

Research on the Collaborative Path of Integrating Ideological and Political Content into College Physical Education Teaching

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Abstract: Integrating ideological and political content into physical education teaching in universities is a new requirement of physical education curriculum reform. Building a collaborative path is an important measure for developing curriculum ideology and politics in physical education. This paper aims to construct a collaborative path for integrating ideological and political content into college physical education teaching, starting from improving the college physical education teaching syllabus. By improving the comprehensive literacy of physical education teachers, innovating the content of college physical education courses, and establishing a sound evaluation and feedback mechanism, we can achieve a high degree of integration between ideological and political content and physical education teaching, effectively achieving the teaching goal of implementing the concept of moral education and cultivating students' sports spirit in physical education courses.

1. Introduction

Good physical fitness is an important foundation for college students to learn and improve their own abilities. As the subject that accompanies students for the longest time, physical education plays an important role in improving their physical fitness and physical and mental health. In the new era, curriculum ideological and political education has become the mainstream trend in teaching development and reform. On the basis of the original physical education teaching, integrating ideological and political content into college physical education teaching and integrating ideological and political elements is the only way for physical education teaching to comply with the trend of the times and continue to revitalize.

2. Improving the Physical Education Teaching Syllabus in Universities

2.1. To Develop a Comprehensive Teaching Plan

The teaching syllabus is the top-level design of university physical education teaching planning, playing an important role in controlling the overall situation, guiding teaching work, and guiding the direction of curriculum development and university physical education teaching^[1]. Improving

the teaching syllabus is a necessary measure to integrate ideological and political content into university physical education teaching. In the process of improving the physical education curriculum in universities, the first step is to develop a comprehensive teaching plan. Firstly, it is necessary to determine the new connotation of physical education teaching. In the new era, physical education teaching should not only be limited to improving students' physical fitness and athletic ability, but also pay attention to the cultivation of students' comprehensive literacy. Compared with other disciplines, a very prominent feature of physical education is the emphasis on practice, which is easy to stimulate students' strong interest and enthusiasm, and has a higher learning efficiency for new ideas and content. In the process of physical education, patriotism education and collectivism education should be combined, and ideological and political content should be effectively integrated into all aspects of the physical education curriculum to achieve the effect that students are neutral in sports and ideological and political in exercise. Secondly, it is necessary to clarify the evaluation standards for students in physical education teaching. There are significant differences in the physical fitness of each student, and it would be too one-sided to solely evaluate sports performance based on athletic ability. Physical examination, as one of the main ways for universities to test students' physical fitness, usually sets high assessment standards^[2]. Due to a lack of exercise for their own physical fitness, many students achieve relatively poor physical examination results, which leads to a setback in students' enthusiasm for exercise and is not conducive to their healthy development. Therefore, it is necessary to improve the inspection and evaluation mechanism of students' sports abilities, and set different development goals for different populations. For example, in the long-distance running achievement test, you can compare the results of many tests, integrate the progress of the results into the evaluation of students' physical ability, and reward the students who have poor results but try hard to finish the whole process, which plays a role in encouraging students to exercise, cultivating students to be proactive and never give up sports spirit.

2.2. Integrating Physical Education Teaching with Competition

Sports competitions are one of the important activities that encourage students to participate in sports and improve their physical fitness. In individual sports ability competitions, students can cultivate a spirit of self-improvement and perseverance in sports competition; In the multi-player sports competition, students can cultivate the collectivism spirit of win-win cooperation and mutual help. One of the common characteristics of college students in their current growth stage is their strong competitiveness and desire for expression. It is necessary to fully utilize this characteristic and integrate physical education courses with competitions, that is, to integrate sports competition elements into physical education courses. After teachers explain the rules, skills, and safety issues of competitions to students, small sports competitions are carried out in the courses to stimulate students' competitiveness and desire for expression, and promote the achievement of sports spirit cultivation goals^[3]. The integration of physical education teaching and competition enriches the content of the teaching syllabus and better reflects the reform and innovation of physical education curriculum in the process of ideological and political integration.

3. Improving the Comprehensive Literacy of Physical Education Teachers

3.1. Improving Ideological and Political Literacy

Physical education teachers are the main body of physical education teaching and one of the objects of students' behavior and moral imitation. They play an important role in physical education teaching, so it is necessary to improve the ideological and political literacy of physical education teachers. Firstly, physical education teachers should have the correct value pursuit. Physical

education teachers should have a deep understanding of the content, goals, and development of physical education teaching, and regard the cultivation of students' physical fitness and the shaping of sports spirit as the main tasks of physical education teaching. They should not underestimate the role of physical education teaching and should not regard their profession as "idle work". In the process of physical education teaching, one should be responsible to students, schools, and oneself. Secondly, physical education teachers should establish noble moral qualities. Every word and action of a teacher in teaching activities will have a certain impact on students, which requires physical education teachers to be strict with themselves and establish a good image in front of students. In the teaching process, it is necessary to adopt a friendly and gentle teaching attitude and scientific and effective teaching methods, avoid spitting dirty words, pay attention to students' physical condition in a timely manner, do not force students to engage in high-intensity exercise, communicate with students more about their experiences and skills in sports activities, help them establish correct sports concepts, and build a harmonious teacher-student relationship. Finally, it is necessary to learn and understand ideological and political knowledge, and actively collect and analyze ideological and political cases. Physical education teachers are the specific executors and implementers of integrating ideological and political content into physical education teaching in universities. Only by continuously learning ideological and political knowledge, understanding the connotation of ideological and political education, and learning excellent experience, can they better integrate ideological and political elements into physical education teaching, and thus complete the task of cultivating morality and talent.

3.2. Improving Comprehensive Teaching Level

Physical education teachers possess professional sports knowledge and proficient sports skills, and perform well in sports teaching. However, they are prone to overlook the cultivation of knowledge teaching and ideological and political education abilities, as well as the shaping of students' sports spirit and good character. Focusing on improving the comprehensive teaching level of physical education teachers is of great significance for integrating ideological and political content into physical education teaching in universities. Firstly, regular training and assessment of physical education teachers should be conducted. Universities should organize course ideological and political professionals to provide specialized teacher training for physical education teachers, impart physical education teaching tips, and answer questions and doubts about the problems and difficulties encountered by physical education teachers during the teaching process. After the training, the results of physical education teacher training should be tested in the form of assessments. Physical education teachers should be evaluated in various aspects such as teaching methods, ideological and political content, and physical fitness. Excellent teachers should be commended and rewarded to promote their exemplary role. Secondly, physical education teachers should strengthen mutual communication and cooperation. Physical education teaching is a task jointly completed by all physical education teachers in universities. For the excellent teaching achievements achieved by other physical education teachers, we actively share teaching experience and create a high-quality team of physical education teachers with excellent teacher conduct and ethics.

4. To Innovate the Content of Physical Education Courses in Universities

4.1. Utilizing Multimedia Technology

The ideological and political education curriculum in universities cannot adopt traditional and single practical teaching methods. It is necessary to combine practice with theory, and use

multimedia technology to present theory and sports spirit to students. In football teaching^[4], 3D model construction technology in multimedia can be used to present a three-dimensional and realistic field environment. Through this model, students can be taught football knowledge, fully understanding the importance of teamwork in football, and cultivating their spirit of mutual assistance and cooperation. Secondly, students can be regularly organized to watch excellent sports themed movies and documentaries. These films record the glorious history of China's sports development, the great deeds of athletes, and the tenacious spirit of sports. These video materials are the perfect carrier of China's sports spirit. During the viewing process, students will be subtly influenced by the sports spirit, which can promote the cultivation of their own patriotism and facilitate the realization of moral and physical goals.

4.2. Exploring the Ideological and Political Elements in Sports Projects

Deeply exploring the ideological and political elements in sports projects and teaching in a way that is close to students is an important way for ideological and political integration into physical education teaching. In long-distance running training, it is necessary to provide students with positive encouragement and psychological suggestions, so that they can fully utilize their potential to complete the training, and cultivate their tenacious and enterprising spirit. In tennis training, students are encouraged to improve their tennis skills and cultivate the qualities of not being proud to win and not discouraged to lose by using student duels and establishing a scoring system to create a competitive environment. In the tennis doubles mode, it is important for students to understand their position in the team, recognize the importance of teammates, determine the attacking and defending sides, develop cooperative strategies, and win victory through tacit cooperation among students. In this process, we should pay attention to weakening students' individual heroism tendency and cultivating their collectivism spirit. After training, students should touch the opponent's fists to show friendliness, and establish the competitive concept that respecting the opponent is respecting oneself. In addition to various sports training, relevant sports slogans and bulletin boards should be set up in the venues where sports are held to enhance the cultural atmosphere of the entire sports environment and make sports teaching full of ideological and political atmosphere.

5. To Establish a Sound Evaluation and Feedback Mechanism

A comprehensive evaluation and feedback mechanism should not only assess the results of integrating ideological and political content into physical education teaching in universities, but also manage and evaluate its development process. The ideological and political education of physical education courses in universities is a process of exploration and innovation, which requires the collaborative cooperation of multiple entities such as the academic affairs department, teachers, and students. We should actively listen to the difficulties encountered by teachers and students in physical education teaching or provide opinions and suggestions on the current physical education teaching system, and make improvements based on the actual situation of the school and the characteristics of the integration of ideological and political elements. Combining the supervision of the academic affairs department with the self-inspection of physical education teachers aims to improve the operational efficiency of physical education teaching. At the same time, it is necessary to refine course evaluation indicators, optimize assessment rules, incorporate moral education evaluation assessment content in educational evaluation, and use evaluation feedback mechanisms to accurately reflect the integration effect of ideological and political factors in the process of physical education teaching.

6. Conclusion

In summary, the construction of a collaborative path for integrating ideological and political content into physical education teaching in universities requires the effective cooperation of multiple subjects, institutional mechanisms, and cultural factors. The integration process cannot be achieved overnight and will be influenced by both subjective and objective factors. Therefore, it is necessary to firmly grasp the core of physical education teaching in universities, understand the characteristics of ideological and political content, clarify the relationship between them, and achieve effective integration between them.

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