

Sports education: the importance of ideological and political realization of physical education courses in colleges and universities in the new era

Wei SHI

School of Physical Education, Taiyuan Normal University, Jinzhong 030600, China

Abstract: This article discusses the advantages of physical education courses from the aspects of physical education requirements, sports ideological construction, etc. The conclusion shows that the construction of physical education courses is driven by intensive learning, which is conducive to the construction of sports discipline and education, adhering to discipline and responsibility, being brave and unremitting, not afraid of danger, overcoming difficulties, distinguishing right from wrong, and pursuing truth, etc. It is also conducive to strengthening the internal motivation of learning and highlighting the importance of university sports construction.

Key words: ideology and politics of physical education curriculum; curriculum ideological and political construction; importance

1 Introduction

In December 2016, the General Secretary emphasized at the National Conference on Ideological and Political Work in Colleges and Universities that ideological and political theoretical courses in colleges and universities must persist in strengthening the process of improvement to enhance the affinity and pertinence of ideological and political education and meet the growth and development needs of students. All other courses should maintain a certain channel and plant a good field of responsibility, so that all kinds of courses and ideological and political theory courses are in the same direction, which also points out the direction of college physical education curriculum reform [1]. Under the guidance of the new era of socialism, college students shoulder the great responsibility of national rejuvenation and occupy a leading position in the development of a sports power. Facing the complex international situation, colleges and universities should deeply explore the ideological and political elements of physical education courses, which are beneficial to the curriculum. The construction of ideological and political education has become an important task to change the current situation of "growing in intelligence, neglecting moral education, and weakening in physical fitness". The construction of ideological and political education in physical education courses has become an important task. The importance of ideological and political education in physical education courses in colleges and universities has become more and more prominent.

2 Ideology and politics in physical education courses are the requirements of the Party and the country for physical education

The health of all people is a necessary condition for a comprehensive well-off society, and strong sports are also one of the necessary conditions for a strong China. In the critical period of the "new era" of the great rejuvenation of the Chinese nation, the construction of a strong sports country is in full swing, and improving the health level of the whole people has been elevated to a national strategy. In order to meet the fitness needs of our people, the comprehensive development of college students' moral, intelligence, physique, artistic and labor has become the key to physical education in colleges and universities [2]. The promulgation of the *"Healthy China 2030" Planning Outline*, the State Council's *Opinions on Implementing the Healthy China Action* and the *Outline for Building a Sports Power* all point out that the era of sports has arrived. In 2018, *On Accelerating the Construction of High-Quality Undergraduate Education and Comprehensively Improving Talent Training Capacity Building* pointed out that "cultivating moral integrity and people" is the key, and the importance of ideological and political education in courses must be strengthened and rapidly promoted. In 2020, the *Guiding Outline for the Construction of Ideological and Political Curriculum in Colleges and Universities* proposed that it is necessary to strengthen the development and construction of ideological and political courses, focus on combining the characteristics of various disciplines, and deeply explore the key role of ideological and political curriculum education. The key points and development points are also the guide for the ideological and political development of various types of courses. The promulgation of these documents on the ideological and political construction of physical education courses shows the great importance attached by the National Party Central Committee and provides important impetus for the ideological and political construction of physical education courses.

3 Curriculum ideological and political construction physical education has advantages

Strengthening physical fitness, improving health, and exercising people's strong will are the fundamental characteristics of sports. Sports not only have internal characteristics, but their external characteristics also show that sports people have strong will, patriotism, abide by disciplines and rules, are brave and responsible, not afraid of hardships, distinguish right from wrong, and pursue truth, goodness and beauty, etc., which can better integrate students' bodies and individuals. Cognition is organically combined. Under the guidance of Marxist thought, students' cognition and personal thoughts and beliefs form a lifelong strong bond, which contains innate advantages.

3.1 Strengthening the internal driving force of learning is conducive to the ideological and political construction of physical education courses

The value of physical education courses itself lies in "sports", and the value of ideological and political courses itself lies in "educating morals" [3]. Sports ideological and political courses themselves contain rich elements of "educating morals". Further exploration will strengthen the internal driving force of sports ideological and political learning. College students are the future successors of the country and important leaders responsible for the country's future national rejuvenation. Their health is related to the future of the country. University education promotes students' physical and mental development, and physical and mental development is inseparable from sports. The perfect personality is focused on sports. The power of sports can change the world, and it can also change people. Sports are not only beneficial to students' physical health, intellectual development, and improvement of their communication skills, but are also conducive to cultivating their perseverance, hardship and hard work spirit [4].

In the final analysis, talents and education are the key to realizing the great rejuvenation of our Chinese nation. Carrying out ideological and political construction of physical education courses, emphasizing moral education and educating people will be more conducive to guiding college students to be diligent, ambitious, rich in knowledge and superb quality, and have the courage to become the successor of the new era [5].

3.2 Improving patriotism is conducive to strengthening the internal drive for learning

The realm of sports has the remarkable ability to evoke sentiments of patriotism among people. In the teaching of physical education courses, the integration of physical education and patriotic education is a symbol of the spirit of the Chinese nation, especially the spirit of the women's volleyball team, which reflects that unity is the foundation and patriotism is the core [6]. No sports are completely transcend political elements. Every time an athlete goes out, he has a mission. Even if he does not represent any country or individual, or any race or group of people, he is still a member of the country and a race. If a person is not devoted to patriotism, lacks the courage and spirit to hard work, there will be no spirit of women's volleyball team. The charm of sports is the display of patriotism and the concentration of the essence of sports spirit. It is this spirit that allowed them to work hard to win the "five consecutive championships", ultimately winning honors for the country and strengthening the national cohesion and self-confidence [7].

3.3 Observing disciplines and rules is conducive to strengthening learning drive

"No rules can make a circle" [8]. Since ancient times, study and life have required strict discipline and standards. In physical education, discipline and rule constraints are even more needed. Whether it is a team project or an individual project, discipline and rules are inseparable, for example, individual sports also require discipline and rules. As far as running is concerned, the importance of rules is often emphasized during the competition. When and how to start are all restricted by rules. Team sports require strict discipline, unity and cooperation, which are the essence of the victory of our national women's volleyball team. These ideological and political elements in physical education courses are more conducive to cultivating students' awareness of self-discipline and self-control, forming the overall concept of fraternity and the idea of unity, and becoming responsible successors [9].

4 Conclusion

Physical education courses are a purposeful, conscious and organized teaching process that teaches students basic knowledge, basic techniques and skills, and cultivates students' intelligence, physical strength and moral qualities. Physical education courses have both commonalities and particularities with other courses. Therefore, in the context of epidemic prevention and control, the ideological and political construction of physical education courses is particularly important. As far as school education is concerned, first of all, it is the basic way to realize the goals and tasks of school physical education. Secondly, physical education courses include the characteristics of teaching venues, equipment and teaching organization forms. Only by deeply understanding the relationship between physical education courses and other courses can we carry out ideological and political education in a targeted manner and integrate the ideological and political education concepts into the physical education curriculum. The two complement each other and can better lay a solid foundation for ideological and political education and vigorously explore the moral education elements contained in sports. In physical education teaching, the overall design of physical education classes is guided by values, such as cultivating and practicing patriotism, abiding by disciplines and rules, being brave and responsible, not afraid of hardships, overcoming difficulties, distinguishing right from wrong, and pursuing truth, goodness and beauty, which are organically integrated into physical education teaching. The whole process highlights the educational function of sports and makes due contributions to cultivating qualified successors to the cause of socialism with Chinese characteristics.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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About the author: Shi Wei, Male, 1983, Associate professor, The research direction is sports teaching and training and competition organization and management.