

Discussion on the Implementation Path of Ideological and Political Education in College Physical Education

Gao Ke

Guangdong University of Science and Technology, Dongguan, Guangdong, 523000, China

Abstract

Physical education is an important way to implement quality education, is the main position of moral education in colleges and universities, physical education has incomparable advantages of other disciplines, for this, relying on physical education to implement ideological and political education has vital significance. Based on this, this paper mainly explores and discusses the implementation path of ideological and political education in college physical education teaching. First, it expounds the advantages of ideological and political education in college physical education teaching, and then puts forward the concrete implementation path of ideological and political education in college physical education teaching.

Keywords

College physical education ideological and political education implementation path discussion.

1. Introduction

Under the modernization of our country, the social demand for high-quality talents with both political integrity and ability has also been improved significantly. In terms of colleges and universities, physical education is an important part of the curriculum system. On the one hand, it can strengthen students' physical quality, and on the other hand, it also plays an important role in cultivating students' qualities such as perseverance and indomitable struggle. However, in view of the current physical education, we can see that the training of physical skills is still the focus of physical education in colleges and universities, while the development of ideological and political education has not given due attention, which is not only not conducive to the improvement of physical education quality, but also hindered the improvement of students' comprehensive quality. Therefore, it is necessary to carry out ideological and political education in college physical education.

2. The Advantages of Ideological and Political Education in College Physical Education

2.1 Physical education in Colleges and Universities is an important way to strengthen ideological and political practice Teaching. In terms of traditional ideological and political education, there is usually some emphasis on classroom teaching, but there is still a little lack of practical teaching. Sports teaching in colleges and universities ideological and political education from the essence can be seen as a form of practice, in the university sports teaching implementation of ideological education can not only realize to enhance the teaching purpose, such as the students' physical quality, but also on this basis, enrich the students' ideological and political knowledge and improve their moral accomplishment, for its own development is of great significance [1].

2.2 Dynamic Characteristics of PHYSICAL Education Traditional ideological and political teaching is mainly carried out in the classroom. On the one hand, it is easy to increase students'

fatigue. On the other hand, the quality of ideological and political education cannot be guaranteed due to the boring ideological and political content. The physical education itself has dynamic characteristics, which not only helps to mobilize students' learning enthusiasm, but also can create a relatively free and relaxed learning environment for students. Physical education is a discipline focusing on practical activities, so its boring knowledge content is very few. If ideological and political education can be integrated into physical education in colleges and universities, students can improve their ideological and political level while learning physical knowledge and skills, which is also of great benefit to the implementation of quality education.

2.3 Better PHYSICAL education Teaching Atmosphere in Colleges and universities Teaching atmosphere is directly related to students' learning quality. Compared with traditional classroom teaching, it can be seen that sports teaching is generally carried out outdoors, and students can maintain a relatively free and relaxed learning mentality in the learning process, which is also beneficial to their learning knowledge. In the sports teaching of college PE teachers if they could be appropriately ideological education, based on the reality of the student with the arrangement of teaching content, promote the fusion of the two, can make the students learn sports knowledge and skills in a relaxed atmosphere and the two aspects of ideological and political education content, also is beneficial to the formation of students' healthy personality.

3. The Implementation Path of Ideological and Political Education in College PHYSICAL Education

3.1 Attach Importance to top-level Design of College PHYSICAL Education Syllabus Syllabus is the top-level design of teaching work and plays a guiding role in subsequent teaching activities. To carry out ideological and political education in college physical education, the first is to clarify and subdivide the teaching task, and bring ideological and political education content into the formulation of college physical education syllabus. On the one hand, PE teachers should have the ideology of keeping pace with The Times and establish the concept of "curriculum ideological and political education". On the other hand, they should perfect the existing PE teaching materials and add related content of ideological and political education. For example, patriotism education or collectivism education can be added to the existing teaching syllabus to ensure the effective implementation and development of ideological and political education in college physical education.

3.2 pay attention to the university sports teaching content design and selection of innovation in the process of implementing education education needs based on different course characteristics, in terms of physical education teaching, both in its movement form and quality requirements, etc exist obvious differences, which requires teachers to dig deeper into different sports included in the ideological education content, in combination with the practical situation of students, In this way, ideological and political education is more effective. In terms of track and field teaching projects, in addition to paying attention to the basic knowledge and skills, but also the students patience, persistence and other will training as the key content; Another example is the teaching of ball games, we should consciously cultivate students' sense of collective, help them overcome their ego, and always focus on collective interests. In addition, we can also take the examples of Chinese athletes striving for glory for their country in major sports events as the subject materials of class teaching to implement the theme education, so as to promote the cultivation of students' patriotism consciousness and national emotion.

3.3 Flexible Application of Diversified Education and Teaching Methods Diversified education methods have a direct impact on the effect of ideological and political education in college physical education. When conducting teaching activities, teachers should pay attention to the

summary of factors affecting students' thinking mode, and make reasonable use of teaching methods according to students' own characteristics, so as to carry out ideological and political education. After students have mastered the basic skills of sports to a certain extent, they should carry out relevant competition activities on this basis, so that students can understand the purpose of ideological and political education in the actual process of participation [2]. Taking basketball class as an example, the teacher can organize students to play basketball after telling them the basic knowledge, skills and rules of basketball. In the process of the game because of the wrong movement caused by students foul free throws, but also to overcome their own psychological load process. At the same time, in the process of participating in the competition, students' sense of teamwork and ability to resist setbacks can also be imperceptibly trained, which promotes the formation of students' will of perseverance and tenacious struggle, and ensures the effect of ideological and political education. In terms of teaching organization, group cooperative teaching can be integrated into it, so that students can deepen the communication and exchange with group members in the process of participation, which can not only fully display themselves, but also cultivate students' sense of team, and enhance the sense of collective honor of students.

3.4 Physical education teachers should establish themselves by virtue, teach with virtue, and improve their ideological and political quality. In terms of physical education teachers, they should always establish themselves by virtue, regard four good teachers and four guides as their value pursuit in the process of development, and gradually strengthen and improve their ideological and political accomplishment. At the same time, the physical education teachers will always have love education career, love the students, such as the correct value orientation, the existing teaching method for continuous innovation, and on the basis of own intellectual skill and teaching ability raise its richness, thus ensuring in the process of teaching in both to help the students master update knowledge and skills, and leads to improvement of the students' quality, In this way, the ideological and political quality of students can be cultivated silently, and the role of physical education as a channel of ideological and political education can be brought into full play.

3.5 Establishing the Evaluation System of College SPORTS Ideological and Political Education Throughout the actual physical education teaching in colleges and universities, it can be seen that the function of sports moral education is not highly valued. This is because in the process of physical education teaching, students' quality and skills are regarded as the content of evaluation, and the content of moral education in physical education is not included in the evaluation content. Therefore, in order to implement ideological and political education in college physical education teaching, it is necessary to add a moral education evaluation index system in physical education teaching, and improve teachers' attention to the moral education function of physical education teaching in the path of refining standards, and fully explore the hidden moral education value.

3.6 The implementation of educational activities based on the combination of classroom routine and teaching site can not only promote the smooth development of physical education, but also be an important way to conduct ideological and political education for students, such as civility, organization and discipline [3]. Teachers strictly carry out attendance and assessment system in the process of physical education, which can fully and effectively cultivate students' sense of discipline and rule consciousness. It can strengthen every student's sense of responsibility to bring the rotation system into PE teaching. At the same time, due to the influence of sports teaching mainly outdoor teaching sites, students in the process of sports learning will also be afraid of suffering, cold, sun and other emotions due to bad weather. In this regard, teachers should fully and timely understand the dynamic activities of students' thinking, and carry out targeted education and guidance activities, so as to realize the cultivation of good qualities such as not afraid of difficulties and hardship.

4. Conclusion

In short, under the background of quality education, physical education in colleges and universities should not only take improving students' physical quality as an important task, but also take the initiative to train students' ideological and moral quality. Carrying out ideological and political education in college physical education can not only promote the improvement of students' physical quality, but also let students get in touch with the content of ideological and political education, which is an important measure to promote the ideological and political consciousness of college students and implement the quality-oriented education.

References

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