

The necessity of integrating physical education courses with ideological and political education

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Abstract: This article discusses the ideological and political education in physical education courses as a requirement of the Party and the country for physical education, and the fact that physical education and ideological and political education go hand in hand in the context of physical education. The conclusion shows that enhancing the attractiveness of physical education courses is conducive to the ideological and political education of the curriculum. Political construction, the integration of teaching content, and the coordination of teaching methods have promoted the attractiveness of physical education courses and highlighted the necessity of integrating ideological and political construction into physical education courses.

Key words: ideological and political education in physical education courses; physical education; necessity

1 Introduction

In September 2018, it was emphasized at the National Education Conference that the core of educational development is "cultivating people with moral integrity" and that "cultivating people with moral integrity" occupies a dominant position in the development of higher education in the new generation [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 deeply explore the ideological and political elements of physical education courses, and sports education is 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 necessary conditions for the Party and the country to carry out physical education

2.1 Interpretation of ideological and political education in physical education courses

The ideological and political education is based on curriculum and supplemented by disciplines. The form of ideological and political education includes principles, requirements, content, curriculum design, teaching material development, curriculum implementation, curriculum evaluation, etc. The elements of ideological and political education are integrated into the subject teaching process. The two complement each other and promote the development of various

courses and ideological and political education to go in the same direction and form a synergistic effect [3].

Ideological and political education in physical education courses is to explore the hidden ideological and political education elements in physical education courses. It takes physical education courses as the main body and integrates the educational principles, requirements, content and purposes of physical education courses with the design of physical education courses, the development of physical education teaching materials, the implementation of physical education courses. It is a form of ideological and political education in physical education courses that is organically combined with curriculum evaluation and other aspects. Ideological and political education plays an important role in establishing a correct outlook on life, world view and values for students. The integration of ideological and political education into physical education can effectively improve the quality of physical education. The construction of ideological and political education in physical education courses is a requirement of the Party and the country for physical education.

2.2 Ideology and politics in physical education courses are the fundamental requirements of the Party and the country for physical education teachers

On May 2, 2018, a speech was carried out at a symposium of teachers and students at Peking University, which pointed out that "people without morality cannot be established". Morality is the essence of educating people, and the foundation of running a good school. If a school wants to run well, the fundamental standards and goals of all school work must be based on "cultivating people with moral character". It is necessary to not only pay attention to cultivating people with moral character, but also educate all employees and educate people in an all-round way [2]. The speech not only emphasized the importance and urgency of ideological and political courses at the school's ideological and political teachers' symposium, but also pointed out that the key to running ideological and political courses well lies in teachers. From the perspective of cultivating moral integrity and cultivating people, teachers' responsibility is to teach and educate people. Teachers of various subjects as well as teachers of professional and theoretical courses should not only teach knowledge and skills in the classroom, but also be role models and educate people morally, making "cultivating people with moral integrity" as the key starting point. Secondly, the outbreak of the epidemic has made the Chinese people deeply aware that while the country attaches great importance to ideological and political education, it must also pay attention to health. Sports can make people enhance physical fitness, re-examine the development of sports, and love physical exercise. Physical education courses are different from other knowledge-teaching subject courses. In the physical education courses, the development contains rich ideological and political education concepts, including striving for truth, unity and cooperation, and healthy and upward spiritual and cultural pursuits. Constantly exploring ideological and political elements in physical education courses and physical education teaching processes can strengthen the educational role of physical education courses. Ideological and political concepts are integrated into physical education courses, and the two are integrated to enable students to develop in an all-round way morally, intellectually, physically, aesthetically, and physically. Physical education teachers are practitioners of ideological and political education in physical education courses. Ideological and political education in physical education courses is a fundamental requirement of the Party and the state for the responsibility of physical education teachers.

3 Sports and ideological and political education go together in the context of sports education

Physical education courses are public compulsory basic courses offered by the National Education Bureau for all college students. Physical education teaching also occupies an important part in the school education system [4]. Teaching students basic skills, basic techniques and basic knowledge is a traditional teaching method in physical education courses. It has been pointed out that sports and development are the key to the development of the Chinese Dream. The concept of

physical education curriculum in the new era should not only teach students basic knowledge, basic skills and basic technologies, but also promote the development of students' physical and mental health and cultivate students' strong moral integrity, will quality and humanistic spirit. It emphasizes the integration of physical education courses under the concept of curriculum ideological and political education, and the realization of the organic integration of college physical education courses and ideological and political education. Students must not only gain a healthy body while participating in physical education teaching activities, but also explore competitiveness, cooperation, unity, pioneering spirit in sports activities, so as to rapidly promote the development of socialist successors with comprehensive development of morality, intelligence, physical education, aesthetics and labor [5]. The educational function and characteristics have become a direct link between physical education courses and ideological and political education. In the development of politics, we can better clarify their respective significant roles, so that sports and ideological and political education can go in the same direction in the context of sports education.

4 Enhancing the attractiveness of physical education courses is conducive to the ideological and political construction of the courses

Physical education courses are both internal and external courses. From ancient times to the present, physical education itself has occupied unique advantages. In today's new era of education, physical education courses not only have their own innate advantages, but also have a strong attraction for ideological and political construction.

4.1 Coordination of teaching methods promotes the attractiveness of physical education courses

Educator Mr. Ye Shengtao has said that there are methods for teaching, but there is no fixed method. The secret is that teaching is regular and principled, but the teaching model is not fixed. Traditional physical education teaching methods include explanation method, demonstration method, situational teaching method, decomposition method, practice method, game method, etc. Adding ideological and political concepts to physical education teaching and organically integrating ideological and political courses with teaching methods, not only strengthen the innovation of physical education courses, but also have a subtle impact on students. Nowadays, there are many "online teaching" models. This teaching method is no longer a traditional teaching method. On the basis of the original teaching design, rich teaching forms are added. Teachers can not only lead students to understand the innovation of physical education courses, but also lead students in situational education, role introduction, and enable students to better improve cognitive and emotional understanding from the current learning mode, and cultivate their patriotism, which have a subtle impact on their moral values and are conducive to improving the attractiveness of physical education course.

4.2 Teachers need to be strict with themselves and serve as role models to promote the attractiveness of physical education courses

Teachers are engineers of the human soul and bear a sacred mission. Those who impart knowledge must first be clear and trustworthy, and add ideological and political elements to the physical education process. On the one hand, teachers should teach by words and deeds, lead by example, be strict with themselves, and serve as role models for others; on the other hand, by promoting their spirit, students can establish correct values and moral values, which provide subtle education to students. Physical education teachers play a leading role in the ideological and political construction of physical education courses and teach the basic tasks of physical education. Physical education teachers also serve as leaders and instructors in the healthy path of students' physical education courses. The political literacy of physical education teachers should not only include ideological and political courses, but also the enhancement of ideological and political concepts so that teachers can feel the sense of honor and mission of cultivating socialist builders for the Party and the country in the new era.

4.3 Teachers need to conduct in-depth research to promote the attractiveness of physical education courses

Theory comes from practice. Teachers, as curriculum leaders, can only teach in a targeted manner and in accordance with their aptitude through in-depth research. Teachers can understand students' hobbies and characteristics through surveys, and flexibly change teaching strategies, teaching objectives and teaching plans according to classroom conditions, and finally complete teaching tasks. It is necessary to tap students' enthusiasm for learning and desire to explore knowledge, and promote innovation in physical education teaching, so as to enhance the attractiveness of ideological and political education in physical education courses.

5 Conclusion

Physical education curriculum is a purposeful, conscious, and organized teaching process that teaches students basic knowledge, techniques, and skills, and cultivates students' intelligence, physique, and moral character. Physical education and other courses have both commonalities and particularities. Integrating ideological and political education concepts into physical education curriculum, which complement each other, can better lay a solid foundation for ideological and political education, and vigorously explore the moral elements contained in sports.

Conflicts of interest

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

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