

Research on the construction and development of ideological and political education in college physical education courses

Zhe WANG, Zichen WANG

School of Sports Economics and Management, Central University of Finance and Economics, Beijing 102206, China

Abstract: Ideological and political education within physical education courses is an educational philosophy that unifies physical courses with ideological and political theory education. It achieves a synergistic effect by helping students to strengthen their physique and temper their will through physical education, while also cultivating an unyielding and tenacious spirit through ideological and political education. However, current college physical education courses face several challenges, including the need for improved interdisciplinary integration, a lack of ideological and political education goals in course objectives, insufficient integration of ideological elements and educational resources, and some physical education teachers' inadequate ability to carry out ideological and political education within their courses. To promote the integration of ideological and political content with physical education teaching, harmonize teacher quality and ideological and political mission, and balance the breadth of ideological and political education with the effectiveness of moral and ethical cultivation, it is important to focus on improving teaching design and overall planning, innovating teaching methods and carriers, enhancing the professionalism of the teaching team and their capabilities, and establishing a multidisciplinary teaching cooperation and incentive system.

Key words: physical education; ideological and political education; curriculum construction

1 Introduction

Ideological and political education within courses is an educational concept based on the fundamental positions, viewpoints, and methods of Marxism. It uses the curriculum as a vehicle to subtly impart value guidance within the transmission of knowledge and the cultivation of abilities, aiming to fulfill the fundamental task of moral and ethical education.

The basic goal of physical education courses is to help students strengthen their physique and temper their will through physical exercise, thereby cultivating an unyielding and tenacious spirit of struggle, which aligns with the goals of ideological and political education. Ideological and political education within physical education courses refers to an educational philosophy that is an organic combination of professional education and ideological and political education, embodying the principle of using skills to convey moral values and cultivate individuals with moral integrity.

2 Current research and practice in China

With the comprehensive advancement of the construction of ideological and political education within physical

education courses, the academic community has accumulated a wealth of research results and practical experience. Existing research mainly focuses on the connotation and interpretation, value orientation, current situation, and strategies of integrating ideological and political education within physical education courses.

2.1 Connotation and interpretation

The essence of constructing ideological and political education within college physical education courses lies in the organic integration of the requirements of ideological and political education with the inherent ideological and political educational content of physical education courses. This integration infuses ideological and political education with vitality and dynamism while also enriching the connotation of physical education courses themselves, achieving an effective integration of knowledge and skills, processes and methods, and emotional attitudes and values [1]; the ideological and political connotation of college physical education courses includes building a sports spirit, promoting a curriculum value concept that prioritizes morality, and establishing a curriculum development concept that unifies "morality cultivation" and "knowledge seeking" (Gao Xu, 2021).

2.2 Value orientation

As an important part of ideological and political education, college physical education courses possess various educational characteristics. Through physical practice, students' moral qualities and social responsibility during the sports process are subtly cultivated. The emphasis on the unity of body and mind in physical education prompts students to experience an enhancement of their spiritual and intellectual levels during physical practice, reinforcing the educational value of "going in the same direction and making progress together". The depth and periodicity of physical education courses help to form an educational concept of "integrating knowledge and action", allowing students to gradually improve their self-awareness and practical ability through continuous practice. The diverse teaching methods of physical education courses provide students with opportunities for comprehensive development, helping them to enhance their physical fitness, cultivating a healthy lifestyle, and achieving the educational goal of comprehensive development [2]; the value of ideological and political education within college physical education courses is reflected in encouraging every teacher to establish an educational concept of "educating everyone, educating comprehensively, and educating throughout the entire process". It involves fully exploring the moral education elements within physical education courses, leveraging the role and educational function of ideological and political education, and actively taking on the political responsibility of cultivating morally upright individuals to achieve the goal of complementing physical education with ideological and political education (Shi Yanli, 2020).

2.3 Current situation

Currently, ideological and political education within college physical education courses faces a series of practical challenges, including the need for improved interdisciplinary integration and a lack of ideological and political education goals in teaching settings (Xu Chengli, 2021). Additionally, a significant difficulty in the construction of ideological and political education within physical education courses is "the connection between the supply of ideological and political content and the teaching of physical education courses, the harmony between teachers' literacy and their commitment to the mission of ideological and political education, and the balance between the breadth of ideological and political education and the effectiveness of moral and ethical cultivation" [3]. There are several issues with the current construction of ideological and political education within college physical education courses: firstly, there is a need to improve teaching design and overall planning to ensure the coherence and effectiveness of the course content; secondly, there is a need to innovate teaching methods and carriers to adapt to the diverse learning needs of students and the modern educational environment; thirdly, it is necessary to enhance the professionalism of the teaching team and their capabilities, cultivating a

team of teachers with profound academic literacy and teaching skills; finally, it is essential to establish a multidisciplinary teaching cooperation and incentive system to promote interdisciplinary exchange and cooperation, stimulate teachers' enthusiasm and creativity, and thus promote more comprehensive and in-depth progress in the construction of ideological and political education within physical education courses [4][5].

2.4 Strategies and pathways

To advance the construction of ideological and political education within college physical education courses, multiple measures need to be taken. It is necessary to design and coordinate the top-level structure, overall planning, and gradual advancement of the theoretical construction and practical operation of ideological and political education within physical education courses, following the basic rationale of "one task, two categories, three levels" (Xue Hao, 2021). This should include: constructing promotion pathways, formulating guiding opinions; transforming educational concepts, improving moral education levels; optimizing teaching design, improving teaching methods; integrating ideological and political channels with physical education; and improving regulatory methods, and establishing incentive mechanisms [6][7].

3 Development trends of ideological and political education within college physical education courses

In 2016, the General Secretary pointed out at the National Conference on Ideological and Political Work in Colleges and Universities: "Each subject must guard its own section of the channel and cultivate its own responsibility field, ensuring that various courses move in the same direction as ideological and political theory courses to create a synergistic effect". In 2017, the *Outline for the Implementation of the Quality Improvement Project for Ideological and Political Work in Colleges* stated: "vigorously promote classroom teaching reform with the goal of 'ideological and political education within courses', sort out the ideological and political education elements and functions carried by each professional course, and achieve an organic unity of ideological and political education with the education of the knowledge system." In 2018, the National Education Conference stated: "Ideological and political work is the lifeline of all work in schools, and it is necessary to integrate the fundamental task of cultivating morally upright individuals into every link of ideological and moral education, cultural knowledge education, and social practice education." In 2019, at the symposium for teachers of ideological and political theory courses in schools, it was emphasized: "It is necessary to adhere to the unity of explicit and implicit education, explore the ideological and political education resources contained in other courses and teaching methods, so as to achieve the cultivation of individuals in all aspects throughout the entire process". In 2020, the *Guiding Outline for the Construction of Ideological and Political Education within College Courses* stated: "carry ideological and political education throughout the talent cultivation system, comprehensively promote the construction of ideological and political education within college courses, give full play to the role of each course in cultivating individuals, and improve the quality of talent cultivation in colleges." In 2021, the Ministry of Education once again issued the *Notice on Further Promoting the Construction of Ideological and Political Education within College Courses*, highlighting the significance of the construction of ideological and political education within courses [8]. The above-mentioned important discussions and policy documents have profoundly clarified that promoting the construction of ideological and political education within college courses in conjunction with specific course categories is an inevitable choice to implement the fundamental task of "cultivating morally upright individuals", and it is also an innovative measure to deepen the comprehensive reform of "cultivating individuals in all aspects, throughout the entire process, and in all respects". Talking about ideological and political education in every course and focusing on cultivating individuals in every aspect have become the main theme of the development of college education, with great practical significance.

At present, the coordinated cultivation of ideological and political education within courses has pointed out the

direction for the construction of ideological and political education within physical education courses. The educational practice of physical education is influenced by both history and reality, as well as by the integration of theory and practice, and also encompasses rich experiences from both domestic and international perspectives [9]. Compared to other academic courses, physical education courses have unique composite attributes, which include not only the cultivation of physical fitness but also the learning of skills. However, due to the special attributes of the physical education discipline and the influence of traditional courses, the challenges faced by the construction of ideological and political education within physical education courses are relatively severe [10]. Therefore, it is necessary to comprehensively consider the development course of physical education courses, rationally examine their educational goals, deeply think about the connotation and logic of ideological and political education within physical education courses, and regard the construction of ideological and political education within physical education courses as a multi-level and three-dimensional course development process [11][12].

3.1 Development direction of ideological and political education construction within college physical education courses

The stability and improvement of the construction of ideological and political education in physical education classes are important criteria for evaluating the development of this construction.

Firstly, promote a high degree of integration of theory and practice. The construction of ideological and political education within physical education courses should form a momentum of "transitioning from theoretical exploration to teaching practice", combining the concepts and theories of integrating physical education courses with ideological and political education with the teaching process of college physical education courses. Use theory to guide the development of practice and use practice to promote theoretical innovation.

Secondly, improve the actual situation of the construction of ideological and political education within college physical education courses: focus on issues such as the main body of physical education courses, educational resources, teaching methods, and quality evaluation of ideological and political education to improve the top-level institutional design, optimize resource allocation, promote theoretical research, innovation, development, and continuously summarize the practical patterns of the construction of ideological and political education within college physical education courses; focus on the four dimensions of "socialist core values", "excellent traditional Chinese culture", "Chinese sports spirit", and "the concept of lifelong physical and mental health" to summarize their specific practical patterns.

3.2 Achieving practical innovation in "course cultivation of individuals" in college physical education

Deeply explore the cultural connotation of traditional ethnic sports and lead the construction of ideological and political education within courses with cultural confidence. Continuously carry out curriculum reform on the basis of inheriting traditional culture. Traditional ethnic sports are a precious spiritual wealth accumulated during the long-term development process of our country. Integrating the culture of traditional ethnic sports into the practical innovation of cultivating individuals through physical education courses is a key move in developing physical education courses with Chinese characteristics in the new era.

Focus on the needs of students to take root in the Chinese land and understand the national conditions and people's sentiments. Carry out practical innovations based on the actual national conditions and needs of college physical education in our country, and truly integrate the spirit of traditional Chinese sports into professional courses such as football, basketball, and volleyball.

3.3 Optimizing the cultivation process of "course cultivation of individuals" in college physical education

It is an important task to fully implement the relevant theoretical research and practical innovation into the cultivation

process of "course cultivation of individuals" in college physical education. This includes sorting out the design and implementation process of the curriculum for ideological and political education within physical education courses, using physical theory teaching and practical teaching as carriers, and combining with the goals of ideological and political education to inherit the spirit of traditional Chinese sports. Under the guidance of the goal of "course cultivation of individuals", it is necessary to continuously improve the curriculum content system, innovate teaching methods and approaches, and strengthen students' ideal and belief education in a substantive manner. This process involves not only the depth and breadth of curriculum design but also the continuous exploration by teachers in practice to ensure the effective implementation and landing of ideological and political education within college physical education courses.

3.4 Further improving the evaluation system for "course cultivation of individuals" in college physical education

To promote the achievement of the goals of "course cultivation of individuals" in college physical education, it is necessary to improve the design of evaluation indicators for the effects of cultivating individuals through ideological and political education within physical education courses. This process includes forming a reasonable evaluation mechanism that can be combined with the characteristics of college physical education courses. Specifically, it is necessary to optimize the elements of course evaluation, especially to increase the evaluation of physical education moral character in the evaluation system. In addition, a comprehensive, multi-angle evaluation structure involving teachers, students, teaching management personnel, and others should be constructed to ensure that the evaluation system can fully reflect the development of students in terms of ideology, politics, physical education literacy, and other aspects. The establishment of this comprehensive development concept evaluation system will help to more accurately assess the contribution of physical education courses to the cultivation of students' comprehensive quality, thereby promoting the in-depth development and continuous improvement of the work of ideological and political education within college physical education courses.

3.5 Systematically sorting out the college physical education curriculum system and the construction plan

Formulate the "college physical education curriculum system and construction plan survey report" and the "college physical education ideological and political education construction survey report", deeply analyze the current situation and problems of college physical education courses. Based on these survey reports, design targeted construction plans for ideological and political education within college physical education courses using a problem-oriented approach. Specifically, these reports should not only cover the overall layout of the college physical education curriculum system, course content, teaching methods, and teacher status but also deeply explore the integration of ideological and political elements within physical education courses. The conclusions of the survey reports will provide a basis for the subsequent formulation of plans to ensure that the designed construction plans for ideological and political education within college physical education courses can effectively respond to the current problems and promote the overall development of ideological and political education within college physical education courses.

3.6 Enriching the resources for ideological and political education within college physical education courses

Establish a high-level research team and faculty team for ideological and political education within physical education courses. This team should be composed of interdisciplinary experts, including scholars in physical education, experts in ideological and political education, sports psychologists, etc., who can jointly conduct in-depth research on the theory and practice of cultivating individuals through ideological and political education within physical education courses. Such a team can provide cutting-edge research results and intellectual guidance to the physical education community through paper publications, academic conferences, research projects, and other means, promoting continuous innovation and development of the work of ideological and political education within physical education courses. On the other hand, in terms of social impact, a widely influential referee team should be formed in various levels and types of sports

competitions, and a complete referee training system and selection mechanism should be established. This system can include referee training courses.

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Conflicts of interest

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

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