

Research on Teaching Dilemmas and Teaching Strategies of Ideological and Political Course of Leisure Sports in Higher Vocational Institutions-Taking Sichuan Vocational College of Cultural Industries as an Example

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Abstract: In recent years, the leisure sports industry has been developing rapidly, and many colleges and universities in China have set up related majors, but because the majors have not been set up for a long time, the ideological and political education for leisure sports students has also encountered difficulties. This paper takes the students of leisure sports in Sichuan Vocational College of Cultural Industries as an example to analyze the dilemma and the way to break the situation in the teaching of ideological and political course of leisure sports in higher vocational institutions.

1. Introduction

Since the 18th Party Congress, the Party Central Committee has placed a more prominent position on strengthening and improving the ideological and moral development of college students from a global and strategic perspective, and proposed to make the establishment of moral education as the fundamental task of education. The ideological and political course is the key course to implement the fundamental task of building moral character. The new era of ideological and political teachers should be based on the main position of the classroom, so that the implementation of ideological and political education can be implemented, the "strong spiritual power" will infiltrate the hearts of students. On the 100th anniversary of the founding of the Communist Party of China, the Central Committee of the Communist Party of China and the State Council issued the Opinions on Strengthening and Improving Ideological and Political Work in a New Era, which has pointed out the direction and provided guidelines for us to strengthen and improve ideological and political work. How to strengthen the ideological and moral construction of students in higher vocational colleges and universities according to the characteristics of professional students and professional talent cultivation plan has become the top priority of the teaching of ideology and politics in colleges and universities.[1]

The Recreational Sports program was established in 2007 with the approval of the Ministry of Education of China.[2]

Recreational sports industry talents provide support. The concept of leisure sports is put forward in the general environment of social development and has received wide attention from the society in recent years. Leisure sports in China started late and inexperienced, and it is a new starting

profession, and there are still many problems in the development in colleges and universities. Compared with the colleges and universities in foreign developed countries, the leisure sports professionals in our colleges and universities lack systematization and professionalism, and there is a relatively large gap in the quality of talent training. Therefore, colleges and universities should fully understand the importance of cultivating talents in leisure sports and establish a perfect curriculum and teaching mode so as to cultivate more excellent talents, and the top priority of moral education lies in ideological and political education.

In the teaching of Ideological and Political class it has been found that the teaching effect of leisure sports students is not good, weak foundation, not interested in the course and other problems. This paper takes the leisure sports major of Sichuan Vocational College of Cultural Industries as an example, and analyzes the dilemma and strategy research of teaching in leisure sports major for the major.

2. The teaching dilemma of ideological and political course in leisure sports

2.1 Weak cultural foundation of leisure sports students

In Sichuan Vocational College of Cultural Industries, for example, the source of students for the leisure sports program is complex and diverse, mostly from the independent enrollment of schools at the senior high school level. The single-entry examination is mainly for students from secondary vocational schools and ordinary senior high school students. Single enrollment is a way for the state to authorize higher vocational institutions to independently organize examinations and admissions, which are completed before the college entrance examination. These students are generally weak in basic knowledge, and most of them are sports special students, and they are not interested in cultural courses. Compared with other majors, the quality of ideological and political classroom teaching for leisure sports students is low, and classroom discipline is lacking and very difficult to manage. In addition, the number of minority students in leisure sports majors is high, and these students have insufficient Chinese listening, speaking, reading and writing skills.

2.2 The ability of ideological and political teachers to teach for professional characteristics is insufficient

Taking Sichuan Vocational College of Cultural Industries as an example, the characteristics of students majoring in leisure sports are as follows: First, compared with other majors students are more lively and jumpy, students' personalities are outstanding. In addition, there is a serious imbalance between male and female students in leisure sports, for example, the ratio of male to female in the 21st grade leisure sports students in Sichuan Vocational College of Cultural Industries reaches 84:4, the large number of male students leads to more lively students, and it is difficult to control classroom discipline. Second, compared with cultural courses, students prefer outdoor courses and cannot understand theoretical teaching contents, which makes classroom teaching difficult. Third, due to the complex student population, students in junior and senior high school for ideological and political courses and even all kinds of cultural courses learning base is weak, and generally deep-rooted that the ideological and political course for future employment is useless, resulting in a lack of interest in ideological and political courses.[4]

Leisure sports major in China's colleges and universities in the development of a very short period of time, in terms of this professional talent training program, leisure sports major faculty is also relatively weak, there are also various controversies in talent training, due to professional faculty problems lead to slow progress in the ideological and political course. And for the teaching of the ideological and political course how to use a variety of teaching methods flexibly for the

characteristics of leisure sports students to teach according to the material, teaching mode is single, is also a teaching dilemma.

2.3 Students lack practical learning experience

First, in recent years, due to the epidemic, many courses are taught online, even during offline teaching students are mostly unable to leave the campus due to closed management, in Sichuan Vocational College of Cultural Industries, for example, in the academic year 2021-2022, the course "Ethics and the Rule of Law" has 12 hours of practical courses, "Introduction to Mao Zedong Thought and Socialist Theory System with Chinese Characteristics" course has 16 hours of However, all of them can only conduct traditional practical activities such as party history knowledge competition, debate competition, book reading, movie watching and other activities on campus or even online due to the epidemic, and the contents are rather boring and dull, which cannot arouse the interest of leisure sports students.

Secondly, many schools have not built corresponding infrastructures, such as practical bases for ideological and political education, and even if students have the opportunity to visit outside schools, they cannot form systematic learning. In addition, many institutions of higher education have only started to pay attention to Civic Education in recent years, and the construction of basic facilities for Civic Education in schools is not perfect, which makes it difficult to shape the atmosphere of Civic Education.

3. Teaching strategy research

3.1 Use a variety of methods to consolidate the foundation in teaching ideological and political classes

In the teaching process, two aspects need to be considered in order to maximize students' grasp of the content of the material and reduce the difficulty of their learning: First, teachers should fully study the syllabus requirements and changing trends, minimize the content that is not required by the examination syllabus and is difficult, and reduce the difficulty while increasing the fun and participation. Second, according to the different learning abilities of students, use rich teaching methods to stimulate students' interest in learning ideological and political and enhance the initiative of learning.

In the teaching process of leisure sports students, we should try to achieve reasonable design of teaching strategies and outstanding teaching process points, that is, to complete the teaching objectives and reduce the difficulty as much as possible, fully reflecting the basic teaching concept of the new curriculum reform. In the specific teaching will often use observation and inquiry method, comparison method, analysis and regulation method, graphical method, discussion method and other teaching methods and combined with multimedia teaching materials and teaching aids, through the students drawing, discussion and other forms of independent construction of the main knowledge, training students observation ability, reading and analysis ability, drawing ability, language expression ability, inquiry ability, and cooperative learning ability with others.

3.2 Teaching based on professional ability

First of all, due to the different sources of students in leisure sports, the foundation varies, the students are very different in cognitive structure and personality development, in order to truly teach students according to their abilities, we must objectively treat the differences between students, spend more time from the actual students, and constantly understand the needs of students

through interviews, questionnaires and talks every semester, so as to bring into play the learning potential of students, thus To improve the classroom "head rate". Secondly, it should be closely integrated with the teaching of leisure sports, and students should pay attention to and be interested in the ideological and political course through the subtle influence of teachers of professional courses and counselors of the college between classroom and life, and the teaching of ideological and political course should be integrated with the direction of professionalism, employment direction and career planning to optimize the curriculum.

3.3 Improve the quality of practical teaching

In 2020, the "Action Plan for Quality and Excellence in Vocational Education" was issued, and vocational education started to enter the stage of high-quality development. 2021 Vocational Education Conference was held, and "vocational education has a promising future" became a widespread consensus.

The practical teaching of ideological and political course plays an important role in the realization of the fundamental task of moral education in higher education, and how to really make the practical teaching of ideological and political course into students' hearts and play a good nurturing effect has become a key research issue in higher education.

First, effectively construct the teaching mode of extra-curricular ideological and political course. It should strictly follow the instructions of the content in the Guidance Outline of Ideological and Political Curriculum Construction in Higher Education Institutions, speed up the construction of curriculum ideological and political system, and expand the coverage of curriculum ideological and political education through the way of building a collaborative education mechanism. It takes improving the effect of cultivating professional talents' ability in higher vocational colleges and universities as the core of the reform of curriculum thinking politics education to ensure the successful realization of the goal of cultivating talents with moral integrity. In-depth excavation of the elements of curriculum ideological and political course. With the contents of national sentiment, cultural literacy, awareness of constitution and rule of law, moral cultivation, craftsmanship, labor education and Chinese dream as the core, optimize and improve the content of curriculum ideological and political education in higher vocational colleges and universities, organically combine the teaching of ideological and political theory with practical teaching, and use the rich and diverse content of curriculum ideological and political education to carry out ideological and political education activities.[3]

Second, in the practical teaching for leisure sports majors, Chinese excellent traditional culture should be integrated into the whole process of ideological and political education teaching, through the organization of various forms and rich content of ideological and political education activities, to guide students to learn and understand the profound and long-standing Chinese culture, in the process of subtle inculcation of students' thoughts, to improve the effectiveness of ideological and political class education teaching in higher education institutions. For example, it can make full use of patriotism and socialist core values to promote the development of ideological and political education activities of leisure and sports majors by holding regular special lecture forums, reference school history museum and other forms of cultural activities, enhance students' interests, build a carrier of cultural activities with colorful and positive contents, build a comfortable nurturing environment with good school style, teaching style and learning style for students, and improve the ideological and political education in colleges and universities The effect of activities.[5]

Third, innovative practice mode according to the material. First, the innovation of practice mode in school, in recent years, due to the impact of the epidemic, practice classes are held more in school or online, build a platform of ideological and political education practice activities mainly in

classes and clubs, around the traditional teaching of ideological and political theory, in line with the trend of social development, stand in the perspective of practical teaching, design content-rich ideological and political course content, encourage students to actively participate in ideological and political education teaching activities . Second, actively carry out off-campus practice mode. We should make full use of our school or local resources of red education, ecological civilization construction, socialist modernization construction achievements and rural revitalization, organize students to visit museums, memorials, martyrs' cemeteries, economic development zones and other off-campus social practice teaching bases with educational significance to carry out ideological and political education for college students, enhance and improve students' ideological and political awareness and level, and lay a solid foundation.

4. Conclusion

As an emerging profession, leisure sports majors have a late start in talent training, insufficient professional settings and faculty construction as well as the special characteristics of leisure sports students all pose challenges to the teaching of Ideological and Political course. Ideological and political teachers in higher education institutions should work together with professional teachers and college counselors to strengthen the attention to leisure sports students in terms of cultivating practical and compound leisure sports talents, strengthen the combination of ideological and political course with students' professional and practical skills, improve teaching methods, enhance teaching ability, and collaborate to promote professional development.

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