

Thoughts on the Reform of College Physical Education under the Background of “Curriculum Ideology and Politics”

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[**Abstract**] In the physical education curriculum, ideological and political education is an important way to cultivate talents with both ability and political integrity. As a place for cultivating professional talents, colleges and universities must adhere to the fundamental direction of “strengthen moral education and cultivate people”. By clarifying the concept of physical education in colleges and universities, it is necessary to highlight the characteristics of courses and professions, adhere to the guiding ideology of “student-centered”, analyze the whole process of integrating curriculum ideology and politics into college physical education, and put forward corresponding countermeasures to build a background of “curriculum ideology and politics”. Under the teaching mode of pedagogy courses in colleges and universities, a feasible basis for the construction of ideological and political courses in the teaching of physical education in colleges and universities is provided.

[**Key words**] physical education; ideological and political education; colleges and universities

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1 Introduction

In December 2016, at the National Ideological and Political Work Conference, General Secretary Xi Jinping emphasized that “Ideological and political work must be implemented throughout the entire process of education, to achieve full education and all-round education, and strive to create a new situation in the development of China’s higher education”. As Curriculum Ideology and Politics is a key link in the implementation of the fundamental task of establishing morality, giving full play to the ideological and political education resources contained in various courses, it is an inevitable choice to realize the “three comprehensive education”.

2 Teaching concept highlights the professional characteristics of the physical education curriculum

2.1 Fundamental task of “strengthen moral education and cultivate people” runs through the whole process of education

Physical education is a public compulsory course that students use physical exercise as the main means, through reasonable physical education and scientific physical exercise, to achieve the main goals of strengthening physical fitness, improving health and improving physical quality. It is an important part of the school curriculum system, the central link of school sports work, and an effective way for China to realize quality education, promote students to adapt to society, and cultivate students’ complete personality. Under the vision of “Curriculum Ideology and Politics”, college physical education should carry out comprehensive reforms, change the single education

function of the past, closely integrate moral education, intellectual education, etc. with physical education, promote the overall development of students, and improve students' comprehensive literacy. Therefore, college physical education teachers should, under the guidance of education departments and schools, change their teaching concepts, innovate in teaching methods, respect the status of students as the main body, integrate patriotism, collectivism, rules and disciplines into physical education, and then better improve students' comprehensive literacy.

2.2 Adhere to the guiding ideology of "student-centered"

The education philosophy of "student-centered" follows the basic principle of taking the actual needs of students as the starting point. Students are the main body of teaching activities, and teachers play a leading role. They should have the curriculum, assessment management and selection of teaching methods, which is conducive to the healthy development of students' body and mind. We should give full play to the initiative and enthusiasm of students in learning, cultivate students' innovative spirit and independent learning ability, expand the learning space, break the boundaries of learning time and region, and improve the absorption rate of classroom knowledge, to help students learn better, to integrate ideological and political education throughout the entire classroom teaching process, and strive to cultivate students with brave and tenacious character, self-transcendence, the ability to meet challenges, a sense of competition, a spirit of cooperation, and a concept of fairness. Therefore, while imparting professional knowledge, physical education teachers also guide students in terms of values. From the design of a physical education curriculum to the evaluation of each link, the active and comprehensive development of students has always been placed at the center. While paying attention to the leading role of teachers in teaching activities, it also emphasizes students' learning initiative, so as to give full play to students' learning enthusiasm and learning potential, improve students' physical learning ability and effect, and promote students' comprehensive and healthy development.

3 Ideological and political education is integrated into the whole process of physical education

3.1 Integrate ideological and political education with the classroom

The course of physical education has strict organizational discipline and requirements. It is necessary for students to have rules and evidence to follow, cultivate students' collective ideas, and improve self-control ability. It is necessary to ensure classroom discipline and fully mobilize students. Enthusiasm fully stimulates students' interest in sports, which requires teachers to use strict classroom regulations to restrain students' behavior, cultivate students' consciousness of understanding rules and discipline, and overcome free and undisciplined behavior. The selection of the teaching content of physical education courses should meet the physical and mental characteristics and development needs of students, and be able to accurately grasp the nature, characteristics and value of the textbooks. The textbooks should be handled properly. The main textbooks have appropriate technical difficulties and strong teaching and learning factors, which stimulates students' interest in sports, so as to lay a solid foundation for lifelong sports.

3.2 Combine the characteristics of sports events for ideological and political education

There are many sports in the physical education curriculum, and different sports have different directions for students' ideological and political education. Teachers should make full use of teaching materials for purposeful, planned and targeted education. For example: competition items in track and field teaching are an excellent

teaching material for cultivating students' perseverance, hard work, and tenacious will. Basketball teaching materials have a positive effect on cultivating students' unity and cooperation, victory without arrogance and failure, and withstanding pressure. Students can be taught patriotism during these projects. Through aerobics teaching, students can shape the body, improve the mental outlook, improve temperament cultivation, and improve aesthetics, and the ability to express beauty and create beauty.

3.3 Integrate with competitive sports for ideological and political education

Teachers use various teaching items to conduct competitive competitions in classroom teaching, and integrate the demeanor of sports athletes who are hardworking and enterprising, never give up, and win glory for the country in the Olympics, World Championships, World Cup and other major sports events into ideological and political education. We should stimulate students' patriotism and national pride, make them study and train hard for the motherland, improve the effectiveness of college physical education in an all-round way, and better cultivate college students' sports literacy.

4 Countermeasures for integrating curriculum ideology and politics into physical education in colleges and universities

4.1 Complete the planning and design of the physical education syllabus

In the course construction of colleges and universities, it is necessary to deepen the reform of physical education, give full play to the function of physical education, and effectively integrate ideological and political education into the current physical education of colleges and universities. In the compilation of teaching materials and the design and planning of syllabus, colleges and universities need to summarize and revise existing textbooks and syllabuses, and clarify and specify the content of textbooks and tasks in the class hour allocation table in the syllabus, so that physical education is no longer a pure physical exercise but a tempering of will and quality, laying the foundation for cultivating students' positive and healthy outlook on life and values.

4.2 Role of physical education teachers in ideological and political construction

In ideological and political construction, physical education teachers are the disseminators of knowledge and skills. Only by paying attention to the teacher's own moral construction, precepts and deeds, and leading by example, can we have a more profound impact on students and guide them to become talented and healthy. As a teacher, one should learn from higher education, demonstrate by example, and continuously improve one's own ideological and political cultivation in practice. Schools should encourage teachers to continuously improve education and teaching methods, innovate in physical education methods, continuously improve the quality of physical education, and effectively integrate practical skills with their own teaching abilities, so that students can apply the skills learned in the course to the practical process consciously, integrate thoughts into behaviors, integrate moral education into physical education, and continuously improve self-quality.

4.3 Teaching content of innovative physical education curriculum

In the practice of sports teaching, ideological and political construction is used to strengthen students' perseverance and will. In the teaching process of the whole class, teachers should use effective means to guide students' self-awareness, learn tolerance and encouragement, cultivate students' team and collective consciousness, and make them obey collective rules when there is conflict between the individual and the collective. In the process of physical education, deeply explore the ideological value and spiritual connotation contained in the refined professional knowledge system, scientifically and rationally expand the breadth and depth of

the physical professional curriculum, increase the knowledge, humanity, and enhance the leading, contemporary and open nature of the curriculum. In terms of practical courses, teachers should pay attention to educating and guiding students' patriotism, increase their wisdom and talents in practice, and temper their will and quality in hard work.

4.4 Flexible use of educational methods

In the process of ideological and political construction, teachers must learn to use diversified educational methods to guide students' consciousness, and especially pay attention to implementing ideological and political education in real life. Teachers' teaching methods should be combined with students' thinking mode, and based on clarifying students' own characteristics. The ideological and political education of students should be realized through diversified teaching methods. The theory of ideological and political construction can be combined with students' practical problems in seminars, exchanges, and competitions for analysis. On the basis of ideological construction, students are continuously encouraged to reduce their own psychological load, through scientific training methods to make students' technical movements more skillful and effective, and at this stage subtly cultivate students' sense of cooperation and competition and the ability to resist frustration, and cultivate students' tenacious hard work and never-say-fail will quality in order to achieve a good ideological education effect.

4.5 Establish an evaluation system for ideological and political education in college physical education

In college physical education, there are clear evaluation indicators for the quality and skills of students. Therefore, to implement the ideological and political education reform of physical education curriculum, it is necessary to establish a comprehensive quality evaluation index system for college physical education. Through detailed standards, teachers should pay attention to it. The moral education function of physical education is to actively explore the moral education value of physical education. The development of ideological and political education as the "effective carrier" of the entire physical education is of great significance to the promotion of the professional level of college students' sports.

4.6 Through the characteristic teaching content of 400-meter military obstacles in physical education of our school to realize ideological and political education

The 400-meter military obstacles and military equipment content is one of the traditional sports training programs of Shanghai Customs College, and it is also an important guarantee for improving physical fitness. Therefore, Shanghai Customs College incorporates military sports features into its physical education every semester and passes obstacle training. Students can develop the basic skills of running, jumping, climbing, supporting balance and drilling and climbing needed in military operations, improve the physical qualities such as speed, endurance, coordination, and agility, and cultivate bravery and perseverance, laying a good foundation for quickly passing various obstacles. To this end, it is not only necessary to provide students with basic ideological and political education such as organizational discipline, especially outdoor physical education in severe weather such as hot, cold, strong wind and military projects, but also to exercise students' will, quality, hardships bear and hard work undertaking. Teachers should be good at observing and understanding students' thoughts and emotions, guiding and educating them in a targeted manner, strengthening the educating function of curriculum teaching, imparting knowledge and skills and strengthening training, while carrying the correct outlook on life, values and ethics, and philosophy and career concept, and using ideological and political work to lead the whole process of

talent training.

5 Conclusion

This article analyzes and researches the integration of curriculum ideology and politics into college physical education, and aims to explore the value of integration and penetration of curriculum ideology and politics in college physical education through practical analysis and research, and effectively implement the theory of ideological and political construction to help students strengthen themselves. At the same time, they use ideological and political education to further improve the ideological and political quality of students, continue to play the leading role of ideological and political education, encourage students to innovate, and truly achieve “Sports is based on educating people and talents, and sports is based on morality. The goal of cultivating sports talents based on ‘human beings’ ”.

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