

A Strategic Study on the Construction of Ideological and Political Education in College Physical Education Class Based on Online and Offline Mixed Teaching Mode

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Abstract

With the irreversible trend of globalization and the rapid development of technological progress in the 21st century, college students gain more information through technology by using their attention and concentration. During their studies, college students are attracted by mobile phones for a lot of time and energy, thus neglecting their physical exercise. Therefore, colleges and universities should actively explore the online and offline mixed teaching mode to carry out ideological and political construction in physical education teaching so that students can feel the great glory of ideological and political education, immerse themselves in physical education classes, get rid of the state of cognitive addiction and cognitive scarcity caused by recreational entertainment. Moreover, colleges can cultivate qualified students with good health, good mental state, and good thinking mode. Also, colleges can have a high-quality teaching system.

Keywords

Higher education, Mixed teaching, College physical education, Ideological and political construction, Education mode.

1. Introduction

In today's era of continuous progress in educational concepts, higher education is facing unprecedented challenges and huge opportunities. With the rapid development of network technology and educational concepts, online and offline mixed teaching modes have gradually become a new normal in the field of higher education. This new teaching mode not only combines the advantages of traditional face-to-face classroom teaching but also utilizes the convenience of time and space of online teaching, making teaching methods and teaching more diversified and personalized. In this context, how to effectively apply online and offline mixed teaching modes to college physical education courses scientifically and efficiently, especially how to combine physical education courses with ideological and political education, has become an important topic for educators in major universities.

The teaching purpose of college physical education courses is not only an important way to exercise students' health and enhance their physique but also an effective carrier to cultivate excellent spiritual qualities such as teamwork, hardworking and initiative. Integrating ideological and political education into college physical education curriculum can not only enrich the ideological connotation of physical education curriculum spiritually but also enhance the effectiveness and pertinence of ideological and political education in colleges and universities in the new era [1]. Therefore, this paper aims to explore the strategies for the construction of physical education classes' ideological and political education based on online and offline mixed teaching modes, and then provide useful reference for the reform of higher education in the new era. Through multi-angle analysis, this paper clarifies the specific application mode of online and offline mixed teaching mode in the construction of ideological and political education in physical education class and analyzes its role in improving students'

sports skills and ideological and political literacy, as well as the challenges and dilemmas faced by this mixed teaching mode. At the same time, we also hope that this article can put forward a series of effective strategies and suggestions to promote the in-depth development of ideological and political construction in physical education class, and contribute to the cultivation of builders of the new era with all-round comprehensive quality and talents of the new era with all-round social development.

2. The Development of the Theory of Ideological and Political Construction of College Physical Education in the Mixed Teaching Mode

2.1. Policy background

From the perspective of national policy, the Ministry of Education and other departments have repeatedly stressed the need to strengthen ideological and political education for college students in the new era, and quickly and scientifically realize the goal of ideological and political content. Therefore, as one of the important components of modern higher education, physical education should naturally assume this important responsibility. Modern education in colleges and universities can scientifically integrate ideological and political elements into college students' physical education courses so that students can enhance their national identity, national pride, and cultural self-confidence while exercising and sweating.

2.2. Ideological development

With the rapid development of social thoughts in China and the popularization of high-tech information technology, the ideological concepts and value orientations of today's college students are gradually showing the characteristics of diversification and complexity. Therefore, the traditional physical education teaching mode that only aims at imparting knowledge can no longer meet the needs of college students in the new era. Therefore, it is necessary to innovate the existing physical education curriculum mode through online and offline mixed teaching modes to stimulate college students' interest in learning and improve their participation in learning. At the same time, the scientific integration of ideological and political contents into the already-opened physical education curriculum can guide students to establish a correct world outlook, outlook on life and values, and promote the all-round development of college students in the future [2].

2.3. Technical support

On the whole, the online and offline mixed teaching methods provide strong technical support for the ideological and political construction of college physical education courses. The combination of online teaching and offline teaching is one of the important trends of ideological and political reform and development in college physical education classes in the future. Online teaching platform provides students with rich learning resources and paths in technology, enabling them to learn relevant knowledge across time and space. The offline teaching method further enhances students' learning experience through the interactive exchange of various sports knowledge practice activities and sports practice experiences. They complement each other and jointly promote college students' mastery of sports theoretical knowledge and skills. This scientific and reasonable teaching method combines various elements. It not only helps to improve the teaching quality and effectiveness of college physical education courses but also provides a broader development space and platform for higher education institutions in ideological and political construction.

3. The Utilization of the Advantages of Ideological and Political Education in Online and Offline Mixed Education Mode of College Physical Education Curriculum

3.1. The enrichment and deepening of physical education teaching content

Online and offline mixed education mode allows educators to integrate more discipline-related ideological and political elements into physical education courses. In the online teaching part, college PE teachers can introduce the ideological and political knowledge related to contemporary sports such as the spirit of women's volleyball teams, the importance of teamwork, the development of national sports, and the revival of national sports, through documentary videos, 3D animations and lectures on sports knowledge. These ideological and political contents can not only help college students to fully understand the connotation of sports in China but also gradually cultivate college students' patriotic spirit and social responsibility in a subtle way.

3.2. Personalized learning experience and feedback

Online and offline mixed education mode allows students to choose their own learning path according to their learning interests and physical ability. For example, students in online learning can learn independently according to the pace and progress they are used to, while the knowledge that they do not understand can be played back and reviewed anytime and anywhere. Offline teaching is more inclined to face-to-face explanation so teachers can provide more personalized action guidance and feedback according to each student's practical performance and needs.

This more personalized learning experience not only helps to improve the efficiency of college students' physical education learning but also further enhances their learning motivation. Through continuous practice, reflection, and internalization of the ideological and political knowledge learned by students in physical education classes, students can better understand and correctly apply the ideological and political knowledge and form a correct world outlook, outlook on life, and values.

3.3. The widening of channels and forms of ideological and political education

The combination of online and offline modes has created a richer resource path and display mode for ideological and political education. In the online teaching stage, teachers can interact and exchange ideas with college students in real-time through social media and online forums widely used in WeChat official account and Weibo, so as to keep abreast of students' recent ideological trends and needs [3]. Offline teaching can provide students with more diverse learning experiences by organizing lectures, ideological and political seminars, thematic practice activities, and other forms.

This diversified strategy of infiltrating ideological and political education can not only improve the pertinence and actual effect of ideological and political education but also help to stimulate students' interest in learning and participation consciousness. By effectively integrating online and offline education, ideological and political education may penetrate students' daily lives more deeply, thus achieving an intangible and profound educational effect.

3.4. The cultivation of students' comprehensive quality and ability

College physical education course is not only a place to teach skills to students but also a key place to train college students' comprehensive quality and ability. All educational institutions can adopt the combination of online and offline teaching modes, and physical education instructors can deeply integrate ideological and political education with physical education courses to help students strengthen their skills in the fields of teamwork, communication, and

innovative thinking when exercising their physique. All in all, the application of online and offline mixed education methods has many advantages in ideological and political education in college physical education classes. This educational method not only can enrich and deepen the depth of educational content but also provides a tailor-made learning experience and response mechanism, which creates more paths and forms for ideological and political education and can cultivate students' overall ability and quality. With the continuous progress and innovation of educational technology, the combination of online and offline mixed education modes will play a more critical role in the education of ideological and political courses in college physical education.

4. Challenges Faced by Online and Offline Mixed Education Mode in Ideological and Political Construction of College Students

4.1. The insufficient integration of online and offline modes

The teaching core of online and offline mixed teaching modes is the efficient integration of online educational resources and the deep integration of offline teaching. However, in practice, teachers often find that it is difficult to realize the organic and efficient combination of online and offline physical education courses in many colleges in content and form. Online physical education teaching content is often limited to the demonstration of some physical skills and the study of health theory knowledge. In contrast, traditional offline physical education teaching relies more on the traditional physical training mode, which is a lack of internalization and in-depth expansion of online knowledge content and practical application scenarios. The problem of insufficient integration of this teaching mode not only affects the teaching effect of physical education courses but also limits the natural and efficient integration of ideological and political elements in physical education courses.

4.2. The imbalance between teaching resources and technical support

Adopting online and offline mixed teaching methods is a creative and challenging educational strategy. In order to ensure its successful implementation, it needs a set of comprehensive teaching resources and technical support. Among them, teachers, as the designers and organizers of teaching activities and the media of information exchange between learners, play a decisive role in the quality of course teaching [4]. However, these key factors in the actual educational background are often subject to various restrictions, especially in the field of ideological and political construction. In order to break through this bottleneck, many domestic colleges and universities in recent years have tried a new teaching mode called Internet Plus mode. This teaching method requires the integration of online and offline educational resources, the integration of traditional classroom teaching, and interactive learning on the online learning platform, and its goal is to bring students a richer and more personalized learning experience. With the deepening of China's higher education reform, the teaching reform of physical education courses in colleges and universities has also entered the deep area, putting forward higher requirements for teachers. However, many higher education institutions are quite inadequate in the construction of physical education curriculum resources. Due to the shortage of funds and human resources, the online teaching content is too monotonous, the quality is unstable, and it lacks depth and breadth [5]. At the same time, due to teachers' lack of understanding of online and offline mixed teaching methods and schools' insufficient attention to the development of physical education curriculum resources, many colleges, and universities have not realized the infiltration of ideological and political elements into classroom teaching. This situation not only weakens students' learning experience but also makes the integration of ideological and political education in physical education courses encounter many difficulties and challenges.

4.3. The ambiguity of teachers' role orientation

When the mixed teaching method is adopted, the role and orientation of teachers have also changed. Teachers should not only have solid professional knowledge and teaching skills but also have excellent information technology application ability and ideological and political curriculum construction ability. However, many physical education teachers do not perform well in some fields, which makes it difficult for them to fully reflect the value of ideological and political education in the education process. At the same time, teachers' online and offline teaching cooperation is also facing challenges due to the lack of clear role orientation and guidance.

4.4. Students' differences and lack of learning motivation

As the core participants in the teaching process, students' participation and learning enthusiasm have a direct impact on the teaching results. Therefore, how to enhance students' enthusiasm and improve their learning effect has become one of the key contents of teaching reform in colleges and universities. When the mixed teaching method is adopted, the increase of individual differences among students and the lack of learning enthusiasm have become new challenges for ideological and political construction. Through questionnaire survey, we know that college students are generally interested in ideological and political theory courses but there are different degrees of exclusion psychology for the Online Plus Offline Mode. Because students are different in sports foundation, hobbies, and study habits, their acceptance and participation in online and offline teaching are also different. In order to better promote students' understanding of the cultural connotation of sports events and improve their mastery of sports technical skills, teachers need to adopt targeted teaching strategies according to the characteristics of students at different levels. In addition, some students lack learning enthusiasm and clear learning objectives in physical education courses, which makes it difficult for them to actively explore and absorb ideological and political-related content.

5. Conclusion

To sum up, the key to scientifically carrying out the ideological and political construction in college physical education classes based on online and offline mixed teaching modes is to integrate high-quality mixed teaching resources, strengthen basic technical support, and further promote the deep integration of the two teaching methods. Higher education institutions can further strengthen the ideological and political part of physical education courses and innovate their physical education teaching methods, thus improving the online teaching effect of college classrooms. In addition, colleges and universities should improve the evaluation system, improve teachers' professional quality and students' awareness of participation, and other measures to stimulate and enhance college students' interest and enthusiasm in learning physical education classes, so as to promote the progress and development of college students' ideological and political level and comprehensive ability. By implementing these diversified strategies, we can integrate ideological and political elements in college physical education courses more effectively, thus cultivating a new generation of young people with excellent quality to meet the needs of modern society.

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