

The Function of Physical Activities on Ideological and Political Education in Higher Vocational Colleges

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Abstract: In recent years, MOE of PRC attaches great importance to the construction of vocational college students' ideological and political education. The physical culture of higher vocational colleges is closely related to the ideological and political education in material culture, spiritual culture and institutional culture. Sports activities can help college students establish a correct outlook on life, values and world outlook. At the same time, it can improve students' psychological quality. At present, it is necessary to let the sports activities in higher vocational colleges play a better role in the ideological and political education through PE classroom teaching, extracurricular clubs, competitive competitions and so on. This paper first analyses the effect of physical activities on ideological and political education in higher vocational colleges, and then puts forward improvement measures, hoping to help relevant scholars.

1. Introduction

Sports culture is the sum of sports spiritual wealth and material wealth created by colleges and universities in the long-term practice process. Sports activities are an important part of forming sports culture. Under the background of modern social culture, it is the product of the integration of campus culture and sports culture. Ideological and political education is the primary content of constructing spiritual civilization. The ideology, moral norms and political ideas consciously formed by the society or social groups in social life, etc. These concepts have certain constraints on social members, so that their behavior in line with social moral requirements. The CPC central committee and the state council attach great importance to the leading role of classroom teaching in the ideological and political education, and hope to expand the effective ways for college students under the new situation. With the development of society, college students have many problems, such as Internet addiction, poor physical and mental quality, frequent occurrence of psychological diseases, and unstable mental dynamics. How to help and guide college students to set up correct outlook on life, values and world outlook is an important proposition in contemporary society. Sports culture and physical activities play an active role in the ideological and political construction of vocational college students.

2. The function of physical activities on Ideological and Political Education

2.1 Cultivating students' sense of happiness

The university period student is in the youth which grows the body lively period. After completing their daily studies, they are willing to participate in a variety of recreational and sports activities in order to seek physical and psychological relaxation. Sports activities combine education, fitness and entertainment. Students gain mental enjoyment from physical exercise and sports skills. They felt a sense of relief. Their participation in sports activities is conducive to the cultivation and development of students' healthy psychology. At the same time, it is conducive to the cultivation of students' ideological and political education.

2.2 Enhancing students' sense of success

The difference between physical education and other education lies in that students should experience and master sports techniques in physical activities directly. In a variety of physical activities, students continuously experience the feeling of success, such as in the jump throwing, height rise. Motor skill is improved from rough grasp to skillful use. This is the experience of success, and this experience is the most intuitive, most timely, the most frequent, so the psychological stimulation of students is the most profound.

2.3 Cultivating students' strong willpower

Physical activity is an open and effective activity. Participating in sports activities is not only a physical exercise, but also a test of the will. Teachers in vocational colleges should consciously and systematically take measures to cultivate students' strong willpower. Through sports activities can make students have specific gains in the activities, understanding the purpose and significance. For example, long distance running and other boring activities are often the sports that students are least willing to do. Physical education teachers should first cultivate students' will and interest, and let students understand that activities involving endurance are activities that challenge and surpass themselves. Teachers can let students set a goal for themselves, and students will easily form a good will to surpass themselves. Healthy body and good psychology is what we advocate. So, teachers should fully understand the connotation of "health" and consciously promote students' physical and mental health development in activities.

2.4 Cultivating students' competitive education

The most common interpersonal relationship in sports is competition, which is the essence of sports competition. Whether it is a school sports meeting or a spontaneous basketball court game, the individual athletes all want to win, so they need to constantly compete with each other. Competition and sports are inseparable. The spirit of "faster, higher and stronger" embodies the spirit of competition. The competitive spirit is helpful for college students to cultivate competitive consciousness and keep forging ahead in life. From the perspective of college students, the competitive consciousness and ability is the key to enter, adapt to, and foothold in society. So, it is necessary to cultivate college students' competitive consciousness and ability. Among them, how to cultivate college students' positive competitive spirit has become a part that college students' ideological and political education cannot ignore.

3. The way on physical activities playing the role in ideological and political education

3.1 Optimizing the model of physical education

Vocational colleges should make clear the teachers' leading role and the students' main role, and forming a teacher-student interactive teaching system with constantly changing, pluralistic and open. Vocational colleges should update, adjust and optimize the physical education model according to the state needs, and then closely combine sports activities with talent training objectives.

3.2 Improving sports culture

A sound school sports management system is a strong guarantee for the establishment and healthy development of campus sports culture. It is the key to standardized and scientific campus sports activities. Sports system culture is formed and developed in the practice of physical education, and has the basic characteristics of high scientific, generality and standardization. Forming the system and obeying the system is essentially a process of cultural precipitation. It is the main symbol of teaching quality. The system culture has the adjustment, the restraint, the standard and the guidance function to the student's thought behavior. It can guide students to do sports activities. So, we should gradually improve the relevant sports system in the physical education class, sports competition, sports festival, sports performance and many other sports activities. We should strengthen the normative guidance to participate in activities. Only in this way can we achieve the goal of providing norms for the ideological and political education of college students.

3.3 Creating a good sports atmosphere

Campus sports consciousness is the way and ideology of campus sports spirit, including sports goals, theoretical and moral concepts, sports behavior, thinking, emotional mode, aesthetic taste and so on. The good campus spirit culture is a kind of invisible impetus. Once the culture of sports consciousness is formed, it will be stable and play a positive role in promoting the physical education in schools. Through carrying out a variety of campus sports competitions, college students can experience the sense of collective honor in the process of fighting for collective honor. Sports activities can establish students' sports values, attitudes, ideals and beliefs, which is the core of campus sports culture. More and more vocational colleges and universities gradually build the campus sports culture system through activities such as "campus sports culture and arts festival", "campus sports games" and "campus sports performance". The purpose is to stimulate students' qualities through physical activities, such as initiative, teamwork and perseverance. Finally, it builds a good atmosphere for the ideological and political education of college students.

3.4 Stimulating students' interest

Teaching process is an interactive process, which is realized through the mutual influence of teachers and students. Among them, students are the subject of the whole educational practice process, and they are the fundamental elements of all school educational activities. Without their participation in teaching, it is difficult to continue teaching activities. Only by taking an active part in sports activities can college students gain the most real and direct psychological feelings and gain more profound understanding. Only when college students take the initiative to participate in sports activities, can they have a deeper understanding of competition, cooperation, willpower, patriotism and so on, and can they achieve the goal of ideological and political education. For example, only when college students participate in long-distance running can they realize their perseverance and

determination to overcome difficulties. Only when college students participate in ball games can they deeply realize that it is difficult to complete learning tasks without mutual cooperation. It is imperative to mobilize the interest and enthusiasm to participate in sports activities. Only in this way can we give full play to the role of physical education in the ideological and political education of college students.

4. Conclusion

Personal behavior habit and collective behavior habit is not accomplished overnight, which needs long-term and unremitting cultivation and training. At the same time, it is necessary to create a good collective atmosphere for students' behavior, so as to restrain and promote students' behavior. Sports activities are easy to seize the flash point in students' physical activities, and it is also easy to find the shortcomings of students. Physical education is not only an advantageous resource for ideological and political education, but also an important resource for carrying out ideological and political education in student sports activities. It is rich in content and diverse in form.

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