

Exploration on the Path of Integrating Curriculum Ideology and Politics into College Physical Education Teaching

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Abstract: With the in-depth implementation of educational reform, college physical education should also keep pace with the times and focus on the integration of curriculum ideology and politics to improve the effectiveness and efficiency of talent cultivation. This enables graduates to engage in related work with high professional quality and dedication. To promote the smooth implementation of reform, it is necessary to cultivate students with both moral integrity and academic ability, so that they can better meet social needs. In this process, it is extremely important to face problems squarely and attach importance to the cultivation of students' comprehensive quality. College physical education involves complex teaching content with strong professionalism and practicality, which poses great difficulties for students in learning, understanding and mastering. Therefore, in the process of reform, attention should be paid to the training and improvement of students' comprehensive skills and literacy, and their employability should be continuously enhanced, so as to improve the quality of talent cultivation and education and teaching.

Keywords: Curriculum ideology and politics; College physical education; Teaching path

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1. Introduction

In May 2020, the Ministry of Education issued the Guidelines for the Construction of Curriculum Ideology and Politics in Institutions of Higher Education, which provided a clear direction for the construction of curriculum ideology and politics^[1]. College physical education is a key part of higher education. In addition to imparting sports knowledge and skills, it also undertakes the responsibilities of cultivating students' team spirit, collective sense of honor, patriotic feelings, etc. At the same time, it is also necessary to continuously improve students' physical fitness to lay a solid physical foundation for their study of other courses. Based on this, the integration of curriculum ideology and politics with physical education should focus on values education, effectively integrate it into the teaching of health knowledge, and combine it with sports training, so as to shape students' outlook on the world, life and values, and lay a talent foundation for the construction and development of a sports power^[2].

2. The role of integrating curriculum ideology and politics into college physical education teaching

2.1. Conducive to cultivating students' moral sentiments

An analysis of college physical education reveals that it encompasses two core values, moral cultivation and talent development, and bears distinct ideological and political characteristics. In sports, competition rules not only ensure the smooth conduct of games and uphold fairness and justice, but also serve as an important means to foster students' moral integrity^[3]. These rules not only enable students to clearly and comprehensively understand the norms governing their sports behaviors, but also, by restricting individual conduct, guide them to abide by rules, develop rule awareness, and lay a solid foundation for forming good moral behaviors. Furthermore, the emphasis on fair competition in these rules helps cultivate students' moral consciousness, enabling them to view opponents correctly and show them full respect. Additionally, they play a positive role in nurturing students' sense of integrity and responsibility^[4].

2.2. Conducive to cultivating students' sense of cooperation

Integrating curriculum ideology and politics into college physical education helps cultivate students' sense of cooperation. This integration value is first reflected in the creation of a sports atmosphere: in a relaxed and pleasant environment, students are more willing to communicate sports tactics and share exercise experiences, which is beneficial for developing their collaborative awareness and improving their communication skills^[5]. Secondly, it promotes the spirit of inclusiveness and friendliness, guiding students to try to put themselves in others' shoes when cooperating with others. This is especially important when the competition is not going well—by respecting and understanding teammates, and supporting and encouraging each other, the team's sense of cooperation and cohesion can be enhanced. Moreover, this integration value is also reflected in guiding students to clarify their roles in the team, take the team's goals as the direction of their personal efforts, and while strengthening their team awareness, cultivate their sense of social responsibility and commitment^[6].

3. Difficulties in integrating the concept of “Ideological and Political Education in Courses” into physical education teaching in colleges and universities

3.1. One-sided understanding of the concept of “Ideological and Political Education in Courses”

The effect of integrating ideological and political education into college physical education courses is closely related to teachers' understanding of this concept. At present, some teachers only have a superficial knowledge of the concept itself, and their understanding of its connotation and importance is relatively one-sided, resulting in poor teaching effects. For example, some physical education teachers believe that they only need to teach physical education content and are not responsible for ideological and political education, which they consider to be the duty of ideological and political teachers. Therefore, they do not attach sufficient importance to ideological and political goals when setting teaching objectives. In addition, the way teachers explore and integrate ideological and political elements is single, failing to resonate with students and achieve good educational results. Although some teachers reflect on the effectiveness of their educational efforts, the content of their reflections is insufficient, leading to no significant improvement in their educational capabilities. Their deviated understanding of the concept prevents ideological and political education in courses from exerting its full integration effect^[7].

3.2. Insufficient integration of professional knowledge and ideological and political education

A major difficulty in college physical education teaching is the inability to effectively integrate ideological and political education into physical education professional content, resulting in the two seeming to be integrated but actually operating independently. From a practical perspective, improving the quality of physical education teaching should adhere to the concept of pursuing truth, that is, following corresponding laws such as the law of the formation of motor skills and the law of changes in physiological functions. Ideological and political education in courses, on the other hand, emphasizes the integration of truth, goodness, and beauty to achieve their organic unity^[8]. When integrating ideological and political education into physical education teaching, some teachers focus on skill teaching while neglecting theoretical course teaching, leading to poor completion of teaching tasks. Specifically, they can only achieve the knowledge and skill objectives among the three-dimensional objectives, while ignoring the objectives of emotions, attitudes, and values. The superficial integration of ideological and political education with the teaching of physical education, professional knowledge, and skill training directly affects the shaping of students' outlook on the world, life, and values^[9].

3.3. Inability to quantify the effectiveness of integrating ideological and political education

To promote the high-quality development of physical education, it is necessary to focus on the core, which is to inspire students' souls, and ideological and political education is the concentrated embodiment of this core. At present, the integration of ideological and political education into physical education faces the problem that quantitative evaluation cannot be realized, mainly because ideological and political education and traditional subject teaching differ greatly in essence and objectives. For example, the effectiveness of subject teaching can be measured by exam scores, while ideological and political education mainly assesses non-quantifiable aspects such as students' values and moral qualities. For instance, college physical education teachers mainly use terms such as "patriotic feelings" and "ideological quality" when designing ideological and political objectives. Such teaching objectives cannot be accurately quantified, which adversely affects the effectiveness of their integration^[10].

4. Paths to integrate curriculum ideology and politics into college physical education teaching

4.1. Starting from the concept to improve teachers' cognitive level

The Guidelines for the Construction of Curriculum Ideology and Politics in Institutions of Higher Learning clearly state that the construction of curriculum ideology and politics should be promoted by category according to professional characteristics, and the concept of curriculum ideology and politics should be fully integrated into classroom teaching. The key to integrating curriculum ideology and politics into college physical education teaching lies in the integration of concepts. On the one hand, colleges and universities should attach greater importance, formulate relevant policies based on their own conditions, encourage physical education teachers to conduct in-depth research and practical exploration in this field, promote its effective integration at the institutional level, and facilitate its innovation. On the other hand, colleges and universities should carry out regular training programs and encourage teachers to actively participate, to deepen their understanding of this concept and improve their cognitive level. For example, through training related to curriculum ideology and politics, seminars, and forums, teachers' traditional concepts can be transformed, and their integration ability can

be enhanced^[11].

4.2. Optimizing professional knowledge and ideological and political resources to establish and improve the content system

In the college education system, physical education is an important component. When the sports industry develops vigorously, the professional development of the physical education discipline will be smoother, which is conducive to highlighting the value of physical education courses in resource integration.

Firstly, attention should be paid to improving the ideological and political content of this course, constructing its content system, and focusing on the integration and infiltration of socialist core values. To this end, schools should pay attention to the top-level design of this teaching, promote its internalization and transformation, and integrate its value commonalities and connotations, so as to successfully overcome the difficulties in the integration of the two. In this context, full play should be given to sports functions, such as enabling students to enjoy sports fun and enhance their physical fitness, to advance the integration process. To improve students' personality, universities should effectively integrate ideological and political elements, such as rule awareness and team spirit, making a sound personality an important foundation for their education. Through targeted education and guidance, students' awareness of the rule of law can be cultivated, good habits can be developed, and physical education courses can become a compulsory course for students to cultivate the spirit of abiding by the law and being honest.

Secondly, teachers should embed ideological and political elements into the curriculum objectives when formulating them. The curriculum objective is to guide students to master sports-related knowledge and skills through learning, improve their physical fitness, cultivate patriotic feelings and healthy personalities, and ultimately achieve the fundamental task of fostering virtue through education. When integrating curriculum ideology and politics into physical education teaching, the following points should be noted: it should be implemented throughout the entire teaching process, respect students' subject status, take education as the fundamental goal, deeply explore the educational functions contained therein, and create a new pattern of talent training; the goal of cultivating students' will quality and improving their moral literacy should be organically combined with the goal of curriculum ideology and politics, and through targeted education, students' will quality can be strengthened and their moral behaviors can be elevated, so as to promote students' all-round development and healthy growth through the joint efforts of education; the fundamental task of college physical education teaching is to cultivate qualified builders and successors of socialism, and curriculum objectives should be formulated based on this, demonstrating the discipline's functions, mainly referring to the ideological and political education function.

Thirdly, an in-depth exploration of ideological and political resources in physical education courses should be conducted. To improve the quality of physical education teaching, it is necessary to grasp students' learning situation, follow their growth characteristics and cognitive laws, be bold in innovation, and endow the integration of curriculum ideology and politics with more vitality. For example, in practical teaching, teachers can start from social sports news hotspots, integrate sports events, sports stars, and sports spirits into teaching, which not only attracts students' attention but also improves their learning interest and enthusiasm for participating in classroom teaching, helping them develop correct outlooks on the world, life, and values. For instance, to win a volleyball game, every team member is duty-bound to perform their duties well in their respective positions; only in this way can the team's performance be guaranteed. For example, the receiver should be responsible for passing the ball in place, and the setter should pass the ball well, so that when the ball is passed to the spiker, the offensive

task can be completed. The same applies to other team competitions, which require every team member to have a high sense of responsibility. Such teaching design is conducive to cultivating students' sense of responsibility and dedication. In teaching, teachers guide students to learn various sports skills and tactics, enabling them to break through and surpass themselves, thereby achieving the goal of tempering their willpower.

4.3. Improve the evaluation system and highlight its educational function

First, further clarify the orientation of evaluation, that is, to enable curriculum-based ideological and political education to give full play to its role in shaping students' values, integrate it into physical education teaching, and achieve educational goals. Second, expand the scope of evaluation to include teaching design and process. For example, regarding teaching objectives, specific requirements for curriculum-based ideological and political education should be clarified to promote their organic integration; for the integration into teaching content, it is necessary to deeply explore the ideological and political elements contained therein to enrich its educational connotation; for the integration into teaching methods, students should be inspired to think through questions, especially those related to values, so that students can understand the relationship between physical education and ideological and political education; for the integration into teaching process, students should be encouraged to speak freely and express their opinions, and guided by such values to cultivate students' value identification; for the integration into teaching effects, attention should be paid to students' recognition of the content, understanding of their cognitive level, and analysis of students' performance in class to grasp their values. Finally, evaluation indicators should be continuously adjusted. For instance, various evaluation materials generated during the integration process and teacher-student evaluation content should be used as optimization indicators, so as to demonstrate the educational effect of curriculum-based ideological and political education while improving the educational ability of physical education teachers.

5. Conclusion

In summary, integrating ideological and political education through courses into college physical education conforms to the trend of educational development and the laws of talent growth and success. Therefore, university educators should actively change their concepts to gain a more comprehensive and clear understanding of the concept, connotation, and importance of ideological and political education through courses, so as to actively implement this concept in physical education and strengthen the cultivation of students' core physical education literacy. Starting from the concept, this paper discusses ways to improve teachers' cognitive level, optimize professional knowledge and ideological and political resources, and establish and improve the content system, aiming to improve the quality of college physical education while enhancing the efficiency and effect of talent cultivation.

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