

Research on the Sports Events Differences of Ideological and Political Education in the Integration Course of College Physical Education

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Abstract: Different sports events possess diverse styles and performance forms. When we discuss how to integrate ideological and political education into Physical Education Class, we can't generalize all sports elective courses. Obviously, upon analysis and comparison of different sports, there is a significant difference between the collective and individual sports, physical fitness and skills, Olympic and non-olympic sports, etc. , there was a significant difference between the participants exercise goals and psychological motivation. In order to better run ideological and political work through the whole process of education and teaching, the realization of all-round strategy of educating students should be made. The effect of Ideological and political education in PE class will be achieved after, through the effective promotion curriculum thought politics and the university physical education curriculum fusion development, finally realizes the physical education classroom thought education effect.

1. Introduction

In recent years, the state has been emphasizing the important role of ideological and political work in higher education teaching. Back in December 2016, in the meeting of ideological and political work in colleges and universities in China, some important instructions have been given to the education in colleges and universities: "We should persist in taking the establishment of morality as the central link, carry the ideological and political work through the whole process of education and teaching, make good use of classroom education as the main channel, enhance the affinity and pertinence of ideological and political education, meet the needs and expectations of students' growth and development, and all other courses should stick to a good channel and cultivate a good field of responsibility, so that all kinds of courses and ideological and political theory courses go together and form a synergy effect. Under the guidance of the overall thinking of the Ministry of Education, the national education authorities and colleges and universities comprehensively and thoroughly study the spirit of speech, actively explore and practice, and open a new chapter for the integration of ideological and Political Education and teaching in the whole curriculum of colleges and universities.

Physical Education plays an important and irreplaceable role in the physical and mental development of college students [1-3]. In our country, all kinds of colleges and even primary and middle schools must arrange a certain proportion of physical education courses in weeks, semesters and school years to promote the physical exercise and physical and mental development of teenagers. The physical education curriculum has the characteristics of wide coverage, long duration and full participation of teenagers [4-6]. The implementation of physical education is just in line with China's "all-member education, all-process education, all-round education, " the concept of three-whole education[7,8]. Therefore, it is of great significance to study how to integrate ideological and political education into the teaching process of physical education. Further, it is of great significance to study how to integrate ideological and political elements into the teaching process of P. E.

according to the characteristics of P. E.

2. The significance and necessity of the integration of ideological and Political Education Into Physical Education curriculum in colleges and universities

2.1 Physical activity, physical exercise and human development

Physical Education plays an important and realistic role for human beings. With the birth of human beings, physical activities have always existed in people's production and life, and play an important role. The eight commonly accepted theories about the causes of early sports include: the teaching of various labor skills; the need for war; religious sacrifice; the creation of Sports with excess energy; and the need to express emotions or vent emotions; Human Needs in social life; sexual selection in primitive human states; mate and leader selection; hunting and war [2]. However, the independent sports education, first appeared in the 17th to 18th century Western education, in that time western education began to increase hunting, swimming, climbing, running, jumping and other activities[3]. In the spring and autumn and warring states period of China, the great educator Confucius created the 6 skills, and the "music, archery and horse-riding" were the earliest physical education teaching documents in China. But the modern times proposed the school sports thought Enlightenment in the end of the Qing Dynasty Bourgeois reform movement. In education, he advocated "abolishing stereotyped writing and developing western learning" , and put forward a comprehensive educational view of "moral education, physical education and intellectual education" . Kang Youwei in the book of Datong, on the basis of the physical and mental characteristics of children, referred to the requirements of physical development at all ages. For college Students of Physical Education, the book said, "should also attach importance to gymnastics learning, to Run the blood, strengthen the bones ". The whole reformists began to advocate the propaganda of physical education from the all-round development of morality, intelligence and body, these advanced thoughts laid a theoretical foundation for the implementation of school physical education in later period of our country. Subsequently, the Great Leader Mao Zedong in his book "Sports Research" profoundly expounded the importance of physical exercise, "the body is the capital of the revolution" this great idea, can be seen from ancient times, on the importance of physical exercise, human beings have a unified understanding. Today, general Secretary Xi Jinping stressed at the National Conference on Ideological and political work in colleges and universities that, "The course of ideological and political theory should be strengthened in the course of improvement, and other courses should stick to a good channel and cultivate a good field of responsibility, so that all kinds of courses and ideological and political theory courses go together and form a synergistic effect. ". Xi's instruction points the way for the reform of physical education in colleges and universities in the new era, and gives confidence to all educators who are carrying out the ideological and political construction of the curriculum.

2.2 The connotation and significance of the integration of ideological and Political Education into physical education in colleges and universities

Physical Education class is not only the main carrier of physical exercise, but also the main means to cultivate teenagers personality, Mental Health, volitional quality and social adaptation. The idea of "ideological and Political Education" is to carry out the ideological and political work throughout the whole process of higher education and realize the full-range education. The construction of ideological and Political Education is to construct a new curriculum view, to integrate ideological and political education into the teaching and reform of professional courses, and to achieve the curriculum goal of "the combination of knowledge imparting and value leading". The idea of ideological and political education in the curriculum is a new exploration of the new generation of young people's political education methods and a new idea of reforming and innovating the form of ideological and political education. Through the operation of the entire curriculum, covering the dominant curriculum and hidden curriculum, with the participation of all staff, the students conducted a full range of ideological and political education activities throughout the process.

The physical education classroom has the sufficient class hour arrangement and the student foundation in the higher education teaching process, this also has laid the foundation for the education teaching entire coverage, the entire process [9, 10]. Therefore, physical education class has a better ideological and political education teaching curriculum advantages. It is well known that Physical Education aims at physical activities, sports competitions, collective confrontation and team spirit cultivation. In the process of sports, we should cultivate students enterprising spirit, team consciousness and healthy and upward ideological consciousness, guide students to pursue faster, higher and stronger Olympic spirit, and train students to be brave to challenge themselves and pursue excellence, self-improvement character; Sports can cultivate the spirit of cooperation and collectivism of honor and disgrace, so that students can develop a sense of abiding by laws and regulations under the constraints of sports rules, and form a conscious attitude of maintaining a fair and just life. The above are the invisible ideological and political elements covered by the physical education curriculum, through the students personal participation and inner perception so as to achieve the goal of ideological and Political Education teaching.

3. Item difference of the development of ideological and political education elements in different P. E. elective courses

Although all sports belong to physical activities, so there are common rules, but different sports have different sports characteristics, exercise forms and training objectives[11]. The differences in the characteristics of different sports events will also have an important impact on the integration of ideological and political Education. In the process of cultivating students national feelings, responsibility and national self-confidence, the Olympic events have greater advantages than the non-olympic events, therefore, follow the characteristics of the project, the law, into ideological and Political Education will be twice the result with half the effort. Therefore, it is of great significance to subdivide different sports items in pe teaching to realize the deep integration of PE curriculum and ideological and political education elements.

3.1 Comparison of the differences of ideological and political elements between individual project and collective project

According to the different number of participants, sports events can be divided into collective events and individual events. There are obvious similarities and differences between individual project and collective project in teaching structure design, arrangement and teaching form. Individual events include martial arts, badminton, table tennis and other single party or a team, can be individual sports. Group events refer to basketball, football, volleyball, football and other sports that need more than one person to form a team or a party to carry out sports. There are many similarities and differences in their objectives. First of all, for the emotional goals, especially the cultivation of solidarity, mutual help, not forget the original, indomitable fighting spirit of cooperation and collective sense of honor, the collective project can better play a role, can let the project participant form the good solidarity cooperation consciousness and the social adaptation ability. The individual event has the unique superiority in the fair and just sports spirit education, the participant's every word and deed cannot leave the referee and the audience's monitoring and supervision. Therefore, the development of the project can remind participants to establish a sense of rules, to ensure that the sports fair and just. According to the inherent law and characteristics of the projects, teachers should dig deeply into the training objectives of different projects and the ideological and political elements contained therein. On this basis, it combine the teachers personal characteristics and professional expertise, design differentiated curriculum teaching program. Finally, it realizes the teaching reform of physical education, implements the full coverage of ideological and political education and realizes the improvement of students moral education, physical education, intellectual education and other qualities.

3.2 Similarities and differences of ideological and political education between Olympic and non-olympic events

Due to the characteristics of the Olympic games, such as large scope of influence, large number of participants, and comprehensive types of events, the number of gold medals won and the number of medals won by a country at the Olympic Games, is a direct reflection of a country's comprehensive national power and level of development. Because the Olympic Games has a very important influence, it has provided many thought politics element for the physical education classroom. Teachers aiming at Olympic events can cultivate and stimulate patriotism and national unity in the course of teaching, which can achieve twice the result with half the effort. For the national characteristic sports such as Wushu and Qigong, the course design can guide the students to form the correct national and national identity, and educate them to be the carrier, disseminator and promoter of Chinese civilization. Finally, according to different project characteristics, teacher should cultivate the sense of responsibility of young students, sense of responsibility, motivate students to study hard, with their own efforts to maintain the advantages of our country's traditional projects, improve the current disadvantaged projects are still behind, for the country, for the glory of the whole nation.

3.3 Influence of the differences between male and female college students in the choice of Pe items on the integration of ideological and Political Education

Because of the obvious differences between male and female college students in physiological structure characteristics, personality characteristics and social orientation, there are also obvious differences between male and female college students in the choice of P. E. elective courses. Boys are more likely to choose sports that are challenging, confrontational, adventurous and require more speed and strength, the girls prefer the beautiful, soft, rhythmic and rich sense of beauty of the gymnastics class sports and the net-separated ball game [12-14]. Therefore, the ideological and political education of the curriculum can not be dealt with uniformly, but should be designed and arranged according to the gender differences of students. Most of the students in the aerobics course are female students. In the music choice of the course teaching, we can choose more patriotic songs, use music and lyrics to play up the atmosphere, and bring the students' thoughts into the national crisis time, guide students to cherish the fruits of victory, in memory of the martyrs, study hard, and continue to move forward. For Men's physical fitness events can draw on the story of the Chinese military, inspire students to work hard to improve physical fitness, for future service to the motherland. According to the characteristics of different optional courses and students' gender, teachers should design courses carefully and adopt corresponding teaching methods to achieve the expected teaching effect and achieve the goal of curriculum education.

4. The safeguard measure of the integration of PE elective course and ideological and political education

4.1 Set up the overall view of educating people in an all-round way and carry out the reform of "ideological and political education in curriculum"

The construction of "ideological and Political Education of Curriculum" is a whole and overall process of political education practice. The administrative departments and leading groups at all levels in colleges and universities should construct and perfect the regulations of the ideological and political reform of courses, and design effective implementation mechanism. In view of "the specialized thought politics", "the discipline thought politics", "the special thought politics" and "the classification thought politics" education makes the thorough overall plan. The ideological and political construction of the curriculum and the implementation of the planning to various departments of education and teaching links. Overall planning and improve the system, effectively promote the ideological and political teaching of the curriculum to actively promote. Physical Education plays an important role as a carrier of education. In order to carry out the ideological and political education in a comprehensive way, we should make full use of the advantages of physical education to maximize the results of ideological and political education.

4.2 According to the special form of ideological and Political Education in Physical Education Curriculum, the basis of school's software and hardware facilities should be improved to ensure the comprehensive development of ideological and political education.

The Standard Sports events have strict site requirements, according to the characteristics of the required site facilities are also different. The perfect of the field equipment is the necessary condition for a good p. e. lesson. The rear-service departments of colleges and universities should reasonably equip the hardware facilities of the courses according to the needs of the courses. Secondly, the self-media and mobile terminals have become the main channel for the dissemination of knowledge and information. In order to better realize the integration of Physical Education and ideological and political education, we should perfect the network facilities of teaching, reduce the cost standard, and make it easy for students to use the network. School departments should develop APPS and public accounts covering ideological and political education, so as to enable teachers and students to communicate with each other after class, answer questions online and complete homework exercises, at the same time, it also provides a strong platform for teachers ideological and Political Education.

4.3 Explore the teaching methods and strategies of ideological and political education through multi-channels and wide paths, actively implement the results of ideological and political education in the curriculum

Ideological and political education is a brand-new educational form that has only recently been introduced in colleges and universities. The concrete implementation mode and educational and teaching means are not perfect. First-line teachers need to sum up the condensed, in-depth mining good materials, good methods, good point of contact with different sports in-depth integration of sports to actively play the advantages of physical education. First of all, the department should set up the teaching leading group of ideological and Political Education, organize the education propaganda and promotion in the form of group, and create a positive atmosphere of teaching reform. The concrete measures are to hold teaching competitions for teachers of different special courses and to carry out the construction of various special teaching teams so that pe teachers can keep in mind the importance of ideological and political education at all times, the ideological and political education in the curriculum into the teaching process of physical education, the realization of normality, for the cultivation of college students, improve ideological education add tiles.

5. Conclusion

Recently, Physical Education and sport for all participation have been paid more and more attention by the state and education authorities. Before, the phenomenon of the marginalization of the subject of physical education was gradually improving in comprehensive colleges and universities. As a physical education teacher, schools should seize the opportunity, combine the advantages of the subject of physical education, and respond positively to the national call, to exert the function of physical education, to create a new carrier for ideological and Political Education, to contribute to the ideological and political education of college students, and to fully train the new generation of excellent college students to give full play to the light and heat of physical education.

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