

Rational Practice and Deep Reflection on Integrating Ideological and Political Theory Courses into College Physical Education Teaching

Pan Shao Hong
Xichang University
XiChang, 615000, Sichuan, China

Abstract: Based on the research on the practical teaching system of ideological and political theory courses in physical education institutions, combined with the practices and experiences accumulated in the practical teaching of ideological and political theory courses in Harbin Institute of Physical Education in recent years, this paper attempts to propose the basic composition, innovative expansion, and operational guarantee of the practical teaching system of ideological and political theory courses in physical education institutions. It is expected to provide valuable reference for the construction and reform of practical teaching of ideological and political theory courses in national universities. The discipline of physical education itself has inherent advantages in ideological and political education work. However, the various problems that have permeated the existing teaching process also require substantive adjustments in the future education process, especially the connection between the current development status of physical education teaching in universities and future education work, which is the core content of the current situation.

Keywords: Rational Practice, Deep Reflection, Ideological and Political Theory, Physical Education Teaching

1. INTRODUCTION

For a long time, the problem of integrating theory with practice has not been solved in ideological and political theory courses in universities. There is a lack of stable and effective practical links, a single form of practical teaching, a lack of funds, and a lack of management, resulting in poor teaching effectiveness and a widespread phenomenon of students' "knowledge and action disconnection". The practical teaching of ideological and political theory courses in physical education institutions not only faces common problems and difficulties in universities, but also has its own practical problems and favorable conditions for deepening reform. The breakthrough of reform lies precisely in the neglected practical teaching. Physical education and ideological and political education may seem completely unrelated, but they are complementary and interconnected.

The integration of ideological and political education into physical education teaching is not only a manifestation of the teaching objectives of physical education courses, but also a realization of the educational goals of schools. At the same time, it can also strengthen the body and prevent diseases. On the contrary, in physical education teaching, each teaching link contains ideological and political values, such as perseverance during practice and unity and cooperation during competitions. From this perspective, physical education, and ideological and political education present, interact, and influence each other. According to the basic labeling of talent in modern society, talent should possess corresponding skills and mental health levels, rather than simply having a knowledge reserve structure. Therefore, teachers need to cultivate talents with comprehensive development, make them a sustainable driving force for social development, achieve comprehensive coordination in their knowledge, abilities, and other aspects, promote healthy social development, and promote comprehensive social progress.

The characteristics of physical education teaching in universities determine that college students need to face both physiological and psychological loads and pressures. To fully develop students' personalities and promote their comprehensive improvement of psychological quality, it is first required that they have a certain level of sports psychological load bearing ability. In other words, college students need to bear the corresponding physiological and psychological loads of sports to truly reflect the value and role of physical education teaching in universities. It is not difficult to find that physical education teaching in universities has the unity of body and mind, and the two complement each other and have a very close connection. It undoubtedly has a huge impact on the coordination and unity of the physical and mental development of college students. Classroom teaching practice is different from teacher led classroom teaching, and its main characteristics are the interactivity, equality, and participation of teaching activities.

Teachers use case-based teaching, discussion-based teaching, simulated teaching, knowledge competitions, film and television watching, keynote speeches, and writing papers in classroom teaching based on students' actual thinking. Modern teaching methods such as multimedia and internet are used to transform passivity into initiative and passivity into positivity, greatly enhancing the effectiveness and pertinence of ideological and political theory classroom teaching. In the current era of comprehensive development of core competencies, the teaching concept of scientifically guiding applied university teachers is widely recognized, but the current situation of integrating physical education into ideological and political education in universities is not optimistic under the new situation. Firstly, physical education teachers do not fully implement the integration of ideological and political education in physical education teaching, and most of them only talk about it without truly integrating it into ideological and political education. Secondly, due to various factors, physical education courses are generally not valued,

and physical education teachers usually have a low status. As a general education course in universities, they believe that the difficulty coefficient is low, which affects teachers' teaching enthusiasm.

2. THE PROPOSED METHODOLOGY

2.1 The Basic Composition of Practical Teaching Activities for Ideological and Political Theory Courses in Physical Education Institutions

Provide multi-level and potential guidance in various teaching stages to enable students to have a proactive learning attitude and complete self-management and self-education. From the current trend of educational integration, the innovative characteristics of modern education can be brought into play through the construction of sports culture, achieving a management model of "ideological and political integration", effectively utilizing ideological and political education resources to integrate into physical education teaching, using sports culture as the main carrier, strengthening extensibility construction, and constructing a pattern of ideological and political education with full participation. Universities are vigorously expanding enrollment, and the number of students is increasing. From the perspective of physical education teaching, it is necessary to change ideological concepts and improve educational models in the process of carrying out ideological and political education work, to promote the smooth development of teaching work. However, as the contradiction between the level and scale of students becomes increasingly prominent, the individual differences in the development of ideological and moral character among students become increasingly prominent, and the targeted and purposeful nature of ideological and political education itself is lacking.

In addition, the infrastructure construction of physical education teaching in many universities is not in place, making it difficult to adapt to the development situation of modern education, such as incomplete sports facilities, insufficient venues, and inadequate construction of teaching staff. Obviously, these contradictions have reduced the effectiveness of ideological and political education in higher physical education teaching. Actively carrying out online practical education and relying on the internet to carry out practical teaching can not only make up for the shortcomings of traditional practical teaching, but also broaden the channels and content of practical teaching of ideological and political courses in universities. It is not only an effective method to improve teaching effectiveness, but also a relatively independent ideological education network practical teaching platform.

Fully tapping into physical education teaching resources and infiltrating ideological and political education, the integration of physical education into ideological and political education should be seamless from a theoretical perspective. However, many teachers are only enthusiastic about the integration of surface and formal aspects, without starting from internal emotional and motivational needs, and have not thoroughly studied how to carry out physical education and ideological and political education effectively and systematically. The content of higher physical education teaching in China is too rigid and rigid. We need to break the misconception that physical education teachers only focus on professional knowledge and neglect ideological and political education, solve the problem of disconnection between physical

education and ideological and political education, continuously enrich teaching latitude when designing course content, and attach importance to the application of ideological and political education functions. Regular physical education classroom teaching is a key element in integrating ideological and political education, and a basic way to strengthen moral education. It plays a significant role in the entire teaching process. For example, in physical education courses, students need to quickly form teams, which can cultivate their awareness of obeying orders and adhering to discipline. In teaching, it is necessary to utilize sports equipment, and through the management and organization of equipment, to make students aware of the role of caring for public property, which is also an educational content at the ideological level. Such educational information can effectively penetrate daily teaching practices.

2.2 Specific Strategies for Integrating Physical Education into Ideological and Political Education

According to the "Regulations on School Sports Work", under basic conditions, ordinary higher education institutions can establish sports management departments and arrange specialized management personnel and full-time cadres to be responsible for related work. However, relevant surveys show that most universities in major provinces and cities in China are currently in a blank stage in the construction of functional departments related to sports work. Only a very few universities are equipped with full-time sports management personnel, which is clearly not conducive to the development of ideological and political education in higher sports teaching. Effectively focusing on the ideological and practical issues that college students are concerned about, choosing social hotspots, and paying attention to social difficulties, we must not only meet the requirements of the main melody, amplify the sound, enhance positive energy, but also meet the needs of different student groups, and prevent a thousand articles from being the same. The second is to select educational resources in a timely manner. To reflect the modernity, be realistic and youthful, and fully reflect the latest research results and innovative theories of ideological and political courses.

For physical education teachers in universities, fixed teaching thinking and unchanged teaching models lead to stagnant teaching abilities and knowledge levels. Integrating physical education and ideological and political education is a new challenge to teachers' teaching abilities and knowledge system. Firstly, physical education teachers should clarify the importance of ideological and political education, start from themselves, actively learn ideological and political knowledge, and guide students to firmly stand firm while learning professional knowledge. Raise awareness. Secondly, integrate ideological and political education throughout the entire process of physical education teaching, fully utilize the main channel of the classroom, and integrate value shaping into the curriculum, adhering to the guidance of moral education.

College physical education textbooks have a rich and diverse content, which fully reflects the ideological and political education content in college physical education teaching based on practical needs. Taking long-distance running in physical education teaching as an example, the purpose of this sport is to cultivate students' tenacious and resilient willpower. For example, basketball is aimed at strengthening students' team spirit. Basketball technology teaching

emphasizes the development of individuality and requires students to possess brave and decisive spiritual qualities. However, the tactical teaching of basketball emphasizes overall coordination and cooperation, requiring students to obey orders and remain calm.

It is not difficult to find that these teaching activities are all implemented based on the content of the textbooks. Therefore, teachers must fully explore the content of the textbooks in the process of infiltrating ideological and political education, and organically combine the two together. Only in this way can the role and value of ideological and political education in college physical education be reflected. Professional internship practice accounts for a considerable proportion in various professional training plans and has a fixed schedule and corresponding practical funds. The internship practice locations are relatively concentrated, which brings great convenience to the widespread development of practical teaching in ideological and political courses and provides a ready-made platform that can be utilized. Internship includes educational internships for students majoring in teacher education, professional internships for students majoring in non-teacher education, and graduation internships for students majoring in various fields.

3. CONCLUSION

Ideological and political education work is a lengthy task, and physical education teaching is also a long-term systematic requirement. In the current physical education teaching in universities, ideological and political education has achieved certain results, but there are still shortcomings. In future education work, we should actively optimize the existing educational environment, while deeply developing and fully expanding the ideological and political elements in physical education courses, maximizing the educational value of physical education courses, stimulating the value attributes of physical education courses, achieving the same direction of "curriculum ideological and political" and "ideological and political courses," elevating curriculum ideological and political awareness to the institutional level, promoting institutional environment, and improving institutional design, Feedback the practical and research achievements of teachers into teaching, and achieve the "three comprehensive" education pattern.

4. REFERENCES

- [1] Wang Biao Dou Junlin Design of Physical Education Teaching Mode in Ordinary Universities ① [J] Contemporary Sports Technology, 2015
- [2] Zheng Shuai, Dai Lili Research on the Construction of Practical Teaching for Cultivating Ideological and Political Theory Courses in Physical Education Institutions [J] Speed reading (late), 2018, 000 (002): 140-141
- [3] Li Minghan, Yao Lei the Practical Dilemma and Desirable Pursuit of the Professional Development of Physical Education Teachers in China [C]//Compilation of Abstracts from the 11th National Sports Science Conference two thousand and nineteen
- [4] Qu Yanchao A rational examination of the integration of excellent traditional Chinese culture into the teaching of ideological and political theory courses in universities [J] Journal of Social Sciences of Shanxi Higher Education Institutions, 2017, 29 (11): 6
- [5] Yushiguo Theoretical Research on the Integration of Ideological and Political Education into Physical Education Teaching in Universities [J] Innovation and Practice of Teaching Methods, 2020, 3 (4): 233
- [6] Hong Yu The Practice of Integrating Ideological and Political Education into Physical Education Teaching in Universities [J] Reference for Middle School Political Teaching, 2021 (44): 1.
- [7] Jiang Chunxia Reflection on the Path of Integrating Clean Family Style into Ideological and Political Theory Courses in Universities [J] Heilongjiang Education: Theory and Practice, 2022 (11): 9-11
- [8] Song Zhiqiang Highlighting the Beijing flavor and enhancing the affinity and pertinence of ideological and political theory courses - Theoretical thinking and practical exploration of integrating Beijing educational resources into the teaching of ideological and political theory courses in universities [J] Beijing Education: Moral Education, 2020
- [9] Guan Jinling, Lu Xiaoli Practical Reflection on the Integration of Party History Education into Ideological and Political Theory Courses in Universities: Taking the Course "Introduction to Basic Principles of Marxism" as an Example [J] Taste · Classic, 2021 (19): 4.
- [10] Zhao Siyu Analysis of Practical Approaches to the Integration of College Physical Education Teaching and Curriculum Ideological and Political Education [J] Leisure, 2021, 000 (014): P.1-1
- [11] Chen Hui, Jiang Xiaojun the Construction and Operation of a Practical Teaching System for Ideological and Political Theory Courses in Physical Education Teaching in Colleges and Universities -- Also on the Construction of Practical Teaching for Ideological and Political Theory Courses in Colleges and Universities [J] two thousand and nineteen
- [12] Yang Xiaojun Practice and Reflection on Integrating Employment and Entrepreneurship Education into the Teaching of Ideological and Political Theory Courses in Universities in the New Era [J] Employment of Chinese College Students, 2020 (24): 5.
- [13] Zhang Heli Research on Online Teaching Reform of Public Physical Education in Universities Based on MOOC [J] Curriculum Education Research: Research on Learning and Teaching Methods, 2019 (22): 2.
- [14] Wang Xuefeng, Wang Sanbao Rational Thinking on the Teaching Evaluation Reform of Track and Field Specialized Courses in Sports Education Majors in Chinese Physical Education Institutions [J] Journal of Jingchu Institute of Technology, 2017, 32 (4): 6