

# **Research on the Reform of Physical Education in Colleges in the New Era under the Background of Ideological and Political Education**

**Zhou Zhou, Huang Wei\***

Hubei Three Gorges Polytechnic Yichang, China, 443000

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**Abstract:** With the deepening of physical education reform, the integration of Ideological and political background and physical education has become a development trend. Based on this, this paper first introduces the main problems existing in the physical education teaching under the background of Ideological and political education, then analyses the ideological and political integration of physical activities in colleges and finally gives the countermeasures for the reform of physical education in colleges and universities under the background of ideological and political education.

## **1. Introduction**

As an important course to promote quality education in colleges, physical education should fully reflect the subjectivity of students; fully mobilize the enthusiasm of students to participate in physical education, so as to promote the quality of physical education in colleges and universities. With the advancement and development of Ideological and political work, the scope of Ideological and political education in colleges also covers physical education. Physical education in colleges and universities has gradually expanded from only relying on physical education courses as the carrier to relying on the physical education departments organized by the school sports associations and students and the corresponding sports supporting activities, focusing on the construction of campus sports culture. In addition, physical education in colleges is an important way to cultivate students' interest and consciousness in physical education and promote the overall development of students' physical and mental health. The traditional teaching mode of college physical education has been difficult to adapt to the requirements of the new era for the cultivation of high-level talents. Therefore, only through continuous innovation and reform, and the integration of Ideological and political background in physical education, can we develop talents in the new era in an all-round way for the cultivation of moral, intellectual, physical, aesthetic and labour.

## **2. The main problems in physical education teaching under the background of ideological and political education**

### **2.1 The effect of physical education teaching needs to be improved**

First of all, the traditional physical education classroom did not break the boundaries of the subject, and there was a lack of necessary communication and cooperation between teachers. Colleges should take some physical education teaching as a pilot, concentrate on joint research and exploration, so as to make the formulation of physical education teaching objectives and teaching design more scientific and reasonable, so as to ensure the teaching effect of physical education courses. Secondly, due to the great deviation between the teaching activities of college PE teachers and the sports scene, there is a lack of in-depth analysis of the sports scene, which further limits the rationality and practicality of the teaching content.

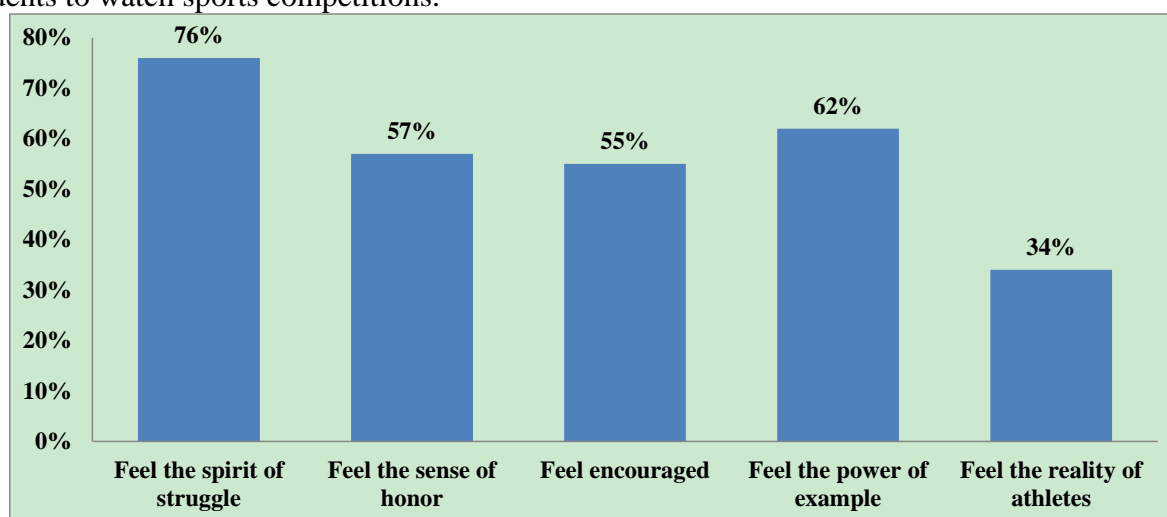
## 2.2 The quality of sports teaching materials needs to be improved

At present, the existing sports teaching materials in colleges and universities are not rich in content and lack of pertinence. Physical education teaching materials should be based on the characteristics of the major and the future professional needs of students, so that the content of the teaching materials is more suitable for the actual and future development needs. Therefore, in the process of compiling college physical education textbooks, professional athletes should participate in it, at the same time, they should also actively investigate the needs of students themselves, so as to make the textbooks more scientific and improve students' interest in learning, which is more in line with the spirit of sports competition.

## 3. Analysis of Ideological and political integration of physical activities in colleges

### 3.1 Ideological and political integration in physical education curriculum

Through the interview of the current sports courses offered by colleges and universities, as shown in Figure 1 below, it is found that sports events bring positive emotions to students. However, in the actual physical education curriculum, only a few physical education teachers have organized students to watch sports competitions.



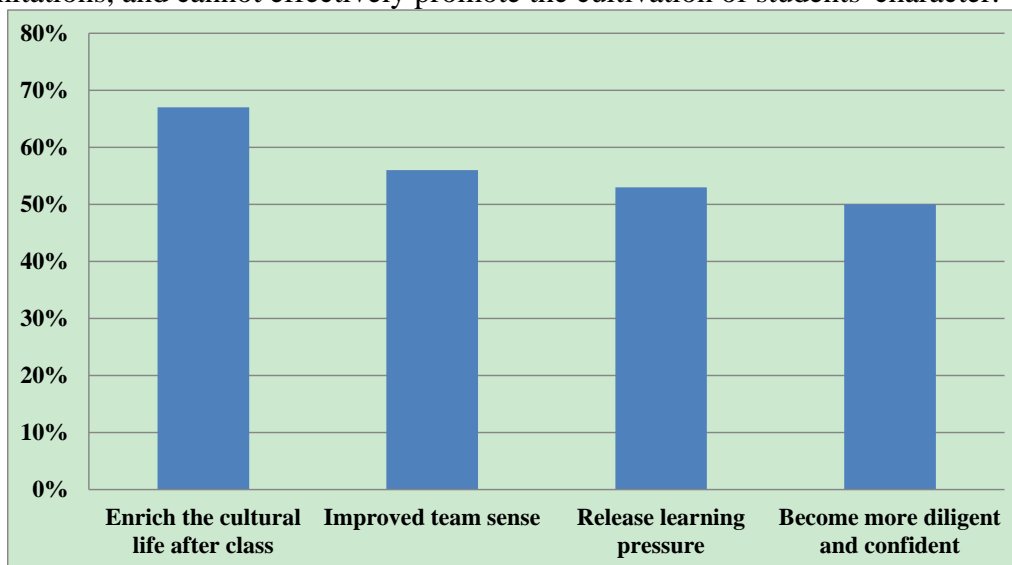
**Figure1.** Effect of ideological and political integration in physical education curriculum

As for the feeling of participating in physical education courses, it can be seen from Figure 1 that most students have increased their interest in sports through physical education courses, and they believe that physical education courses can help release pressure and negative energy, and maintain mental health. However, less than half of the students think that physical education course plays an important role in improving students' discipline and social interaction. In addition, only one fifth of the students think that physical education class standardizes personal discipline; one third of the students feel the professional spirit of physical education teachers, thus promoting the recognition of physical education.

### 3.2 Functions of the sports meeting

Physical education courses in colleges and universities have the most profound impact on students' physical quality improvement, team sense and positive and healthy mentality. As shown in Figure 2 below, two thirds of the students think that the sports meeting enriches their cultural life; more than half of the students think that the sports meeting enhances the sense of teamwork; and more than half of the students think that the sports meeting helps to release the learning pressure and gain a healthy psychological state; half of the students are motivated by the sports meeting and

become more diligent and confident. But on the other hand, the scope and coverage of college Students' participation in the games are still small, which leads to students' failure to fully understand the essence of competitive sports, which also shows that the form of the games still has certain limitations, and cannot effectively promote the cultivation of students' character.



**Figure2.** Functions of the sports meeting

### **3.3 Ideological and political integration in sports association activities**

According to the survey, most of the students think that participation in sports clubs can enrich their after-school life, but less than half of them have participated in sports clubs. Nearly half of the students have honed their strong will quality and improved their psychological quality through the team cooperation ability and collective cooperation consciousness of sports association activities. More than half of the students have not participated in the sports activities carried out by the college, and have signed up for and participated in the activities.

## **4. The reform of physical education in colleges under the background of ideological and political education**

### **4.1 Integrate and optimize the existing physical education teaching mode**

Under the background of ideological and political education, physical education in colleges should be effectively integrated and optimized on the basis of traditional teaching mode, including the optimization of physical infrastructure and physical teaching concept. The hardware resources of physical education in colleges are the basis to ensure physical education. Good hardware resources of physical education are the necessary conditions to carry out physical education activities and ensure the quality and effect of physical education in colleges. In addition, colleges scientifically plan to integrate and optimize the physical education hardware resources, based on the actual needs of physical education in schools, reasonable allocation of sports facilities, improve the utilization of sports resources, so as to improve the quality of physical education in colleges.

### **4.2 Improve the integration of counsellors and teachers in sports ideological and political work**

First of all, colleges should improve the participation of counsellors in students' sports activities, counsellors actively participate in actual activities based on sports games and other events organized by students, participate in sports activities with students, and promote students to develop correct sense of competition and team cooperation. Secondly, teachers should also actively

participate in sports related activities. Colleges should organize teams or confrontations between teachers and students, so as to fully integrate teachers into students and promote their all-round development. Through the participation of teachers, students can internalize the spirit of physical education through the influence of being influenced.

## 5. Conclusions

Under the background of Ideological and political education, physical education in colleges and universities in the new era undertakes the task of improving the comprehensive quality of students, so colleges should increase investment, scientific planning and actively innovate physical education teaching mode. Colleges and universities should guide students to actively participate in extracurricular sports activities, expand the linkage between sports classes, extracurricular activities, campus culture construction and sports community construction, and promote counsellors and PE teachers to fully participate in and play their due role. Combine the theory and practice of physical education reform to ensure the smooth implementation and development of physical education reform.

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