

# A review of the value role of civic politics in sports courses of private universities, the political trend and the construction path

Ji CHEN

Department of Physical Education, Zhejiang Yuexiu University, Shaoxing 312000, China

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**Abstract:** Civic politics in physical education curriculum is a new requirement for physical exercise and skill acquisition in classroom teaching in the new era under the synergy of national security, social needs and education development. It will be beneficial to the implementation of the educational goal of "building moral character" in physical education and health curriculum. Based on the research methods of literature, expert interview and mathematical statistics, it is found that: 1) Private colleges and universities have greater room for improvement in the cognition and implementation of the policy of thinking politics in physical education curriculum, and they need to continue to study many regulations promulgated by the government on thinking politics in curriculum; 2) The research on the physical education curriculum in the field of physical education and pedagogy is emerging, and it has gradually formed a research trend characterized by physical education colleges, subject specialties and hot spots; 3) Strengthening the study and implementation of government documents, providing feedback to solve social problems and conflicting demands, developing and designing the teaching contents of physical education classrooms to fit with the elements of Civic Government, and using traditional and new teaching methods will greatly improve the implementation of PE and health courses in private colleges and universities. The essence of educating people is to "establish moral education". Therefore, within the scope of higher education including private colleges and universities, ideological and political education of physical education and health courses needs to clarify the government decision-making and institutional requirements, meet the needs of the masses and social development, solve the reform of ideological and political teaching in physical education classroom, and realize the education goal of "cultivating morality and educating people" in the field of physical education.

**Key words:** physical education and health curriculum; civic education; efficacy value; methodological path; bibliography

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## 1 Introduction

The fundamental question of education is what kind of people to cultivate, how to cultivate people and for whom to cultivate people; the fundamental criterion to measure the quality of education work in colleges and universities is "cultivating people with morality"; the fundamental path to realize "cultivating people with morality" is the construction of curriculum thinking and politics [1]. The construction of curriculum thinking and politics not only helps students to build a correct worldview, outlook on life and values, but also influences and even determines the successor, the long-term stability of the country, the rejuvenation of the nation and the rise of the country. Based on the appeal of theoretical

and educational philosophy, since the 18th National Congress of the CPC, the Party Central Committee has attached great importance to the construction of "ideological and political courses" and "curriculum thinking and politics", and made a series of major decisions and deployments, such as the decisions the State Council issued in August 2019 (hereinafter referred to as *Opinions*), and the *Guidance Outline of Curriculum Civics in Higher Education* (hereinafter referred to as *Outline*) issued by the Ministry of Education in May 2020, which have been conscientiously implemented by various departments in all regions and schools at all levels through strong measures, making the construction of Civics in higher education achieve remarkable results. However, in the face of the new situation and new challenges at home and abroad, the content of teaching materials and knowledge is disconnected from the ideological and political education, teachers' awareness of thinking and politics and the ability to educate people are not strong, and the evaluation mechanism of thinking and politics and the support guarantee are not enough, etc. Among them, "the construction of Civics in private schools and Sino-foreign cooperative schools is relatively weak", not to mention the public basic course "Physical Education and Health", which leads to the uneven level of Civics curriculum in private colleges and universities and the unsatisfactory effect of education [2]. In view of this, this study, based on the interpretation of the *Opinions* and the *Outline*, has demonstrated the value and efficacy of the Civic Science and Political courses in private colleges and universities, analyzed the hot spots in the field of literature, and solved the constraints to development and the paths to realization, which organically combines value shaping, knowledge transfer, and ability development in physical education ideological and political courses.

## **2 The value and function of the construction of physical education courses**

2.1 The construction of political thinking in physical education curriculum is an important way to achieve the task of moral education

Moral education is the fundamental goal of higher education, and the construction of political thinking of physical education curriculum is an important content and way to achieve the goal of moral education. The *Outline* emphasizes "creating a number of distinctive physical education and aesthetic education courses" in the ideological and political teaching system of scientific design courses. Given the top-level design of the country and the spirit of government documents, according to the professional advantages and skills learning characteristics of physical education courses, combined with the objectives and content requirements of ideological and political construction, it is certain to enrich the content and path of moral education in colleges and universities, so that college students can inherit the essence of Chinese excellent traditional culture, adhere to professional ideals and moral standards, and cultivate and practice socialist core values while strengthening their bodies and acquiring skills.

2.2 The ideological and political construction of physical education curriculum is the fundamental cornerstone for comprehensively improving the quality of talent cultivation

Cultivating red professional talents is a summary of our Party's long-term struggle and economic development experience, and business ability training and ideological and political level should be grasped both hard. Physical education courses are "50 years of healthy work for the motherland", and the course resources themselves and the whole process of teaching have rich ideological and political connotations. The humanistic spirit and the quality of willpower contained in the process of knowledge transfer and skill acquisition of physical education courses are used to infect college students, which is difficult to achieve or replace by other ideological and political elements and curriculum construction. The construction of sports courses makes the perceptual activities carried by physical activities become more real and passionate, such as the patriotic enthusiasm of not giving up in a competition with a disparity of strength or a competition with a sudden injury, which is always a beautiful color in the process of talent cultivation in colleges and universities.

2.3 The curriculum construction in private universities is lagging behind and weak, and urgently needs to be strengthened and improved

Private colleges and universities are an important part and useful supplement of higher education in China, and they play an important role in the current and future domestic talent cultivation. In response to the unfavorable conditions such as large flow of teachers and weak ideological and political consciousness, poor moral and intellectual qualities of students, weak political and business organizations and grassroots Party, we should pay more attention to the construction of ideological and political courses in private colleges and universities, so as to avoid the dilution of ideological and political courses in private education, and fully achieve the goal of "the establishment of higher education with different nature and levels". The educational goal of higher education of different natures and levels is to "establish morality and educate people".

2.4 There are rich resources in the construction of the Civic Government of physical education and health courses, which still need to be explored and developed

Physical education and health course is a public basic course, which is a compulsory course for colleges and universities of different nature and levels, and it is very popular among college students. At the macro level, we promote the philosophical concept of harmony and the unity of heaven and man in national traditional sports, which is in line with the new concept of building a harmonious society in the new era; we promote the Olympic spirit of higher, faster and stronger, which is to implement the construction goal of "two hundred years" and achieve the great rejuvenation of the Chinese nation, and to be self-improvement and virtuous. In the microcosm, the "women's volleyball spirit", represented by tenacity and bravery, is preached, and the dialectical relationship between the individual and the collectives in team sports is correctly handled; in the study of athletics and other physical events, through the doping scandals of internationally renowned athletes, warnings are given on how to resist the temptation of material and profit-driven, not to dope and violate the law and professional ethics. In athletics and other physical fitness programs, the students will learn how to resist the temptation of materialism and profit, and to be law-abiding citizens. Through physical activities and adherence to rules, physical education courses can create a positive atmosphere for students through physiological load stimulation and case studies to achieve the leadership and influence of socialist core values.

### **3 The policy guidance and academic orientation of physical education course Civics**

Curriculum policy refers to taking "morality" as the fundamental task of education, and building a whole-person, whole-course educational model. All kinds of courses should keep pace with ideological and political theory courses to form a comprehensive educational concept of synergistic effect. The new concept and path of "moral education", is a collaborative innovation that combines ideological and political theory with various disciplinary courses, providing the direction and practice for the ideological and political construction of university courses.

In recent years, scholars in the field have, on the one hand, interpreted the spirit of the government documents on the construction of sports curriculum thinking and politics in detail and, on the other hand, given theoretical feedback on the problems presented in the implementation of sports education ideological and political courses, with some representative results and views as follows: 1) theoretical reflection and analysis on ideological and political construction of physical education curriculum itself. Zhao Fuxue systematically studied the five dimensions and practical directions of the construction of physical education ideological and political courses in the context of "building moral character", and concluded that the process of ideological and political construction of physical education curriculum should involve the five dimensions of moral orientation, moral responsibility, moral system, moral process and moral function [3]. The study concluded that in the process of the construction of the thinking and politics of physical education curriculum, it was

necessary to deal with the inner connection and practical relationship between the five dimensions of moral orientation, moral responsibility, moral system, moral process and moral function. Zhao Fuxue explained the theoretical connotation of the construction of the thinking and politics of physical education curriculum, and put forward the corresponding practice demands [4]. Wang Xiuge identified several basic issues in the ideological and political construction of physical education courses [5]. 2) problem solving and experience summary in the ideological and political process of physical education classes. Zhao Fuxue conducted a systematic study on the generative characteristics, cultivation paths and core composition of physical education teachers' curriculum thinking and political construction ability to optimize the comprehension of students' sports spirit and the cognition of scientific values [6]. Xia Guixia summarized the quality improvement system of physical education courses in Central China Normal University in recent years through case studies, i.e., insisting on the concept of educating people by organically combining the teaching of knowledge and skills in physical education courses with the cultivation of "three outlooks" and coordinating moral education with teaching and lectures [7]. 3) outline the ideological and political construction in specific fields such as sports courses, sports teams, and sports colleges. The construction of the Civic Government in specific areas such as sports courses, sports teams and sports colleges is described separately. Zhang Yang conducted an in-depth analysis of the value, difficulties and paths of ideological and political curriculum construction in sports colleges and universities under the perspective of the concept of moral education, and the study suggested that the construction of curriculum thinking and politics in sports colleges and universities should be improved through the improvement of ideological and political theoretical level of the faculty, exploring and innovating curriculum ideological and political resources, and evaluating and motivating curriculum ideological and political education, so as to improve the curriculum of sports majors [8]. The humanistic values such as Olympic spirit and national traditional culture should be disseminated. Liu Chunxian identified the content, characteristics, and values of ideological and political education in physical education courses, and found that in order to implicitly incorporate the socialist core values into the teaching interaction activities between teachers and students, it was necessary to deeply explore the ideological and political elements contained in sports knowledge and skills, and strive to create a positive ideological and political system of "three views" in the classroom teaching process [9].

#### **4 Practical path of civic politics in physical education curriculum**

Civic politics in physical education curriculum is the requirement of the state, society and education field for physical education and skill acquisition in physical education classroom teaching in the new era. The national government has provided top-level design and regulations from institutional documents, and the academic and theoretical fields have provided different perspectives and evaluations to explore, so it is more and more important for the remaining physical education activities to develop feasible and forward-looking practical paths.

4.1 Strengthen the study and understanding of the policy system in the field of physical education curriculum, and integrate the educational concept and method, contradiction, etc

On the basis of interpreting the spirit and requirements of the document *Opinions*, we should comprehensively promote the in-depth interpretation of the "four unities" of the main work ideas and the curriculum ideology and government construction. To summarize the experience of implementing the *Outline*, we need to grasp the five aspects of work, such as the top-level design and the overall promotion of the Party Committee, the orderly promotion of the model courses selected and refined education, the organic integration and the silent reflection of ideological and political elements, the cooperation and practice of various teachers and the collaborative education, and the mutual learning and appreciation between schools.

4.2 The innovation of combining technical teaching in traditional physical education teaching with the explanation of ideological and political content, so as to subtly educate students through moral education

On the one hand, we should explore the ideological and political elements inherent in sports skills or health and hygiene knowledge, and construct the resonance with the core socialist values of the new era; on the other hand, we should adopt appropriate teaching methods and implantation timing, so that classroom teaching has less traces of ideological and political teaching in the process of knowledge transfer and skill acquisition. On the other hand, we adopt suitable teaching methods and timing to make the classroom teaching less preaching traces of ideology, and in the process of knowledge transfer and skill acquisition, we implicitly infiltrate college students' emotional cognition and shape scientific worldview values and life outlook.

4.3 Explore the elements of Civics teaching in physical education and health courses, and avoid obscure and didactic teaching methods and boring teaching contents

The construction of sports course Civics should explore the coupling between Civics elements and course knowledge building in the process of Civics construction by integrating the team's wisdom ability, adopting experts' suggestions and opinions, and learning from other course examples, and develop and excavate the courses with rich and manipulative Civics elements by adopting a point to area or various breakthroughs, and providing the standardized and operative teaching design procedure of sports course Civics resources.

## **5 Conclusion**

Civic politics of physical education and health curriculum is an important work of national security, social development, cultural heritage and educational reform under the new situation. We should learn from the excellent achievements of ideological and political courses and other courses to meet the top-level design of the government, social needs and educational development. On the basis of understanding, interpreting and implementing the spirit of government documents, we closely connect with the needs and contradictions of front-line teaching, and implement the spirit of the central government into physical education classroom teaching and fully leverage the "moral education" goals of ideological and political education in the physical education and health curriculum of private universities in the new era.

As a new concept of education, under the background of top-level design and strong implementation, scholars in the field of physical education curriculum have carried out theoretical interpretation and theoretical elaboration to a certain extent and depth. However, the overall academic research has not given much attention and there are few high-quality results. There is a lack of empirical evidence and research on the operation and implementation of ideological and political construction in physical education courses, for example the exploration of ideological and political resources in the process of skill acquisition of specific sports, the exploration of Civics resources and the generalization of content arrangement and program design are superficial and there is a lack of post-course evaluation and assessment.

In the future, it is necessary to strengthen the systematic and scientific design of the syllabus, teaching objectives and teaching contents of different courses (public basic courses, physical education courses) and professional disciplines (physical education, social sports, ethnic traditional sports, etc.) in universities of different levels and conditions. Especially for the weak areas and marginal courses in private colleges and universities and physical education and health courses involved in this study, expert consultation and centralized design should be organized to make a comprehensive, whole process and curriculum collaborative innovation in the physical education curriculum thinking and government construction.

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## Conflicts of interest

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

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