

Realization Path of Physical Education in Colleges and Universities in the New Era

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Abstract: With the rapid development of science and technology, the country's demand for versatile talents is gradually rising, and colleges and universities, as the base of conveying technical talents directly to the country, should pay more attention to the comprehensive training of students. Under the current background of cultivating people by virtue, with the deepening of the curriculum reform, the integration of the relevant requirements of the government and the country into the university physical education teaching has become the trend of the development of The Times. To achieve the goal of all-round education, improve the actual level of higher education, cultivate new people, always adhere to Marxism, and integrate ideological and political education into physical education teaching to help students to cultivate students' comprehensive quality, laying a good foundation for their future all-round development. Based on this, this paper will be based on how to carry out the new era of the physical education teaching, the analysis of the connotation of "khalid ents" of education, combining with the advantages of the goal and college sports teaching, explore the path of physical education through college goal, hope to provide the "course education".

1. Introduction

In the report of the 19th National Congress of the CPC, it is pointed out that the fundamental task of education should be to "cultivate morality and cultivate people". At the same time, we should pay attention to promoting the all-round development of students' morality, intelligence, body, the United States and labor, and pay attention to the cultivation of all-round talents, so as to meet the needs of today's social development. This is the main research direction of educators at the present stage. The purpose of physical education is to help students build a strong body and promote their comprehensive development.^[1] College students have experienced intense and single study in senior high school. Their physical fitness has decreased compared with junior high school, and the peak period of students' physical quality development is reached. Secondly, the students' ideological and political affairs are also constantly improved in this period. Therefore, it is an important teaching measure to carry out the teaching concept of moral education in the physical education courses in colleges and universities^[2]. To this, in the university stage to carry out the physical education subject teaching, requires teachers in the process of teaching constantly summarize and explore, in the teaching process of subject to better reflect the physical education value, promote the

overall progress of students, for its future study, work and life to lay a good physical condition and ideological foundation. This paper will first analyze the connotation of the educational goal of cultivating people by virtue, and summarize and explore the realization path of ideological and political education in physical education courses, so as to provide reference for relevant physical education teachers to integrate ideological and political education in subject teaching, so as to make their subsequent education more targeted.

2. The connotation of ideological and political construction of university physical education courses under the perspective of moral education

2.1 The need to implement Marxism

Marxism is the general guidance of China's socialist thought. Therefore, in the actual teaching process of colleges and universities, we should uphold the advocacy of Marxism, run through the ideological education of college students, and pay attention to the promotion of students' ideological realm. Therefore, the development of physical education courses in colleges and universities should always adhere to Marxism and the government's education concept as the core of ideological education for students, so that students can consciously connect their dreams and the country, raise the ideological realm of colleges and universities talents to the society and the country, and devote themselves to making contributions to the construction of the country. At the same time, colleges and universities should use Marxist ideas to cultivate students' dialectical thinking and establish correct ideological values and promote ideological and political teaching^[3].

2.2 Is the fundamental goal of cultivating the new people of The Times

The so-called sports literacy refers to the integration of athletes' aspirations and moral standards, which is the soul contained in sports. Physical literacy is a synthesis of the spirit of group cooperation and never giving up with annationalism as the core content. It is a necessary factor to truly implement physical education teaching, and physical education teaching is the key process of training students' physical education spirit. The so-called strong youth is a strong country. At the present stage, cultivating new people in the era is the goal of colleges and universities to uphold the concept of moral education. Thus it can be seen that the ideological training of students is very important to the cultivation of sportsmanship. So, when college teachers in the students' physical education course ideological education, should correctly understand the significance of course education into physical education teaching, guide students in the basic principles in the actual sports activities, with full passion constantly beyond self, aggressive, dare to struggle and never give up, let the students perception from sports sports connotation charm, and understand the importance of the team in the fierce competition, and let the students appreciate the focus of the effort is not beyond others, the key lies in breaking through their own truth^[4]. In the teaching process of physical education, teachers should teach students the different rules and truths contained behind the different projects based on the actual projects of physical education, and encourage students to appreciate the connotation of sports and the reasons and significance of its enduring sports spirit in their personal sports. Integrating the ideological and political affairs of the course into the teaching of physical education while cultivating the physical quality and improving the students' ideological and moral realm, follow the beautiful requirements of socialism with Chinese characteristics in the new era, realize the inheritance of the spirit of sports in the high ideological realm, and become the successor of the socialist construction in the new era.

2.3 The fundamental basis of core values

Core values are the sum total of the attitudes and positions established by people in the process of dealing with practical problems, which represent one's ideological value orientation in dealing with affairs. As the trend of globalization is more and more obvious, the competition between countries gradually into the competition between talents, and colleges and universities as the national universal talent base, simply have professional theoretical knowledge and cannot adapt to the reality of our social development, and high ideological and moral quality is also the main cause of talent training in our country society. Ideological and political knowledge teaching is added to the course of physical education in colleges and universities, and the educational goal of moral education is adhered to, which helps learners to cultivate their good physical quality while promoting their all-round physical development. The real significance of the existence of socialist values is to cultivate the talents of socialist sports, and fundamentally cultivate the talents to realize the dream of a strong socialist sports country, which is the basic guideline of the construction of physical education teaching in colleges and universities at the present stage. Therefore, through the integration of socialist ideological and political education in the physical education courses of colleges and universities, students are stimulated to think deeply about the significance of sports spirit in the new sports era, and appreciate the charm contained in the new sports. When teaching physical education teachers in colleges and universities, they can teach students the socialist physical education concept and sports spirit to carry out ideological education to improve students' cognitive ability, so as to better promote the integration of ideological and political courses in the teaching process of physical education^[5].

3. The advantages of integrating ideological and political education into the physical education teaching of colleges and universities

3.1 Enrich the teaching content

Restricted by the traditional teaching concept, many physical education teachers have single teaching methods. In the actual teaching process, they only pay attention to the completion of their own teaching tasks, but ignore students' feelings of students. The "military training" training method has no longer met the needs of the development of The Times. With the development of The Times, the competition between countries has gradually transformed into the competition between talents, and the country is more and more eager for the need for high-quality talents. In the "big education" thought prevails today, should let the students into the main body of the classroom, enhance the students 'subjective initiative, encourage students in the actual movement connotation and charm of sports, respect the physical and mental function difference between students, the teachers can also take according to their aptitude, for students' specific situation, and enrich the content of ideological and political education in physical education course, make college physical education in improving students 'physical function and improve students' ideology.

3.2 Promote students' all-round development

The so-called body is the capital of the revolution, which shows the importance of students' physical quality, it is the basis of students to engage in activities. Therefore, the development of physical education courses should aim at enhancing students' physical quality. Nowadays, the actual teaching situation in colleges and universities is unbalanced, focusing on improving students 'knowledge level while ignoring the cultivation of students' physical quality. The traditional physical education form is serious, and the single training mode is easy to arouse the students'

boredom. The emergence of the teaching method of integrating ideological and political education into physical education teaching avoids the defects of traditional physical education teaching, enriches the forms of physical education courses, increases the interest of activities, and improves the teaching efficiency of physical education courses while promoting the comprehensive development of students^[6].

3.3 In line with the needs of the development of The Times

Since the state proposed to integrate ideological and political teaching into the teaching of physical education courses, colleges and universities are trying to explore ways to integrate ideological and political education into physical education teaching. The purpose of offering physical education courses in colleges and universities is to exercise students' physical function and promote the comprehensive development of students' body and mind. The new teaching mode of ideological and political education into the teaching of physical education curriculum actively responds to the development goal of promoting students' physical and mental development in the country and runs through the development goal of "cultivating morality", which is of great significance to the development of both individuals and the country. The construction of physical education, ideological and political courses is the inevitable trend of the development of The Times, an important symbol of the comprehensive development of mankind, and one of the important evaluation criteria for the development degree of a country. Therefore, when teachers design the teaching of combining the two, they should run ideological and political education through the whole of physical education teaching and design physical education projects according to the content of ideological and political education. Through the integration of ideological and political education and physical education teaching methods, physical education and ideological and political education blend together and complement each other. Through the integration of ideological and political education, students can appreciate the real thought and meaning of physical education teaching, which is also the inevitable trend of the development of The Times^[7].

4. The strategy of integrating ideological and political education in college physical education courses

4.1 Ideological and political education is be implemented in physical education in colleges and universities

"New People of The Times" reflects the requirements of the government and the country for the implementation of the teaching goal of cultivating people by virtue, and also represents the responsibility and use of the new people at the present stage. The new people is the product of the combination of Marxism and humanistic teaching concept in the current era, and contains the characteristics of The Times of Marxism. Under the support of the concept of "great ideological and political education", the integration of ideological and political education into the key physical education teaching in colleges and universities has been derived into the inevitable trend of the development of The Times. The two can help to mobilize students' enthusiasm for sports training and promote their all-round development. Therefore, in the ideological and political education in colleges and universities, this new teaching concept should be truly implemented. Is from the perspective of students, based on the students in the school and society, the analysis of the practical significance of the ideological education in physical education, the ideological education in the form of physical education, guide students to fundamentally appreciate the meaning of physical education teaching, stimulate students' learning enthusiasm, and then in the process of sports training for students truly realize ideological teaching, with Marx's main body values as an

important link in ideological education in colleges and universities. But at the same time, it should be noted that Marxism is not innate, but a gradual learning process, integrating theory into practice, and integrating ideological life. In addition, in the physical education teaching, ideological and political education throughout, mobilize students' enthusiasm for sports training, cultivate students' optimistic character quality and super high professional quality, and lay a good ideological foundation for them to step into the social work in the future^[8].

4.2 Pay attention to the promotion of the ideological and moral cultivation of physical education teachers

After research, it is found that the physical education teachers in some colleges and universities do not meet the requirements of their own subjects, and the professional level is low, their ability is weak, and the ideological and political level can not meet the requirements of teaching. When teachers develop in physical education into ideological education curriculum, it is often difficult to clear their teaching objectives, teaching key teaching grasp, and their ideological level cannot meet the requirements, difficult to carry out the integration of the teaching work, in the long run, erase the students' learning enthusiasm, cause low teaching efficiency, into the ideological education at the same time, it is difficult to play its substantive role. Therefore, we should start from the physical education teachers in colleges and universities, and pay attention to the improvement of teachers' professional level and ideological and political level. Therefore, colleges and universities can regularly organize teachers to carry out training activities to improve their professional knowledge and ideological and political level, and make physical education teachers realize the importance of integrating "ideological and political education" into physical education teaching, and lay a foundation for their subsequent application in physical education teaching. In addition, for students to the subject phenomenon, teachers can choose to strengthen the interaction and communication between students, form a benign relationship between teachers and students can fully arouse the enthusiasm of students in sports class, so as to better ideological education into them, improve the teaching effect of the sports classroom at the same time improve students' ideological and moral sleep. Students in colleges and universities are in the transition period between school and society, teachers should be from the perspective of students, pay attention to the cultivation of students' behavior habits and noble moral character, and use the formation of good interpersonal relationship with teachers to establish the trust between teachers, so as to achieve the purpose of effective education. But at the same time, the teachers also need to improve the students' own ideological and moral standards, to provide the students with a good example, and at the same time to close the distance with the students as friends, to cultivate their interest in physical education, and finally to achieve the purpose of efficient teaching.

4.3 Promote the spirit of sports and realize the cohesion of core values

Physical education course is an important content of higher education. As an institution of higher learning, it is also necessary to further improve the level of attention to this course, give full play to the role of physical education course itself, and integrate educational resources. Physical education courses in colleges and universities are not only a way to complete the task of moral education, but also a carrier to promote the healthy growth of students. The physical ethics embodied in physical education teaching is also the main connotation of socialist core values, which is the most important spiritual wealth accumulated by the Chinese nation, and plays an important role in cultivating socialist core values. Through the understanding of people's values of advocating life goals, the concise and streamlined socialist core values play an important function of value orientation, convey the spirit of people's spirit of striving for progress, and bring a strong cultural impetus to

promote the implementation of the purpose of moral education^[9].

4.4 Innovate teaching forms and strengthen the penetration of values

In colleges and universities to carry out the ideological education into physical education teaching activities, can enrich the teaching form, teachers should prepare lessons in advance, find the sports knowledge can fusion ideological education teaching point, comprehensive students 'physical quality and interest, using a variety of physical education teaching form to enrich students' interest in learning, arouse the enthusiasm of students' learning. When colleges and universities carry out the integration of the two, the curriculum design can be conducted according to students' majors to help students carry forward their own advantages, so that students can feel the ease and happiness of physical education. When teachers carry out physical education teaching, they should enrich the teaching content and enhance the interest of the teaching mode to stimulate students' thirst for knowledge, such as setting up basketball games and other competitive items, so that students can experience the connotation of sportsmanship in the specific process of sports. Due to the different future development direction of students, teachers should base themselves on students' future development direction, guide students to learn sports skills that are helpful to their future life and work, and enhance their ability to resist pressure. In addition, we should pay attention to the cultivation of students' thoughts, and correct the ideological deviation in the movement in time, so that they can appreciate the real meaning of team spirit in the movement.

4.5 Strengthen the innovation of traditional ethnic sports in the ideological and political courses

With the integration of ideological and political education into physical education in colleges and universities, the game-based physical education for students under the appropriate conditions can create a relaxed and pleasant learning environment. Sports as one of the important factors of the comprehensive development of students, not only can have the effect of physical fitness, also can meet the pursuit of students' interests, because sports can play the leisure characteristics of, teachers in physical education organize students for physical education, sports rules, sports competitive play, and in the process of team spirit ideological education content, let the students in the interesting environment to release the enthusiasm of sports games and appreciate the spirit of competitive sports. For college students, there are basically subjective thoughts, and students should improve students' subjective initiative for casual sports games. In addition, teachers should carry out the teaching activities of ideological and political education from the reality, timely correct the ideological mistakes exposed by students in the process of sports, and guide the actual sports at the ideological level, so as to ensure that students' thoughts develop in the right direction. Thus through the introduction of games to encourage students to practice, in the students to avoid the students of the ideological work, by solving the observation found that students really exist ideological error, teachers should find the problem of students 'thoughts timely correct to guide, improve students' ideological and moral level, finally achieve the purpose of high-quality versatile talents for society.

5. Conclusions

Under the background of the current concept of "big" thought, with the update of education mode, promote the all-round development of students is particularly important, colleges and universities also gradually realize the importance of ideological education into physical education course teaching, sports teachers are exploring through physical education teaching khalid ents goal construction method, for students' ideological education learning to create a pleasant environment,

hope eventually can deliver versatile talents for social construction.

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