

Research on the integration paths and practices of ideological and political education in college physical education courses

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Abstract: Curriculum-integrated ideological education is the core requirement for university education in the new era. University sports, as an important carrier of quality-oriented education, possesses dual functions of strengthening physical fitness and fostering moral character. It is an important platform for integrating curriculum-based ideological education. Currently, the integration of curriculum-based ideological education in university sports still faces problems such as awkward integration, single-dimensional carriers, and insufficient teacher competence, thus failing to fully leverage the synergistic effect of physical education and ideological education. This paper, based on the practical teaching of university sports, clarifies the core connotation and integration significance of ideological and political education through physical education courses, analyzes the existing deficiencies in the integration process, proposes targeted integration paths verified by practical research, in order to provide simple and feasible references for the high-quality integration of curriculum-based ideological education in university sports, and help cultivate college students with comprehensive qualities of morality, physique, aesthetics, and labor skills.

Keywords: university sports; curriculum-based ideological education; integration paths; practical research

1 Introduction

In the new era, cultivating virtue and fostering talents is the fundamental task of universities. As an important approach to fulfilling the fundamental task of fostering virtue and morality, curriculum-based ideological and political education requires integrating ideological and political elements throughout the teaching of all courses. University physical education courses not only undertake the mission of improving students' physical fitness and teaching sports skills, but also contain rich ideological and political elements, such as rule awareness, teamwork, and the spirit of striving, which are highly consistent with the educational goals of ideological and political education [1].

2 Significance and deficiencies in integrating ideological and political education into college physical education courses

The integration of ideological and political education into college physical education courses is crucial for achieving the coordinated development of physical education and ideological and political education. However, there are still many problems that need to be addressed in the current integration process, which can be divided into two points.

2.1 Core significance of integrating ideological and political education into physical education courses

On the one hand, it helps to implement the fundamental task of fostering virtue through education. The ideological and political elements such as competitive spirit, rule awareness, and resilience in the physical education courses can subtly influence students' values, helping them establish correct worldviews, outlooks on life, and values, and cultivating excellent qualities such as perseverance and teamwork. On the other hand, it enriches the educational content of physical education courses. By breaking the teaching model that overemphasizes skills while neglecting education, this integration can not only enhance students' physical fitness but also realize the goal of "shaping character through sports and fostering virtue through physical education", thereby improving students' comprehensive qualities, and meeting the needs of the all-round development of contemporary college students [2].

2.2 Existing shortcomings of integrating ideological and political education into physical education courses

Firstly, the integration of ideological and political elements is rigid and perfunctory, lacking organic integration. Some teachers separate ideological and political education from physical education teaching, inserting ideological and political slogans in a forced manner, failing to explore ideological and political elements in light of the characteristics of sports events, leading to a disconnection between ideological and political education and skill teaching, which is thus unacceptable to students. Secondly, the integration carriers are single and the forms are fixed. Most of them are based on oral instruction in the classroom, lacking diverse integration forms, such as sports competitions and outdoor practices, which are difficult to motivate students' participation. Thirdly, the overall quality and competence of the teaching staff need to be further improved [3].

3 Specific paths and practices for integrating ideological and political education into college physical education courses

3.1 Optimize teaching content and integrate ideological and political elements organically

Based on the characteristics of different sports events, teachers should precisely extract the ideological and political elements contained therein, so as to achieve a deep integration of ideological and political education with skill teaching, avoid the disconnection between ideological and political elements and teaching content, and enable ideological and political education to naturally integrate into the entire process of skill learning. In ball sports teaching, not only should skills such as passing, shooting, and defense be taught, but also the concepts of teamwork and fair competition should be integrated into training and competition scenarios, guiding students to understand that "individual effort alone is hard to win, while teamwork ensures victory", and in cooperation training, they should learn communication, tolerance, and mutual assistance, and in competitive competitions, they should abide by rules, respect opponents and face gains and losses calmly in competitions. In track and field teaching, spirit of perseverance and persistence should be integrated into different events such as long-distance running and sprinting. It guides students to overcome physical fatigue and fear of hardship in endurance training, and fosters their courage to forge ahead and challenge themselves in sprint practice [4].

3.2 Innovate teaching methods and enrich integration forms

We should break the single classroom teaching model and adopt diverse teaching methods to integrate ideological and political education. By considering the age characteristics and interests of students, we can innovate integration forms to enhance students' participation and experience, making ideological and political education more attractive and effective. Firstly, we can rely sports competitions to build a platform for ideological and political education. Through class leagues, school-level friendly matches, and fun sports competitions, students can hone their qualities in competitive practice, develop teamwork awareness and collective honor in group confrontations and collective competitions, and learn to face differences, respect opponents, and remain determined in the face of victory and defeat, so as to enhance their resilience against setbacks, improving their ability to resist setbacks. Second, we should carry out outdoor practical activities and

volunteer activities to enhance the educational effect [5].

3.3 Strengthen teacher training and enhance integration capabilities

Teachers are the core force for integrating ideological and political education into physical education courses. Only by improving the ideological and political literacy and integration abilities of physical education teachers can the integration of ideological and political education into physical education courses be implemented effectively, so as to achieve the organic unity of skill teaching and ideological and political education. First, systematic training should be carried out to establish a hierarchical and categorized training mechanism [6]. Regular special training, teaching seminars and experience-sharing activities on ideological and political education should be organized for PE teachers. Experts in ideological and political education and outstanding PE teachers can be invited to share experience and methods of integrating ideological and political elements into courses, so as to improve teachers' theoretical attainments and practical teaching abilities. Teachers should be guided to accurately identify the integration points between ideological and political elements and physical education teaching, so as to avoid rigid and forced integration. Second, a sound teaching research mechanism should be established. Teaching research groups can be set up on the basis of departments or disciplines. Teachers should be encouraged to discuss the integration approaches of ideological and political education in different sports events and design targeted teaching cases.

4 Conclusion

In conclusion, integrating ideological and political education into university physical education courses is an important measure to implement the fundamental task of fostering virtue and promoting all-round development and enrich the connotation of physical education. Currently, there are still problems such as awkward integration, single-dimensional carriers, and insufficient teacher competence in the integration of ideological and political education into physical education, which have restricted the effectiveness of education. Therefore, universities should ground themselves in physical education teaching practice. By excavating ideological and political elements, innovating integration models, strengthening teacher development, and refining evaluation mechanisms, they can advance the deep integration of physical education and ideological-political education.

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Conflicts of interest

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

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