

# Research on College Physical Education Teaching Mode Integrating Ideological and Political Education

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**Abstract:** The quality of education in physical education(PE) institutions determines that students in PE institutions should not only have a healthy body, comprehensive and systematic knowledge of PE, professional sports skills and solid sports research level, but also have a serious work attitude, good ideological and moral level and excellent psychological quality, so that they can adapt to the development of society. With the rapid development of China's social economy, the ideological and political situation of college students in PE institutes has also changed, and pure classroom education can no longer meet their growth needs. It is necessary to carry out daily ideological and political education(IPE) for college students in PE institutes outside the classroom. To cultivate college sports talents is to inherit and carry forward the red culture. This paper expounds the significance of the integration of PE curriculum teaching and IPE in promoting the synchronous development of PE curriculum teaching and IPE, improving the comprehensive quality of students, enhancing the effectiveness of teaching reform, and puts forward the path of effective integration of PE curriculum teaching and IPE in three aspects: improving the quality level of IPE of PE teachers.

## 1. Introduction

Since human society entered the 21st century, the changes of the century have impacted on all fields of future social development. As an important part of human social development, university education will inevitably undergo adaptive changes [1]. For the Party and the country, it is a strategic project to maintain the stability of the Party and the country and to have successors; In terms of the implementation of the strategy of rejuvenating the country through science and education and strengthening the country through talents, it is a basic project; It is a "life project" for the consolidation of the Party's ruling foundation and ruling position; For maintaining and consolidating the stability of people's lives and caring for the next generation, it is a popular project. The main purpose of IPE in university is to cultivate college students into high-quality talents required by the country and society [2].

In the new era, college students in PE institutes are particularly special. In the daily learning process, they have to spend most of their time in professional training. Therefore, compared with other majors, they generally have some problems such as weak cultural foundation, lax learning attitude, and careless learning attitude towards theoretical courses [3]. The state has put a lot of manpower and material resources into IPE in university, but on the other hand, the students in PE institutes have not given a good response. The IPE in PE institutes has not really made the students recognize it, but is only limited to the superficial form, which makes them misunderstand why they want to take ideological and political theory courses and accept IPE, and it is difficult to realize their all-round development [4]. In nature, PE in university can be used as an important carrier of "IPE" to a certain extent. Therefore, it is the realistic need of educational reform and development in the new era to seek an effective way to integrate the two. College students, as a special group of college students, are the reserve forces of national sports talents and the main force for the further development of China's sports and social sports [5].

Besides the characteristics of ordinary college students, the students in sports colleges also have their own characteristics: in cultural learning, they attach importance to the acquisition of

professional skills and neglect the learning of cultural basis, which leads to their low cultural quality; In terms of individual behavior, most of them have strong adaptability to the environment and like challenges, but they are easy to provoke trouble and have poor discipline; In terms of self cognition, there is an obvious professional tendency and strong professional complex [6]. The study of the IPE model in PE colleges is conducive to the organic combination of educational theory and social practice according to the actual situation. For the theoretical research of IPE, the model research is to explain and understand the practical activities of IPE; As for the IPE activities, the model research is a high generalization of practical activities and theoretical promotion. The practical significance of in-depth discussion on the problems and countermeasures of daily IPE of PE college students: First, it helps to improve the ideological and political awareness of PE college students [7]. Second, it will help promote the all-round development of college students in PE institutions. Through strengthening the systematic study of the basic theory of Marxism by the students of PE institutions, guide them to correctly apply Marxist scientific theories and methods, analyze and solve practical problems, comprehensively improve the overall quality of the students of PE institutions, promote their all-round development of morality, intelligence, PE and beauty, and cultivate professional talents and successors for socialist cultural construction, thus accelerating the pace of socialist cultural construction [8].

This paper explores the ideological and political elements in college PE curriculum, and integrates "PE and IPE" to form IPE in PE curriculum, which is an important way for university to implement quality education and cultivate all-round development talents, and provides theoretical and practical guidance for cultivating college students with all-round development in morality, intelligence, physique, beauty and labor in the new era.

## **2. The significance of the integration of PE and IPE**

### **2.1. Content of Ideological and Political Education in Physical Education Curriculum**

In addition to physical training, "sports" has the essence of educating people. How to carry out IPE in PE is to directly transfer the knowledge of IPE to PE, which should be a doubt of many PE teachers. The integrated teaching of PE curriculum and IPE is conducive to helping students form a cognitive and understanding of the learning significance of PE curriculum from the perspective of ideology, while paying attention to the learning of PE curriculum from the perspective of ideology is an important condition for realizing the general goal of "healthy China" [9]. It is an important goal for students to correctly understand the nature and requirements of PE and effectively improve their sports ability and physical quality. The elements included in the IPE of PE curriculum are: regularity, cooperation, competitiveness and fairness. The education of rules can improve students' capriciousness and unruly problems, and it is very helpful for students to enter the society. Cooperation can achieve win-win results, and the sense of cooperation is very important for students' learning and future work. Through the participation of Tug of War, relay running, basketball, football and cheerleading collective projects in the sports class, students often cooperate with each other, and students can naturally feel the power of the collective, which has a significant effect on the cultivation of students' cooperative spirit [10].

In order to integrate ideological education into college PE courses, we must first understand the glorious history of red culture, and discuss the linkage, process, development and contradiction of sports from the guiding ideology of Marxist materialist dialectics. The results of the discussion show that under the Marxist ideology, the basic ideological content of sports is conducive to college students' comprehensive understanding and mastery of the core essence of sports and the laws of internal and external relations, and it is a necessary means to promote the development of college sports spirit. It can be seen that the PE curriculum contains rich elements of IPE, such as enduring hardships, refusing to admit defeat and helping each other among students during long-distance running practice, which belongs to IPE; Keeping rules and being good at cooperation in basketball and football matches also belongs to IPE. Therefore, the content of PE class's Cheng Sizheng is quite extensive, including the world outlook on life and values, the basic requirements of socialist

core values, teamwork, sense of responsibility, diligence, awareness of rules and so on.

## 2.2. Advantage Analysis of the Integration and Development of College Physical Education and Ideological and Political Education

From the perspective of sports training, in the stage of college education, PE course teaching is not only to teach students the standard requirements and sports methods of different types of sports, but more importantly, to cultivate students' sports spirit and improve their physical and psychological quality. Professional courses and general courses also have the function of educating people, which should be consistent with ideological and political courses. In the past, college PE only paid attention to the improvement of technical skills, but not enough attention to students' psychology and thoughts.

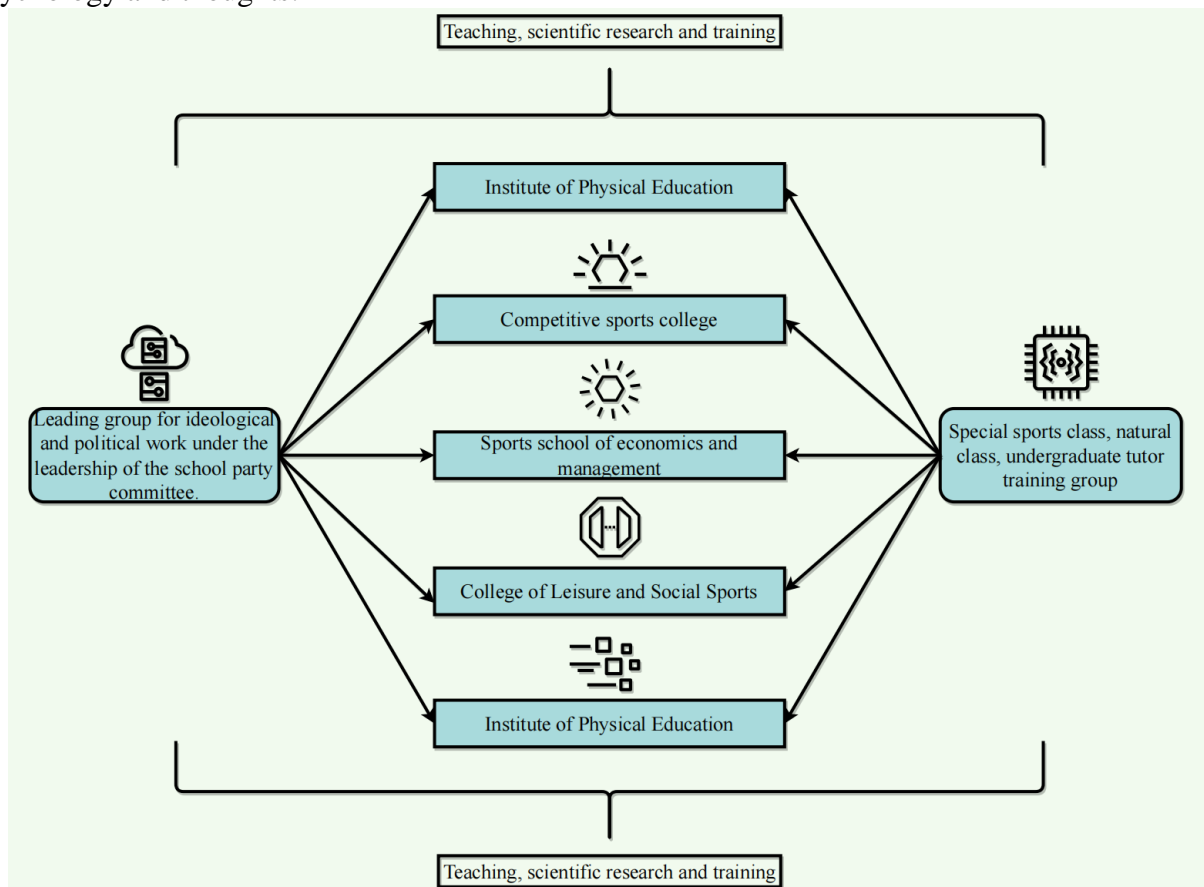


Figure 1 Organizational structure of IPE for college students in PE institutes

Physical education teachers in university should constantly improve their moral cultivation and drive the sports cultural accomplishment of a new generation of college students with their own good school style. We should deeply tap the IPE resources contained in college PE courses, give play to the educational function of college PE courses, and bring college PE courses and ideological and political courses together to form a synergistic effect. College students in PE institutions often participate in various competitions, and in their future work, fair competition spirit is an essential quality, whether in PE teaching or as a sports coach. Therefore, we should focus on strengthening the content of the spirit of fair competition education and infiltrate it into the IPE classroom. In sports competitions and sports skills learning, students in sports university should strictly abide by the rules of sports competitions and enhance the awareness of fair competition. Secondly, we should guide students in PE institutions to strengthen continuous learning and establish innovative consciousness. To guide college students to achieve good results in sports competition and course study, teachers must face the objective reality, analyze the actual situation, learn advanced technology and make changes and innovations in time, so as to be original and innovative. Only in this way can they defeat their opponents and win. Students' ideological education is all-round, open,

with strong integrity, cooperation and permeability, which cannot be afforded by several departments. A complete and scientific management system should be established. Especially social practice activities, because activities are an important form of IPE, and can't be perfunctory, which requires precise management and effective organization, and therefore requires stronger leadership and organization. This study holds that under the leadership of the Party Committee of P.E. colleges, a three-level leadership system of "unification" and "division" can be established, from schools to secondary colleges (departments) to teaching and research sections. The IPE of college students in PE is under the unified leadership of the school party committee, and the school administrative system is mainly responsible for its implementation. As shown in Figure 1.

The Teaching and Research Office of Ideological and Political Theory is responsible for negotiating with the Youth League Committee and the Student Affairs Department (Office) to formulate the theme of students' social practice activities, guiding students' practical activities, and summarizing and evaluating students' practical activities. And the teachers of ideological and political theories should directly participate in the guidance and practice. In addition, although sports university are the main initiators and organizers of students' social practice activities, the scope of students' activities is not limited to the campus, so the long-term effective development of college students' social practice activities can not be separated from the cooperation of society and family. From a macro perspective, society and family should also be included in the entire IPE system.

### **3. Countermeasures for strengthening the daily IPE of college students in PE institutes**

#### **3.1. Performance Evaluation of Ideological and Political Education for Physical Education College Students**

No matter what model is adopted for college students' IPE, the key lies in the effectiveness, which requires discussion on the performance evaluation of college students' IPE model. As the performance evaluation involves what kind of incentive mechanism, what kind of constraint and supervision means to be used, the performance evaluation is an important part of the establishment of a complete IPE model. The research on the performance evaluation of IPE is the basis for the establishment of the theoretical system of IPE, and an important way to make IPE scientific and systematic. It is of great significance to strengthen the construction of the basic theory of IPE and promote the scientific process of this discipline. Campus is the main place for college students to study and activities. Campus cultural environment is the most important environment that affects the ideology of college students in PE institutions. A good campus cultural environment plays a vital role in the IPE of college students in PE institutions. "The so-called campus culture refers to the spiritual environment and cultural atmosphere based on the physical form of the campus (campus environment, teaching facilities, etc.), centered on the unique ideas, psychological qualities, value orientations, and ways of thinking of teachers and students, and characterized by interpersonal relationships, lifestyles, ways of doing on campus, and newspapers, lectures, clubs, salons, and other cultural activities co founded by teachers and students." In the specific implementation link, the PE curriculum teachers need to change their ideas and realize that the teaching objectives of the PE curriculum should not be limited to the improvement of students' physical health and quality, but should play a role in improving students' personal comprehensive quality from a wider range.

In PE teaching, there is a misunderstanding that "ideological and political course" is synonymous with "ideological and political course". In PE teaching, "IPE in curriculum" is a misunderstanding that ideological and political elements are simply embedded in PE curriculum; "Ideological and political education in curriculum" is a misunderstanding of mutual elimination of the two functions of PE curriculum knowledge imparting and ability training; The sports administrative departments of university don't pay enough attention to the integrated teaching of Cheng Si-zheng in PE class; Physical education teachers in university lack their own ideological and political literacy, which hinders the teaching and development of Cheng Sizheng in PE class. College PE and IPE want to be integrated and developed. On the one hand, we should take the syllabus as the guiding direction to

define the teaching objectives, classify IPE into college PE, and attach importance to the rationality and standardization of top-level design, so as to promote the follow-up teaching work to be carried out smoothly and reasonably. On the other hand, it is necessary to establish a reasonable teaching evaluation system, which requires us to make valuable analysis and evaluation on students' physical and mental health development and ideological values from the perspective of quality education, in addition to evaluating students' sports skills, so as to fully embody the educational concept of "IPE in curriculum" and give full play to the educational role of college PE. Statistics show that the investment and environmental indicators of IPE include environmental indicators (internal environment, such as good cultural atmosphere and interpersonal environment; External environment, such as a stable national education environment and a harmonious public opinion atmosphere) and investment indicators (human and financial resources). As shown in Table 1.

Table 1 Performance evaluation system of IPE for college students in PE institutes

Target layer	Primary index	Secondary index
Ideological and political education	Policy implementation	Organizational structure
Education		Manning
Performance		Development planning
Evaluate	Educated subject	Ideological education
Index		Arts&humanities education
		Resolve contradictions
		Training of emergency response ability
		When participating in social practice
		Systematic planning
		Scientific nature of procedure
	Ideological and political education process	Creativity of method
		Information system construction

The correct evaluation of the performance of IPE is an essential part of the process of IPE in PE institutions. It reflects the actual effect of IPE on students, lays a solid foundation for summing up experience and lessons, and further effectively implements IPE, and also provides an objective basis for properly evaluating the performance of educators.

### 3.2. Effective ways to expand daily IPE

With the advent of the Internet, the dissemination of information has been accelerated, and the traditional daily IPE can no longer meet the development needs of college students in the new era. Therefore, in order to keep up with the pace of the times and expand the daily IPE, PE institutes should seize the opportunity to make good use of the Internet platform to carry out the daily IPE of college students in PE institutes. To "extend" the classroom of IPE to the construction of campus culture, the development of campus cultural activities must have both intellectual and entertaining, ideological and practical characteristics, and in addition, some activities attended by all teachers and students should be carried out to enhance the communication and interaction between teachers and students. Sports university should increase the investment of funds, improve the infrastructure, open sports venues and various equipment and facilities, improve the layout, create a comfortable and unique campus environment, add sports buildings and other facilities related to the Olympic spirit, make them the highlights of sports university, and strengthen the moral education infiltration function of sports university' campus culture. "Noble atmosphere, good order, elegant environment and colorful culture are conducive to students' transformation from 'rational' to 'perception', that is, in the process of sublimation from 'moral rational knowledge' to 'moral practice', beautify the mind, delight the mood, cultivate the sentiment, stimulate students' ambition, develop good ideological and moral qualities, and promote the healthy growth of college students." The Internet facilitates the

information communication between students and teachers in PE university, facilitates them to pass on their opinions to teachers in a timely manner, and can quickly pass on problems to teachers to seek correct solutions. By establishing various communication groups, counselors can timely understand the ideological trends of students in different majors, pay attention to the daily training, learning, and life of sports majors, strengthen their ideological guidance, and cultivate them to form a correct world outlook, outlook on life, and values. At the same time, we can share some inspirational stories that happened to outstanding athletes with students, stimulate the willingness of college students to learn from them, strengthen their patriotism, make college PE classroom the practice position of IPE, create an exclusive brand with the characteristics of integration of college PE and IPE, and stimulate students' interest in learning sports, so as to realize the smooth integration of college PE and IPE concepts and achieve the effect of strengthening students' ideological education.

Strengthen the communication between PE teachers in university and ideological and political teachers, so that PE teachers can internalize ideological and political elements, and implement the integrated teaching of "PE professional courses+ideological and political" in university; We should carry out the reform of PE teaching in university in an orderly manner, gradually improve the school teaching model of "health knowledge+basic sports skills+special sports skills", and orderly and reasonably arrange the content of PE and ideological and political theory courses, so that students can strengthen their own IPE through PE professional knowledge. Physical education university should actively establish good cooperative relations with enterprises and social organizations in the society, provide diversified practice bases for students in PE university, and, according to the characteristics of students in PE university, irregularly invite past outstanding graduates, well-known entrepreneurs, experts and scholars to give lectures on campus to participate in the employment guidance of students in PE university.

#### **4. Conclusions**

With the social transformation and the emergence of multiple values, PE institutions must constantly strengthen and improve the IPE of college students. The research on the ways of daily IPE in university is to improve the actual effect of daily IPE of college students and finally improve their ideological and moral quality. Taking the development trend and trend of the new era as the direction, and according to the main educational idea of "cultivating people by virtue", we should constantly explore the methods and means suitable for integrating "IPE in curriculum" into college PE, so as to promote the synergistic effect between college PE curriculum and IPE. In view of the problems existing in the daily IPE in PE university, in order to improve the effectiveness of daily IPE in PE university, it is necessary to solve the problems pertinently and make efforts from various aspects. First, we should strengthen the construction of the IPE team; Second, we should play the main role of students; Third, expand the effective ways of daily IPE; Fourth, purify the educational environment; Fifth, we should establish a mechanism in which schools, families and society cooperate. Only by comprehensively controlling and solving problems and taking various measures together can the daily IPE in PE institutions play a practical role.

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