

Research on Practical Path of Integrating Physical Education Classroom Teaching into Ideological and Political Education in Colleges and Universities

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Abstract: As the main force of socialist cause construction, it is of great significance for college students to strengthen their ideological and political education and improve their ideological and political literacy to create a new situation of socialist cause with Chinese characteristics. Effective integration of ideological and political education in college physical education can provide new ways and ways for ideological and political education, and play an active role in strengthening ideological and political education of college students and helping them establish correct outlook on life, values and world outlook. Based on the analysis of the significance of Integrating Ideological and political education into physical education in colleges and universities, this paper puts forward specific ways and problems of necessity, so as to contribute to the healthy growth and overall development of college students.

1. The Significance of Infiltrating Ideological and Political Education in Physical Education Teaching in Colleges and Universities

1.1 Necessary Requirements for Promoting the All-round Development of Young College Students

With the acceleration of international globalization, various foreign trends of thought have been pouring in, which has formed a certain impact on the traditional values of our society. There are some unhealthy social tendencies such as extravagance and waste, luxury and enjoyment, not thinking of making progress and being content with enjoyment. Teenagers are in a critical period of physical and mental growth, and also the best period for the formation of values, world outlook and outlook on life. Their ability of discrimination and self-control is relatively weak, and they are vulnerable to the influence of various adverse social trends of thought, which is harmful to their physical and mental growth. For example, some college students pursue material enjoyment, weak willpower, weak psychological endurance and so on. In this case, the importance of strengthening ideological and political education is more prominent. It is feasible to carry out ideological and political education in college physical education. For example, by participating in sports or watching major international sports events, students can enhance their sense of patriotism and national cohesion. In addition, sports activities are often full of competitive activities, which can

cultivate students' fighting, competition, willpower, innovation and other qualities.

1.2 The Inevitable Choice to Realize the Objectives of Physical Education

The goal of physical education teaching is not only to cultivate students' healthy physique, but also to undertake the task of improving college students' psychological quality and developing good personality. College students in sports are not only a process of physical exercise and mastering skills, but also a process of learning social roles and mastering social rules. Cheng is also a process of becoming a good citizen who abides by the law and discipline. However, at present, there is a tendency of quick success and instant benefit in physical education teaching in Colleges and universities, lacking comprehensive understanding of the teaching objectives and tasks of physical education, neglecting the moral education in physical education teaching in Colleges and universities, putting physical fitness and improving sports skills in the first place. In this case, it will inevitably affect the realization of the goal of physical education teaching in Colleges and universities, leading to the decline of teaching quality, and then affect the cultivation of moral, intellectual, physical and aesthetic comprehensive talents in Colleges and universities.

1.3 An important way to enrich ideological and political education in Colleges and Universities

In the past, the traditional way of preaching was often adopted in College Physical Education teaching. College students, as individuals with autonomy and independent thinking, may be bored and conflicted with the teaching method of preaching. Therefore, in order to ensure the effect of Ideological and political education in Colleges and universities, it is necessary to change the traditional ways of Ideological and political education, and further enrich the ways and means of Ideological and political education in Colleges and universities. There are rich moral education ideas in college physical education. Its flexible and interesting teaching form can also provide a more efficient way for ideological and political education. For example, in various sports, long-distance running or track and field can temper students' will quality, cohort exercise can cultivate students' discipline, aerobics can exercise students' aesthetic quality. In participating in sports, students can be stimulated to strengthen the endogenous motivation of Ideological and political learning, and students can consciously enhance their ideological and moral quality. Therefore, physical education in Colleges and universities can become an important way to enrich ideological and political education in Colleges and universities.

2. Attention to the Ideological and Political Education in Physical Education Teaching in Colleges and Universities

2.1 Combining Attention with Physical Education Teaching Content

Integrating ideological and political education into physical education teaching is bound to combine ideological and political education with physical education teaching content, rather than rigid insertion. In College Physical Education teaching, different sports have different contents and characteristics. In order to penetrate ideological and political education into teaching, we must combine the teaching contents and specific characteristics of each project.

2.2 Paying attention to the richness of infiltration content

College students have a strong sense of independence and a certain ability to judge. When

Integrating Ideological and political education into physical education, we should not use traditional general methods of political education to teach, but constantly enrich the content of Ideological and political education. For example, Wushu teaching can be used to explain to students about the excellent Chinese traditional culture, stimulate students' patriotism complex, and cultivate national self-esteem and pride.

2.3 Focusing on the Improvement of Teachers' Ideological Consciousness

It is necessary and feasible to integrate ideological and political education into college physical education, but the key to its success and quality is the ideological and political level of teachers. Only when teachers have the consciousness of combining ideological and political education with physical education, and have good ideological and political quality and teaching accomplishment, can ideological and political education run through the specific teaching process. In physical education teaching, the ideological and political level of physical education teachers will inevitably have a certain gap compared with professional political teachers. There are some deficiencies in their ideological and political theory and teaching skills in Ideological and political aspects. But they are the concrete implementers of physical education in Colleges and universities. Only by focusing on their ideological awareness and corresponding teaching skills, can the effect and quality of the integration of physical education and ideological and political education be guaranteed. Therefore, vocational training can be carried out for college physical education teachers to enhance their ideological and political literacy. In specific teaching, political teachers in Colleges and universities can also be asked to assist and cooperate with each other, make plans in teaching design, teaching content and teaching objectives, and skillfully insert the content of Ideological and political education. In addition, the content of Ideological and political assessment for physical education teachers can be formulated to promote physical education teachers to improve their own ideological and political literacy and ideological and political education consciousness.

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