

Research on the Ideological and Political Design of Swimming Course in Universities under the Context of “Three-wide Education”

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[**Abstract**] The research takes relevant knowledge of the swimming course theory and its special skill training as the main line, which is guided by the spirit of a series of documents issued by the CPC Central Committee on strengthening and improving ideological and political education in universities. This research starts from the integration path of ideological and political education in physical education curriculum of “three-wide education”, which is based on the construction of the top-level design, the improvement of the course content system, the innovation of the teaching methods, the perfection of the course teaching modes, the optimization of the course evaluation system, and the enhancement of teachers’ professional level of ideological and political education in the swimming course. The paper strives to put forward the ideological and political mode of the swimming course in the universities in an effort to build a “four in one” talent training mode, namely, value-guiding, ability-cultivating, knowledge-teaching and sports-involving in the college swimming course.

[**Key words**] three-wide education; swimming course; ideological and political curriculum; curriculum design

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1 Introduction

Since the 18th CPC National Congress, the CPC Central Committee with Xi Jinping as the core has attached more and more importance to ideological and political education in colleges. In order to comprehensively deepen the reform of ideological and political education, it is proposed that the ideological propaganda education in universities should achieve three steps: “effectively promote the theoretical system of socialism with Chinese characteristics and integrate it into the teaching materials, classrooms and students’ minds”. It is emphasized that “moral education should be taken as the central link, and ideological and political education should be carried out in the whole process of the college education and teaching process, so as to realize the whole process and all-round education”. Besides, it also points out that “making good use of the main channel of classroom teaching. . . making all kinds of courses and ideological and political theory courses go in the same direction and form a synergistic effect are of importance”. These important speeches and instructions provide theoretical basis and action guidance for

strengthening and improving the new situation of ideological and political education in the universities in coordination with other courses.

As an elective or compulsory course in most universities, the swimming course contains rich ideological and political elements and has good ideological and educational functions. It is very meaningful to have a command of knowledge about how to effectively integrate the swimming course and ideological and political education in universities, to fully tap the educational resources of the swimming course, to refine the cultural connotation and values in the course, to integrate the ideological and political concept of “integrating morality into sports” into the swimming teaching, to enrich the ideological and political education form of the swimming course, and to further improve the ideological and political education effect of the swimming course, because it is greatly beneficial to promote students’ theoretical knowledge and practical ability in the sports skills, emotional goals, cognitive attitude and life values and other aspects of all-round development, and ultimately it is to achieve the goal of swimming education. Therefore, the measures of ideological and political construction of the swimming course are proposed from the following aspects.

2 Constructing the top-level ideological and political design for the swimming course, guided by the ideological and political spirit of the curriculum

On December 6 of 2017, the Ministry of Education of China issued the implementation outline of the project to improve the quality of ideological and political education in universities, which suggested building a quality improvement system for curriculum education, and vigorously promoted the classroom teaching reform with the goal of “integrating ideological and political education in all courses”. How to deepen and expand the teaching space and time of swimming courses, and to build a three-dimensional swimming course under the ideological and political education system are of great importance to the education in China per se and the future of China as well. According to the research result, several methods are of great help. First of all, the coordination and connection guarantee system of various administrative departments in the universities should be actively promoted. By deepening the promotion of “ideological and political curricula” and issuing a series of documents and policies related to ideological and political education, the pattern of curricula should be constructed to promote the curriculum education, and the approach of the ideological and political education should be clarified to form the ideological and political education in the swimming course. Secondly, the P. E. departments (colleges) of double-first-class universities take the talent training program as the starting point, and view the swimming course as the starting point to further implement the goal of ideological and political education in the swimming course. Finally, we should actively expand the integration within and without the swimming class, and further improve the educational functions of the swimming course by shaping the cultural atmosphere of swimming exercise and carrying out a series of swimming competitions.

3 Improving the content system of the swimming course and emphasizing moral education

According to the ideological and political requirements of the course, active adjustment of the swimming course should be made to structure and optimize the classroom teaching content. The content of swimming teaching is divided into five modules: theoretical knowledge module, technical training module, fitness module, aesthetics appreciation module, and lifesaving and first aid module. In the process of swimming teaching, teachers not only inform students of the theoretical knowledge and skills of swimming, but also promote students’ physical and mental

health and cultivate their strong will. Teachers should fully excavate the content and elements of ideological and political education contained in each module and naturally integrate them into all aspects of teaching, and then students can not only obtain the healthy physique from their active participation in the swimming activities, but also subtly integrate the spirit of struggle, cooperation and responsibility from the swimming course into their daily study and life, which are great of significance to cultivate their legal consciousness, sense of social responsibility, and selfless dedication.

4 Designing the system of the swimming course and innovating in teaching methods

The concept of “ideological and political education in the course” permeates the swimming course, which contributes a lot to the organic integration of the swimming course and ideological and political education. The design of ideological and political teaching in the swimming course mainly adopts two ways: first, “integration” of the ideological and political teaching guides students to learn the spirit of exploration by learning the basic knowledge and development of swimming per se. At the same time, some famous figures, history, events and other contents closely related to swimming are integrated into the theoretical knowledge of the swimming teaching, and a number of special lectures are set up too. In the topic of integrated ideological and political teaching, the “celebrity effect” and “model demonstration effect” should also be built up. For instance, Chairman Mao “hit the water in the middle of the Xiangjiang River” in his youth and “strolled freely” in the Yangtze River at the age of 70, and Deng Xiaoping swam in Beidaihe at the age of 80. In the immersive topic, “major sports events” will be displayed, such as swimming competitions in 2008 Beijing Olympic Games and the 19th Wuhan Military Games, and videos and pictures of gold and silver medalists. The integration of these ideological and political elements leads students to think long and hard, promotes their strong sports spirit, and establishes their correct life values and national self-confidence. On the other hand, teachers should “excavate” the ideological and political teaching. Teachers have to excavate the moral connotation of the spirit contained in the swimming course and apply it to the classroom teaching in a way of “nourishing all without a sound”, and to realize the organic unity and efficient integration of both two. In the process of ideological and political teaching in the swimming course, students can understand unity, hard work and cooperation by participating in the swimming competition; by studying the referee rules of the swimming competition. In this way, students can have a sense of obeying the rule and legal system. Besides, through the study of lifesaving and first aid knowledge and techniques, students can think deeply about the meaning of life, re-examine the sense of social responsibility, and resonate with good values such as the gratitude for life and selfless dedication.

5 Optimizing modes to achieve the best effect of the swimming course

Making the rational use of modern multimedia technology, and actively exploring the use of online teaching tools such as Changjiang Rain Classroom and Chaoxing Xuexitong are the effective ways to realize the optimal online and offline hybrid teaching. For the sake of the teaching content, teachers should make full use of MOOC resources, select educational resources suitable for students’ learning purposes, and perform the secondary processing to make the swimming course more pertinent and purposeful. In offline teaching, teachers should carry out targeted swimming teaching, actively explore the use of flipped classroom, heuristic teaching, hierarchical teaching and other teaching methods, and comprehensively implement the classroom teaching reform of interactive communication. Teachers customize personalized teaching programs and measures according to different swimming levels of students, and adopt diversified modern multimedia technologies such as Changjiang Rain Classroom and

Chaoxing Xuexitong to achieve the best teaching effect by combining the cloud classroom with the on-site guidance, and the theoretical education with the actual combat training.

6 Optimizing the evaluation system and standard of ideological and political education in the swimming course

The evaluation of the swimming course focuses on students. By optimizing the ideological and political evaluation system of swimming courses, teachers can effectively understand students' needs in the swimming sport, grasp the demands of students' ideological education, and prescribe the right "medicine" in time to ensure the better development of swimming courses with the ideological and political education. In the process of ideological and political swimming teaching, students are evaluated in the cognitive field, action skill field and emotional field. The evaluation standard of ideological and political education should be integrated into the evaluation mechanism. Firstly, it should be evaluated from the change of students' ideological understanding and learning cognition and active learning behavior when students want to learn and mechanically imitate what they want to learn. Secondly, it analyzes and evaluates students' physical and mental health development from the focus on mastering the swimming technique to the coordinated development of students' body and psychology, and from the concept of cultivating students' core qualities. Finally, students should focus on the ability to master and use swimming knowledge and techniques, and learn to think divergently to understand and solve problems. Therefore, from the three aspects mentioned above, teachers can evaluate the results of college students' learning situation in the swimming course from multiple and comprehensive angles and dimensions.

7 Carrying out in-depth training for swimming teachers in an effort to improve their professional level

The carrier of ideology and political education is the curricula, but the subject of implementation is teachers. Teachers play an important role in college physical education. One of the key factors of the teaching effect of swimming curriculum with ideological and political education is on the side of teachers. First of all, the only standard for evaluating teachers' quality is ethics. Teachers are required to combine teaching and self-cultivation in the teaching process, establish themselves with virtue, learn with virtue, teach with virtue, and to have "four characteristics" mentioned above, characterizing with "moral excellence and academic excellence". Secondly, in the teaching of swimming courses, physical education teachers should give full play to the value-leading role of ideological and political courses, and enhance the cognition of ideological and political education. The teaching ability of physical education teachers to "nourish all without a sound" in ideological and political education of swimming courses should be enhanced. Finally, through the method of "bringing in, going out", that is, P. E. teachers should actively communicate, exchange and learn from ideological and political teachers of the College of Marxist Studies in teaching methods. At the same time, they will give lectures by hiring well-known experts in the swimming programs and communicating with them. Teachers can discuss with each other about how to effectively integrate ideological and political education in swimming courses and carry out smoothly to form a distinctive and systematic swimming teaching system.

8 Conclusion

Through further conciseness and construction, the ideological and political elements such as patriotism, pursuit of excellence, optimism, cooperation, social responsibility and selfless dedication are effectively permeated in the

whole teaching process, which strengthens the responsibility, dedication, cooperation consciousness and patriotism consciousness of college students, meets the needs of the double-class construction of higher education, and contributes to realize the connotative development of swimming courses. Through the deep integration of ideological and political education in the swimming course, the swimming course becomes one of the “golden courses” with advanced ideological formula, exquisite sports skills and popular teaching content, which can walk side by side with ideological and political courses and form a synergistic effect. Finally, only when the goal of educating people by ideological and political education in the swimming course is achieved, can the fundamental task of educating people by virtue in the swimming course in universities be completed, thus achieving the construction of the swimming course of ideological and political education with “three-wide education”.

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