

The Practical Exploration of Ideological and Political Elements into the Teaching Content of “Sports Physiology”

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Abstract: In the teaching of Exercise Physiology, the ideological and political teaching elements are integrated, and the teaching reform of Exercise Physiology is implemented for the purpose of building the ideological and political content of the course and strengthening the moral education of students. Combined with the teaching characteristics of Exercise Physiology and the characteristics of students, content teaching, ideological and political elements and other aspects of analysis, innovation was made in the design of ideological and political teaching cases, and cases were integrated into the course teaching. The teaching design of Exercise Physiology is integrated with ideological and political teaching elements, aiming to improve the values of college students and help them grow up to be responsible for national rejuvenation.

1. Introduction

As a required course for physical education majors, Exercise Physiology needs to be carried out through a large number of course cases and design a teaching scheme with more rich content and more novel mode. At the same time, online and offline hybrid teaching is used to improve the effect of combining ideological and political elements with Exercise Physiology. Especially in achieving the goals of ideological and political education and implementing ideological and political education methods, individual elements are cleverly combined with curriculum foundation construction, and a multi in one teaching design is implemented to promote students to improve their ideological and political literacy while mastering basic knowledge.

2. The design idea of ideological and political elements is integrated into the course of "Exercise Physiology"

2.1. National education policy

Based on the educational philosophy of cultivating morality and cultivating talents, as well as the current situation of university teaching in China, the education department has issued relevant guidelines for the "Implementation Outline of the Project for Improving the Quality of Ideological and Political Work in Higher Education Institutions", which optimizes the content of ideological and

political education to achieve the ultimate goal of ideological and moral education while ensuring the improvement of students' ideological and political cognitive level.[1]

2.2. Objectives of ideological and political education in the curriculum

While practicing the core socialist values, the school should attach importance to the development of sports activities. While cultivating students' sportsmanship, it should help them establish good ideological and moral qualities, so that students can establish a firm belief in indomitable struggle, dare to contribute, and never give in. At the same time, it should implement the training goal of modern sports professionals, and have rigorous scientific thinking and speculative ability, so as to actively innovate and have the courage to take on responsibilities to improve the physical education model.[2]

2.3. Integrating the characteristics of political teaching in curriculum

Exercise Physiology is a compulsory course for students majoring in physical education and a branch of life science. This course is a subject that studies the functional development law of each organ system of the human body in the process of sports or under the effect of long-term sports. Firstly, due to the wide coverage and extensive content of this course, it requires more class hours to complete the teaching. It is currently one of the more theoretical courses offered, and teachers need more class hours. Therefore, there are naturally more opportunities to integrate the course content with ideological and political elements; Secondly, as the curriculum design is divided into two parts: theoretical and practical teaching, it is necessary to integrate the corresponding ideological and political content with the course content, so that students can simultaneously improve their moral education level while completing basic knowledge learning; In addition, various teaching forms such as mixed online and offline, exploratory, and group discussions are adopted to comprehensively add ideological and political teaching content to supplement teaching, and the elements of ideological and political teaching are continuously improved.

2.4. Student characteristics

It is of great significance for college students to set up the course of Exercise Physiology at the early stage of college to design and teach the political content of the course. Firstly, when college students first enter the campus, it is a crucial period to establish correct life values, which provides more guidance for their career planning, professional literacy, social responsibility, and other aspects. Secondly, students majoring in physical education who work as physical education teachers have high requirements for moral education after graduation. Through the guidance of ideological and political education elements, the course of Exercise Physiology can improve students' professional quality and help students lay a good foundation for development.

3. Exercise Physiology case analysis integration of ideological and political teaching elements

3.1. Success comes from extraordinary hardships, fearlessness of danger, and the courage to climb high mountains

Unremitting efforts and hard work are inseparable from the formation of sports skills and the acquisition of sports abilities. Witness the perfect performance of athletes' athletic skills on the field, watch record breaking videos and other videos online, and so on, these are inseparable from the hardships of the country, coaches, and athletes behind the scenes.

The Olympic champion is extremely hardworking and dares to fight. In order to further stimulate students' determination to persevere and climb new heights, teachers can use multiple practical cases to motivate students. As demonstrated in "Winning the Championship", the spirit of striving for progress, tenacious struggle, unity and hard work, fearlessness of difficulties, and the courage to climb mountains, this spirit of dedication and glory for the country not only strengthens the determination of the people of the whole country to persevere and strive, but also becomes a spiritual example for everyone to actively learn from. "China Women's Volleyball Team" showcases a positive and enterprising side in the competition. By watching a video of the women's volleyball team winning the championship, it can enable students to have an intuitive understanding of the spirit of the women's volleyball team, and conduct discussion sessions to allow them to exchange their ideas, and deepen their understanding of the spirit of the women's volleyball team.

First of all, it focuses on the course development of Exercise Physiology, combined with the case of Feng Depei, a famous physiologist in China, and the story of famous athletes. Case teaching method: we can inspire students to be brave in exploration and innovation, such as scientific stories, celebrity anecdotes, etc. Discussion based teaching method: Students take world sports champions or celebrities as examples and use the power of role models. We can guide students to understand the development of sports and cultivate their exploratory spirit through scientific educational methods. Through the deeds of athletes, we can guide students to work hard, strive for glory for the country, and love their country and family in their daily lives and studies.

Secondly, we can use your own personal experience or other examples, such as Exercise physiology, which is a key course for postgraduate entrance examination. The more you pay in your usual study, the more you are likely to gain, and guide students to establish good goals, hard work, self-confidence, successful cases or interactive communication teaching methods. We can guide students to set learning goals for universities, and lay a solid foundation for future employment by sharing classic cases or their own experiences.

We can carry out the case teaching mode of combining the somatic motor nerve system controlling the somatic movement with the driving teaching method: before the formal teaching, students can consult the relevant information through various channels, and share the relevant information about the neural system controlling the somatic movement in the form of groups. By integrating ideological and political elements, further strengthening the education of scientific training for college students can stimulate their pursuit of excellence.

Taking the development of the Chinese women's volleyball team as an example, it is a case based teaching method that emphasizes the spirit of women's volleyball, builds confidence in sports skills, and cultivates national pride. Women's volleyball players only master their racket skills after day of hard training. Through guidance, we can cultivate students to have the qualities of rigor, seriousness, and courage to climb new heights, in order to have confidence, a spirit of pride over the nation, and actively become a qualified sports worker.

The concept of sports and environmental green and sustainable development is carried out through situational teaching method: various regions attach great importance to the national green fitness, and combine it with the construction of green trails and humanistic sports parks advocated by the country. Heuristic teaching method: Since the implementation of the Healthy China Strategy, more and more people have participated in sports and promoted their collective development in a positive direction. Through guidance, we can cultivate students to adhere to green environmental protection and protect the ecological environment. The concept of patriotism and love for home has led to a synchronous improvement in fitness and fitness guidance abilities.

Case teaching method to enhance the awareness of physical quality protection and innovation: combining the latest international "core strength training method", with the help of teachers, we can encourage students to innovate boldly and dare to explore new training methods. When facing new

knowledge, they should boldly guess, question, and actively, bravely, and comprehensively explore. The functional state of the body can change during exercise, and we are facing the exploration of problem-solving ability. Teaching methods: are there any new discoveries and ideas to discuss the theory of changes in physical skill state? Which enable students to analyze problems rationally and seek solutions when facing them in their studies.

For example, the gymnastics prince of China, Li Ning, was plagued by injuries and illnesses due to long-term training and competition. However, he still gritted his teeth and set out for the Seoul Olympics. Although he lost in the competition, Li Ning did not give up easily, but redefined his future development and created a nationally renowned sports brand - "Li Ning". Li Ning, with her inspiring story and explanation of sports skills, he teaches us a lesson that no matter how hard you try, never give up, and if you persevere, victory will belong to you. Through the inspirational stories of the above athletes, students can learn professional knowledge while taking root in their ideals and beliefs, their patriotism, and their sense of social responsibility.

3.2. To see the essence through phenomena, one must persevere before daring to be a person

Long term adherence to exercise can bring certain changes to physical fitness and also affect the internal organs of the human body. As exercise gradually adapts, such as changes in neuroendocrine regulation, changes in the structure and function of the heart and other organs, and changes in the fine structure of muscles, these changes are invisible to the naked eye. We can guide students to see the essence through phenomena and explore scientific principles through animal experiments, human experiments, etc.

Feng Depei, a famous physiologist in China, has developed new achievements in the field of neuromuscular junction, and demonstrated the ideal experimental results through many experiments. Feng Depei became one of the pioneers in this field. Through the explanation and learning of examples, students can understand that exercise physiology is also a discipline that studies the impact of exercise on normal human functions. It also requires a large number of human and animal experiments to verify, which is also a branch of life science. By observing the essence through phenomena, it inspires students to always adhere to a scientific attitude, constantly innovate experimental methods, and be brave in making progress. Athletes can only achieve excellent sports performance by enduring long-term high-intensity systemic load stimuli that cause changes in visceral adaptability, neuroendocrine regulation, and other aspects.

3.3. Firm belief in love for the country, family, and ecological environment

In the course design of the chapter "Environment and Sports", we consider a beautiful environment as the foundation of health and wellness. This is in line with the "Healthy China 2030 Plan Outline" implemented in China, and people are increasingly paying attention to the importance of exercise for physical health.

Looking back at the 2008 Beijing Olympics, its theme was defined as 'Green Olympics'. Throughout the entire process of hosting the Olympic Games, whether it is engineering construction, accommodation and catering, or basic activities, attention has been paid to reducing damage to the environment and ecology. This is to ensure the environment, resources and Balance of nature at the same time, and truly implement all the work of the Olympic Games.

This practice has given us many inspirations. It reminds us to respect and protect the surrounding environment during exercise and exercise. We can choose to engage in outdoor activities in parks, nature reserves, or other green environments to enjoy the beauty and fresh air of nature. At the same time, we should also pay attention to reducing negative impacts on the environment, such as not littering, not damaging vegetation and biodiversity, etc.

4. Design of after class evaluation of Exercise Physiology with ideological and political education elements

The reform of the curriculum assessment plan is mainly reflected in three aspects: regular grades, practical grades, and ideological and political grades, with a student-centered approach and an increased proportion of students in the curriculum, including courses that increase the proportion of regular grades and project components, in order to improve students' online self-learning resources. The second step is to strengthen students' practical operations and enable them to continuously innovate through exploration. Increase practical opportunities for students to operate independently and actively explore problems in practical teaching courses, in order to consciously cultivate students' innovative thinking ability and problem-solving ability. The third addition is an applied analysis question that combines ideological and political education in the curriculum. We can encourage more students to love science, care about health, and respect life. Through the assessment of ideological and political content in the course, they will be brave in exploring and exploring.

Course ideological and political assessment and evaluation design: we can integrate ideological and political assessment into the assessment of course knowledge points, adopt an assessment and evaluation model that combines online and offline, written and oral answers, open-book exams, and integrate theory with practice, in order to comprehensively and systematically judge students' specific mastery.

5. Conclusion

By closely following the pace of social development and integrating curriculum teaching with ideological and political education, we vigorously promote the spirit of patriotism and help college students establish correct ideological and moral concepts. The most direct goal is to integrate the elements of ideological and political education into it. In the teaching of Exercise Physiology, combined with professional theoretical knowledge and aggressive sports humanistic spirit, we constantly strengthen the formation of students' correct ideology and values. In the improvement of sports teaching activities, we cultivate students' cultural self-confidence and discipline self-confidence, so that students can truly love their motherland, shoulder the mission of transmitting family culture, and on this basis, we can cultivate students' innovation awareness and ability. Through the learning and edification of the course of Exercise Physiology, students can transform the Sportsmanship of hard work, courage to explore, fearing difficulties, and daring to climb the peak into a driving force to promote their own progress, and become a positive and outstanding individual. The continuous motivation of this spirit will accompany them in their learning and life, striving for a better self.

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