aerobics courses, and organically integrate the content of ideological and political education with ethnic aerobics teaching into the whole process^[2].

3.1 Cultivate a Spirit of Optimism

Ethnic aerobics has certain technical difficulty and exercise intensity in the training process, which requires students to concentrate on it. In the classroom teaching of ethnic aerobics, teachers can optimize the training content according to the physical condition and age of the students participating in the training, so that the students can experience a happy mood during the participation process, so that the students can enhance their self-confidence and improve their negative emotions, cultivate students' expressive desire and optimistic attitude towards life from exercise.

3.2 Cultivate the Ability of Explore and Innovate

Innovation is the driving force of progress, and the creation of complete sets of movements for ethnic aerobics is a sublimation of the combination of artistry and practice, which helps to develop students' innovative thinking and aesthetic appreciation. Teachers should explore through multiple channels to encourage students to improve their motor skills and creativity, allowing students to develop individuality and collaborative innovation in the process of exploring skills and motor practice.

3.3 Cultivate a Sense of Cooperation

Ethnic aerobics is a dance-like collective sport that requires neat movements and formations in competitions and performances. In ethnic aerobics training, teachers should strengthen the sense of hierarchy and regularity of formation, so that students can establish a good sense of team in the process of participating in training, and improve students' teamwork ability.

3.4 Cultivate the Self-Confidence of Ethnic Culture

Ethnic aerobics can be incorporated into the vitality of the tenacious survival and struggle of all ethnic groups, which can show the sacrifice spirit of all ethnic groups to defend territorial sovereignty, protect the family and the country, it can reflect the sports concept of minority people's pursuit of self-cultivation and playfulness^[3]. Show the sports culture of ethnic minorities in China from multiple angles, and enhance the sense of ethnic pride and cultural self-confidence.

3.5 Cultivate the Awareness of Fair Competition

Show competition is an important ethnic aerobics teaching method. Teachers guide students to participate in the role-playing of referees in ethnic aerobics competitions, let students judge and score from the perspective of referees, improve sports appreciation ability and fair judgment psychology, and cultivate students' awareness of fair competition in the call of roles.

4. The Practical Path of Ideological and Political Education in Ethnic Aerobics Courses

In the teaching of ethnic aerobics physical education courses, we must deeply explore the combination of explicit technical skills and implicit ideological and political elements of ethnic aerobics, and organically integrate the ideological and political concepts into consideration of the preferences of contemporary college students to organically promote the integration of "sports + ideological and political ", form a synergistic effect of the three comprehensive education.

4.1 Integrate Education into Entertainment, Deepen the Function of Ideological and Political Education

Ethnic aerobics is an exercise and dance project that integrates various elements, including ethnic dance, aerobics, aesthetics, music and other elements, the rhythm of the movement is brisk, the movements are rich, and show the characteristics of health, strength and beauty, full of passion and vitality, favoured by young college students. In the teaching of ethnic aerobics, teachers should give full play to the dominant position of students, guide and stimulate students' interest in independent exploration and learning, inspire and guide students to think deeply through the study and practice of ethnic aerobics, and integrate cultural self-confidence and ideological and political cases into classroom teaching plans design, enhance students' aesthetic character and aesthetic experience, enlighten wisdom, shape character, and deepen spiritual understanding ^[4].

4.2 Value Guidance, Play an Exemplary Role in Ideological and Political Education

Ethnic aerobics contains rich cultural and ideological and political education elements, which are mostly reflected in college campus sports competitions and sports cultural themed activities. The campus has a large number of participants, involves a wide range of levels, and is generally concerned by students. Ethnic aerobics teaching should reflect sports technical skills, physical and mental health development, sports participation radiation and social adaptability. Give full play to

the ethnic aerobics sports ethics and help the team achieve excellent results. In addition, teachers can use the case stories of famous dancers as the curriculum introduction when teaching theoretical knowledge, and the video of athletes' competitions to show the spirit of sports patriotism, so as to set a good example of patriotism and struggle, and highlight the value of ethnic sports^[5].

4.3 Multi-layer Penetration to Tap the Unique Charm of Sports Ideology and Politics

Ethnic aerobics not only embodies the physical and musical elements of modern aerobics dance, but also combines ethnic dance elements, ethnic music elements and sports competition entertainment into one. It is a successful fusion of sports aesthetics and sports competition^[1]. In the music and basic dance steps of ethnic aerobics training, students are led to experience the diversity of Chinese culture and the artistic aesthetics of folk culture through personal experience, and stimulate students' patriotic feelings. In the classroom teaching of ethnic aerobics, through the daily basic training of ethnic aerobics, students' physical aerobic metabolism can be improved to cultivate physical beauty, reflecting the cultural life of various ethnic groups to cultivate spiritual beauty and participating in sports competitions to cultivate sports morality. Through the scientific principles of aesthetics, anatomy and cultural studies, it cultivates students' appeal of movement beauty, enhances the expressive power of self-confidence beauty, and establishes a new realm of aesthetic beauty.

4.4 Comprehensive Evaluation, the Main Line of Ideological and Political Throughout the Teaching Process

Ethnic aerobics courses can establish a teaching mode in which large projects run through and small projects are paralleled. Give full play to the dominant position of students, internalize the course assessment into performances, divide the student group into groups, conduct group discussions and self-editing creations, and submit the creation and design instructions. Through self-study, students can improve their in-depth understanding of "beauty", cultivate the process from discovering beauty to displaying beauty and then performing beauty, and deepen the aesthetic education function of ethnic aerobics.

5. Conclusions

The integration of ethnic aerobics courses and ideological and political education is a new proposition led by sports culture and moral education. Moral education, aesthetic education and psychological education reflect profound ideological and political content in the teaching of ethnic aerobics courses. Combine the ethnic aerobics curriculum and ideological and political education organically can improve the effectiveness of its teaching objectives^[2]. In order to promote the ideological and political construction of physical education courses in colleges and universities, physical education teachers should carefully design all aspects of the teaching of ethnic aerobics, and the content of ideological and political elements should be run through the teaching of ethnic aerobics; take the course evaluation as the main assessment basis, mobilize a wider range of students to participate in sports activities and develop good habits of exercise; play the exemplary role of role models in ideological and political education, subtly influence students to form self-examination, and strive to be upward and kind young people; give full play to the aesthetic characteristics of technical beauty, physical beauty, cultural beauty, ethnic beauty and musical beauty of ethnic aerobics, and comprehensively improve students' aesthetic ability. Deepening the deep integration of ideological and political education teaching concepts and national aerobics courses is a new exploration of ideological and political courses in physical education, and can put

sports "ideological and political into the brain" into practice.

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