

On the Moral Infiltration in College Physical Education

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Abstract: As a form of knowledge dissemination, education plays a vital role in supporting and leading the development of national culture. With the continuous integration of educational resources, education has promoted the vigorous development of higher education. As the symbol and way to realize healthy China, physical education infiltration of moral education in its high-quality teaching activities can not only enhance the physical quality of college students, but also enhance students' interest and effect in participating in physical exercise, and can meet the moral and intellectual aspects of modern physical education. The various requirements in the evaluation system of the United States and Canada comprehensive organization accelerate the reform of the "deep water zone" of physical education. Based on the entry point of moral education in the elite sports teaching of IanG University, this paper comprehensively grasps the advantages of moral education, and on this basis, summarizes a set of moral education teaching methods and methods suitable for higher physical education in China, fundamentally pursues the true nature of education and promotes the comprehensive and individual development of students.

1. Overview of the infiltration of moral education in university's elaborate physical education

Different from basic compulsory education, higher education pays more attention to the comprehensive development of students' knowledge and ability in the cultivation of students. Moral education is an important breakthrough for improving students' character and thought, and it is indispensable role for students throughout their college career. The university period is a key stage for students' ideological concepts, individual characteristics and moral quality. It is also a good opportunity to shape students' personality and three views. Further enhancing the moral education for students is a positive impetus to the comprehensive development of students. In the actual development process of university's high-quality physical education, college students can choose, experience and digest the curriculum according to their actual conditions, and highlight the actual teaching effect of moral education.

The gradual penetration of moral education in college physical education is mainly divided into the following aspects:

On the one hand, around patriotism and collectivism, help students establish correct patriotism and collective consciousness, contribute their own strength to the modernization of the motherland through their own hard work, and enhance the mutual cooperation and mutual influence between students and the collective. To fundamentally promote the healthy and stable development of society. Under normal circumstances, collective teaching activities are the main form of physical education. As a single individual student, they should actively participate in various collective

activities, and strive to change their role and ensure the individual role of students in the collective. By participating in a series of group activities, students gradually realize the importance of the collective and are one of the fundamental forces for the overall development of the country.

On the other hand, in the course of actual teaching, the university's high-quality sports should give corresponding rewards to students who are outstanding and tenacious in their thinking and actions, so as to deeply explore the tenacity and hardships hidden in the deep thoughts of students. Hard work. In the physical education teaching, there is also the difficulty of the project. When learning the project course with high difficulty coefficient, if you want to promote the overall improvement of the student's own willpower, you can help the students to psychologically guide and stimulate the students to "struggle" consciousness, or through some high-endurance projects, such as long-distance running, so that students can strengthen their will to learn.

2. Infiltrating the advantages of moral education in university's elaborate physical education

2.1. The unique advantages of physical education teachers

Under normal circumstances, students are more or less awed by teachers in various theoretical courses, and physical education teachers are often friends. Students have a strong sense of closeness to the education teachers. They can talk to the physical education teachers about the trivial matters in daily life and learning. There is no ideological gap between teachers and students. Physical education teachers can guess what the students thought, can guide students from the emotional and ideological, and have a strong pertinence and purpose for the students' ideological education. Therefore, compared with teachers in other disciplines, physical education teachers have obvious advantages in educating people. Whether it is class teaching or extracurricular sports activities, physical education teachers and students are able to directly communicate and contact each other. In addition, physical education teachers can combine the specific links in physical education activities to carry out targeted education on students' ideology and conduct. They can not only change the students' ideological concepts in a targeted manner, but also break the formalization and preaching in traditional ideological and moral education, students could accept easily.

2.2. The unique advantages of sports activities

In the ideological and moral education, physical education is one of the key teaching methods, and from its essence is a very binding social activity. The development of quality sports activities in physical education should follow the principle of completeness, and the teachers themselves should organize and supervise the whole implementation process, so that students and teachers can do "the law must be followed". For a series of rules proposed by the students, students must strictly, fairly and honestly observe the provisions of the temporary or long-term provisions, and ensure the friendliness and politeness of the entire implementation environment. Tight organization, self-conscious actions, and strict discipline all contain rich moral education factors, which are important basis for cultivating students' sense of collective honor and behavioral responsibility. When the fine sports activities are exercised in the student class, they can effectively help the students to constrain their behavior and have a good effect in the cultivation of students' compliance, merits and discipline. In addition, the university's fine sports courses are often carried out in the form of collective activities. This way, while exercising the collective sense of honor of students, it also forms the cultivation of students' ideological and moral qualities to some extent.

2.3. The continuity of the thought of "Lifelong Sports" and the infiltration of moral education

In the actual development process of college physical education, in addition to transmitting rich sports knowledge, skills and technology to students, it is more to spread a kind of "lifelong sports" sports thoughts to students, improve physical and mental health and body. The strengthening of quality not only has short-term effects, but also takes into account long-term development. However, the influence of moral education in college physical education classrooms also has a long-term perspective. In the future exercise and sports activities, there can be a fierce spark in thoughts. The kind of fairness, justice, competition, and order that are cultivated in physical education will have a good influence. Exercise not only has good physical fitness, but also the mind of a wide factory.

3. The implementation of moral education in the university's elite physical education must strictly follow the basic principles

When implementing moral education in the university's high-quality physical education, most teachers have a one-sided understanding of the basic laws and basic principles of moral education. It is generally believed that moral education is a highly complex educational work, and the teaching methods adopted are too simplistic. And superficialization, to some extent, is not conducive to the final effect of moral education. therefore. When infiltrating moral education into the university's elite physical education, the basic principles of the moral education process should be strictly followed.

The principle of moral education is essentially the basic conditions and requirements that teachers must meet in the process of moral education. The main basis is the law of the development of morality and social development of a single individual. It is an effective summary of the educational experience in the practice of moral education. At the same time, the moral education principle is also an effective reflection of the regularity of the moral education process, which can comprehensively guide the development and practice of moral education. Carefully select the content of moral education, learn the effective use of moral education methods and methods, and properly handle the relationship between educators and educatees, individuals and collectives, the outside world and self, and life and knowledge. Through the principles of moral education, we can get the corresponding facts. To a certain extent, moral education is mainly derived from the various practices of moral education, and it is continuously enriched and deepened with the development of society, accumulation of experience, and changes in the rules of understanding. In the process of research, famous educators at home and abroad have put forward a series of teaching requirements and teaching principles related to moral education. These valuable historical experiences provide a scientific reference for the task development of later educators. However, from the actual situation, China's university moral education still faces many new contradictions and new problems. It is required that schools should carry out in-depth reform and innovation on traditional teaching methods and teaching concepts when carrying out moral education.

At present, the principles of moral education in Chinese universities mainly include the following: the principle of grooming, strict requirements and respect for students, the principle of combining theory with life, and the principle of teaching students in accordance with their aptitude. These principles are easy to implement in the process of collective education. Coherence has a certain impact.

4. The ways and methods of moral education penetration in the university's high-quality physical education teaching and the problems needing attention

4.1. Infiltration route

First, combine moral education with the special characteristics of physical education. As a basic activity in physical education, track and field sports have a positive effect on the cultivation of students' will and the spirit of pool and hard work. Through the development of collectively strong projects, it helps to cultivate students' teamwork spirit and organizational discipline, such as martial arts, gymnastics, etc., to help students enhance their self-control ability and decisive, calm, and agile quality.

Second, use the classroom routine to carry out ideological and moral education. The so-called classroom routine emphasizes the standardization and institutionalization of physical education in the regular classroom of sports. In short, it is the process of cultivating students' organizational discipline, safety education, civility and courtesy. Therefore, teachers should strictly implement classroom routines and establish a sound student attendance system to provide reliable protection for the normal development of poor physical education curriculum.

Third, in combination with organizational teaching methods, students are educated in ideology and morality. When educating students about morality and morality, it is especially important to make reasonable choices and use of teaching methods. In the teaching process, the classroom should try to effectively integrate the students' psychological activities, consciousness behaviors and physical activities, and carry out targeted education for students through the effective use of different links in the organization teaching methods.

4.2. Infiltration method

First, the model education method. Compared with other teachers, physical education teachers have more opportunities to directly contact with students. Teachers' behaviors play a certain role in teaching students to a certain extent, especially in the youth colleges and universities. The physical quality is expected to communicate and communicate with the physical education teachers. Therefore, the teacher's own heart behavior has a considerable degree of appeal and persuasiveness to the students, and even directly affects the final formation of the students' personality. Teachers should conduct action and behavioral attitudes through various behaviors, pay attention to their own behaviors, and enable students to continuously summarize and comprehend their ideology and moral concepts from others, and enhance students' interest and enthusiasm for others. Forming a strong personality and good quality that is unique to oneself.

Second, the practice experience method. The practice of classroom content in the process of physical education usually takes the student's own body as the carrier. The subject has strong practicality. Teachers should combine with the actual characteristics of physical education to ensure the pertinence of moral education implementation, and cultivate students to be good at summing up and dare to The good character of hard work. Encourage students to actively participate in various practical activities, so that students can experience the true value of life in the process of continuous training and cultivation of will and sentiment, and realize the effective cultivation of students' collective sense of honor and love.

Third, convince the education method. This method is the most widely used form of moral education, and it is more effective in some students who are generally younger. It is a common method in the penetration of moral education. Through personal conversations, discussion discussions, conference explanations, etc., we will fully explain our own viewpoints, effectively guide students to correctly understand things, expand the scope of students' knowledge, strictly

abide by classroom discipline, and cultivate good morality through repeated training. Before convincing the practical application of the education method, physical education teachers should carry out corresponding preparatory work in the early stage, through the interrelationship with the students' actual ideological conditions, carry out profound research and analysis from the perspectives of viewpoints, facts and case studies to achieve the standard of serving people with morality, in order to convince people to ensure the persuasion of the overall effect of education.

Forth, incentive competition method. Through the effective combination with the age characteristics of the students, the physical education teacher should think about the students and the choices of the winners and losers and the game, and strengthen the students' psychological endurance. Only the correct attitude can enjoy the joy of success in the true sense and teach the students to stand up. The test of failure, efforts to achieve victory and arrogance, defeat. At the same time, further enhance students' legal concept, so that students realize that the display of personal skills requires mutual cooperation between peers, prevent students from generating individual heroism, and improve the spirit of cooperation, close cooperation and mutual understanding between students.

4.3. Several issues to be aware of

On the one hand, paying attention to patriotism education in the process of physical education to stimulate students' patriotic feelings. From the perspective of pedagogy, patriotism education is essentially a kind of education for students, teaching and helping students to establish a spirit of loving the motherland. It is a banner with a strong appeal. The development of patriotism education in university physical education can be the entry point for the development of sports in China. From the breakthrough of Xu Haifeng's gold medal "zero", the realization of the "100-year Olympics, 100 gold medals" Olympic dreams, these changes have witnessed the difficult development of China's sports industry, and it is also a strong witness of the motherland. Through the introduction of the hardships of athletes who have won honors for the motherland in the international competition, they will form effective incentives for students and cultivate students' spirit of courage and hard work. The success of the 2008 Olympic Games in China ushered in the attention of the people of the world, and the patriotic education of students was carried out with the Chinese athletes holding up the five-star red flag to stand on the podium. Inspire their national pride, self-confidence and pride to cultivate the patriotic sentiments of students from all ethnic groups.

On the other hand, the full use of the characteristics of physical education activities to express the characteristics of strong moral education. Different from the teaching of other subjects, physical education teaching activities have shown great performance in the actual development process. In the process of sports activities, the psychological activities and ideological wills that are often concealed and controlled by the middle school students are constantly stimulated. For example, calmness, documentation, self-confidence, self-confidence, self-respect, personal heroism, timidity, seriousness, responsibility, non-civilization, unruly, perfunctory, and other good and bad qualities. They are unconsciously displayed. This kind of behavioral and ideological performance has laid a solid foundation for the post-sports teachers and political ideological education in a certain degree. Teachers should be good at observing and understanding in daily teaching, and cultivating problems from students' language, actions and attitudes, targeted to carry out education and guidance on relevant ideas and behaviors.

5. Conclusion

In summary, the infiltration of moral education is an effective way to show the spirit of sports in college physical education. It should be prepared accordingly to achieve the effect of doing more

with less. It is necessary to have a good grasp of the basic characteristics of moral education, accelerate the organic integration of moral education activities and physical activities, and promote the full play of teachers' initiative and guidance in the classroom, and make moral education on the basis of comprehensive improvement of physical education effects. Education has been effectively used in physical education for a long time.

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