

A Probe into the Integration Strategy of Physical Education Curriculum and Ideological and Political Education in Colleges and Universities from the Perspective of "Curriculum Ideology and Politics"

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Abstract

From the perspective of "curriculum ideological and political education", the quality of Ideological and political education in Colleges and universities is highly valued. Educators think it is necessary to integrate ideological and political education with other courses, which can not only enrich the content of other courses, but also implement the purpose of Ideological and political education with the help of other case courses. However, it is worth noting that the integration of Ideological and political courses and different courses is different. We must analyze the integration objects and set the corresponding integration strategies. Therefore, based on the physical education courses in Colleges and universities, this paper will elaborate the integration approaches and Strategies of this course and ideological and political courses.

Keywords

"Course Ideological and political education"; college physical education; ideological and Political Education.

1. Introduction

In the traditional concept of education, there is a long distance between physical education and ideological and political education in Colleges and universities. Many people think that there is almost no possibility of integration between the two. However, in the context of modern education reform, people's views have changed. Some researchers have put forward a plan of ideological and political education from the perspective of physical education, which shows that the two can be integrated and whether they can be realized It depends on the method we use. Therefore, this study will discuss how physical education curriculum and ideological and political education are integrated, which has a certain practical significance.

2. The Role of "Ideological and Political Courses"

"Curriculum ideological and political education" is a new educational concept put forward in view of the phenomenon that each course in the traditional education system is independent of each other, which leads to insufficient teaching depth. It can be analyzed from two directions, namely "Ideological and political education → other courses" and "other courses → ideological and political education". See the following for details.

(1) "Ideological and political education → other courses"

In the traditional college education system, ideological and political education is also relatively independent, so traditional ideological and political education often appears a phenomenon, that is, education floats on the surface, and students are difficult to internalize in their hearts. This is a typical teaching quality problem, which needs to be improved. For example, when an ideological and political teacher talks about the concept of China's characteristic society, many

students just remember this term and some of its basic content, but did not have a deep understanding of this concept, nor produce a corresponding sense of identity. In the later development of personal concept, activities will still be carried out according to the previous concept, which shows that ideological and political education has not played a practical role. After the integration of ideological and political education and other courses, the operation of ideological and political education elements is driven by other course contents, which can make the role of ideological and political education more specific, give students more profound experience, cultivate students' political identity, and thus achieve the purpose of ideological and political education [1].

(2) "Other courses → ideological and political education"

Under the condition that other courses are not integrated with ideological and political education, the information or content that students come into contact with in the course will be relatively single and tend to theory. At the same time, the difficulty of students learning these information and content is high, and their initiative will be at a low level, which is not conducive to the teaching quality of the course. Taking the basketball teaching in the physical education course as an example, under the condition of no integration, students will only come into contact with the basic theory (such as basketball rules, etc.) and some basic skills of "Basketball", but in the process of learning, students will have a series of questions, such as "why I want to learn basketball", "whether it is necessary to constantly improve their basketball level", etc. The problem determines the students' views on sports basketball teaching. If the students don't know why to study and there is no need to constantly improve their own level, they will feel great learning difficulty when they enter the bottleneck period, and then their learning initiative begins to decline. To solve this problem, when other courses are integrated with ideological and political education, students' questions can be answered through ideological and political education. For example, through ideological and political education, we can transmit the political concept of sports development in China, make students realize the importance of learning sports, set up learning objectives, and improve students' learning initiative.

3. The Integration of Physical Education and Ideological and Political Education

3.1. Mining Ideological and Political Elements

To achieve integration, we must first clear the direction, so the first step in the integration of physical education curriculum and ideological and political curriculum is to explore the ideological and political elements of physical education curriculum. From the relationship between physical education curriculum and ideological and political education curriculum, there are many ideological and political elements in physical education curriculum, which are shown in Table 1.

Table 1. Common ideological and political elements in Physical Education Curriculum

Element	Describe
Humanistic spirit (never give up, work hard, etc.)	Set up three outlooks (world outlook, life outlook, values)
Patriotism	Cultivating students' sense of political identity
People oriented teaching method	Pass on the Marxist view of sports

PS: not all of them are displayed due to too many elements

According to the three ideological and political elements proposed in Table 1, physical education teachers should excavate in the curriculum resources. How to reflect these elements in physical education teaching is the key requirement of this step.

3.2. Enrich Curriculum Resources

The integration of physical education curriculum and ideological and political education curriculum cannot be superficial, and it should be reflected in practice. Traditional physical education curriculum and ideological and political education curriculum are independent, and the curriculum resources contained in the individual do not meet this requirement. Therefore, in order to integrate the two, we must enrich the existing curriculum resources of both sides. First of all, it is difficult to reflect the patriotic feelings of the elements by simply using the conventional sports training method for the physical education curriculum. Second, it is difficult to reflect the physical culture by simply using the theory for the ideological and political curriculum. At this time, the teaching quality is difficult to guarantee, and the implementation of the ideological and political purpose of the curriculum is not thorough. It shows that the enrichment of curriculum resources is one of the main ways to achieve integration [2].

3.3. Optimize Teaching Mode

After the concept of Ideological and political education was put forward, many scholars tried it at the first time, but the results showed that ideological and political education could not be used in the traditional teaching mode. The specific performance is that ideological and political education is difficult to integrate with other courses, which is the same in the ideological and political integration of physical education courses in Colleges and universities. It shows that the traditional teaching mode is the factor hindering the integration of the two, that is, the traditional teaching mode The mode is mainly dominated by teachers, and students are in a passive state. Therefore, even if sports and ideological and political integration, students will not take the initiative to perceive, and at the same time, there may be negative or conflicting psychology. At this time, the ideological and political purpose of teaching courses can not be implemented naturally. Under this condition, it is suggested that colleges and universities should optimize the traditional teaching mode, adopt advanced teaching mode to improve the initiative of students in the classroom, fully implement the purpose of Ideological and political courses, and realize the mutual integration of physical education courses and ideological and political courses.

4. Test Results

Strategies for the integration of physical education curriculum and ideological and Political Curriculum.

4.1. Strategy for Mining Ideological and Political Elements

Although the paper has listed some common ideological and political elements in the physical education curriculum in Table 1, the curriculum also contains other elements, which need teachers to adopt relevant strategies to excavate, so as to deepen the relationship between the physical education curriculum and the ideological and political curriculum, and gradually implement the ideological and political purpose of the curriculum. Generally, the mining method of Ideological and political elements can be divided into two steps, i.e. selecting the mining direction and setting the mining method. See Table 2 for the basic direction and method.

Table 2. Basic directions and methods in the strategy of Ideological and political elements mining

Basic direction	Basic methods
Physical education theory teaching link	With the help of sports theory, this paper selects relevant cases, expounds the ideological and political contents of the cases, and inspires students' thinking
Physical training and teaching	Transmit sports spirit and set up students' correct three views
Test link of sports competition	Cultivating students' sense of political identity with the help of competition honor

In Table 2, the basic direction of the ideological and political elements of the physical education curriculum comes from the three links of physical education teaching. In each link, the corresponding methods should be used for excavation. The principles of each method are as follows: (1) in the physical education theoretical teaching link, teachers can use some classic physical education cases to display, and explain the cases at the same time, so as to fully spread the ideological and political elements in the cases, and then stimulate them Send students' thinking, such as using the case of "Liu Xiangping's world record" to improve students' attention to sports, and put forward "why Liu Xiang should train so hard", so as to stimulate students' thinking and make the patriotism of the case deep into students' hearts; (2) in the teaching process of sports training, teachers should continue to encourage students to complete the training, and at the same time lead students by example Students, with their own to reflect the spirit of sports, infect the students' hearts, so we can use the spirit of sports to set up the correct three views of students, and strengthen their political position; (3) in the test of sports competition, teachers should pay more appreciation to the students with higher test scores, and in the process, they should carry out ideological and political education, such as "you can get the current results, you should thank the country, is the country's politics Policies let you have a good training environment ", which can spread the students' sense of competition honor, and at the same time cultivate the students' sense of political identity. For students with low scores, teachers should also encourage them more, stimulate their competition and will to strive hard, which can also improve their sense of political identity.

4.2. Methods of Enriching Curriculum Resources

In order to open up a space for ideological and political education in physical education, we need to use relevant methods to enrich the curriculum resources. For this, around the three physical education teaching links in Table 2, table 3 puts forward corresponding methods.

Table 3. Methods of enriching curriculum resources in Physical Education Teaching

Link	Method
Physical education theory teaching link	Flexible use of multimedia technology
Physical training and teaching	Training summary Teaching
Test link of sports competition	Preparation for competition

The specific functions of various methods in Table 3 are as follows: (1) multimedia technology has multiple forms of expression, which can vividly display the teaching content and be easy for students to understand. Therefore, this technology can be used in the physical education theory teaching link, which can render the classroom atmosphere and improve the students' concentration, so as to better transmit the ideological and political elements; (2) in the

traditional physical education training teaching, teachers are training After completion, the students are generally allowed to have free activities or rest, which will not help the students to summarize, so the ideological and political elements are difficult to transmit. Therefore, after the integration of physical education and ideological and political courses, the physical education teachers should increase the training summary teaching in this link. In this teaching activity, not only the shortcomings of the students in training should be explained, but also the ideological and political elements should be used to encourage the students, such as assuming a certain learning Students don't like to do "round-trip" training in basketball training. At this time, teachers should tell students that "round-trip running is the basic quality that a basketball player should have, and only a better ability of round-trip running can win honor for the country"; (3) in the test link of sports competition, teachers should organize students to participate in the preparation work together, so that students can realize the inadmissibility of sports Easy and sense of honor, better play the role of Ideological and political elements.

4.3. Teaching Mode Optimization Strategy

It is also necessary to optimize the traditional physical education teaching mode in order to integrate physical education curriculum with ideological and political education and realize the ideological and political purpose of the curriculum. In terms of optimization strategy, first of all, teachers should put students in the leading position, focus on the Marxist principle of people-oriented, and carry out education according to the individual needs of students, which not only realizes the purpose of physical education, but also reflects the role of Ideological and political education in physical education. Secondly, teachers should act as a guide to fully stimulate the initiative of students in physical education teaching, so that students can better experience ideological and political education in physical education learning. Finally, the model should be carried out in the whole process of physical education teaching in order to implement the purpose.

5. Conclusion

To sum up, in view of the phenomenon that traditional physical education courses and ideological and political courses are independent of each other, this paper analyzes the significance of the integration of the two from the perspective of "curriculum ideological and political". It can be seen that the integration of the two is imperative. Then, it puts forward the ways and Strategies of the integration of the two, and combs out a method based on physical education to achieve the purpose of curriculum ideological and political for reference.

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