

Research on the Current Status and Optimization Path of Ideological and Political Performance Evaluation in College Public Tai Chi Courses from the Perspective of Value Guidance

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Abstract: In the context of the new era, the fundamental task of "cultivating virtue and fostering talents" has driven the deep integration of course-based ideological and political education in public sports teaching in universities. Tai Chi, as a carrier of Chinese excellent traditional culture, its course-based ideological and political construction is an important path for achieving value guidance. This paper, from the perspective of value guidance, takes the performance evaluation of public sports Tai Chi courses in universities as the research object, and adopts research methods such as literature review, questionnaire survey, interview, and logical analysis to systematically explore the current evaluation status, core issues, and optimization paths. The research finds that the current performance evaluation of public sports Tai Chi courses in universities has been initially carried out, but there are problems such as a single evaluation subject, an incomplete indicator system, fixed evaluation methods, and insufficient application of results. The deep causes stem from the three levels of cognition, system, and practice. Based on this, from the five dimensions of evaluation indicator system, evaluation subject mechanism, evaluation method, result application and feedback, and guarantee system, specific optimization paths are proposed to improve the quality of performance evaluation of public sports Tai Chi courses in universities, realize the coordinated education of sports literacy and value guidance, and provide theoretical and practical support for implementing the fundamental task of "cultivating virtue and fostering talents". It also helps to implement the "cultivating virtue and fostering talents" fundamental task.

Keywords: Value guidance; Public sports in universities; Tai Chi; Ideological and political education; Performance evaluation

1. Introduction

Under the background of educational reform in the new era, "cultivating virtue and shaping individuals" is regarded as the fundamental task of higher education, which clearly requires integrating course-based ideological education into the entire process of teaching in various courses, making it a core path for implementing value guidance and cultivating new era individuals who are capable of undertaking the responsibility of national rejuvenation. As an important part of quality-oriented education, public physical education courses in universities have their own relative uniqueness in physical education, and at the same time, they are also an important component of the higher education curriculum system and the education system. They have always been an important field for implementing "course-based ideological education" in universities [1]. Tai Chi, as an important carrier of Chinese excellent traditional culture, combines the value of fitness and health preservation with profound cultural connotations. Its core concepts such as "harmony between heaven and man", "respect for teachers and valuing morality", "tenacity and perseverance", and "modesty and tolerance" are highly consistent with the orientation of ideological education in transmitting mainstream values and cultivating moral qualities. It is a high-quality carrier for public physical education courses to achieve ideological integration and demonstrate value guidance. Currently, the construction of ideological education in public physical education Tai Chi courses in universities has been gradually advanced and achieved certain results, but there are still many prominent problems in the practice process, among which the imperfect performance evaluation system, ambiguous evaluation standards, and superficial implementation of evaluation are particularly prominent. This directly leads to the failure to fully exert the value guidance function of

ideological education, seriously restricting the improvement of the quality of ideological education in Tai Chi courses. In this context, systematically conducting research on the performance evaluation of ideological education in public physical education Tai Chi courses in universities, clarifying the current evaluation situation, analyzing core issues, and proposing optimization paths, has important theoretical and practical value. This study is based on the core perspective of value guidance, focuses on the key pain points of the performance evaluation of ideological education in Tai Chi courses, and through systematic research provides theoretical and practical support for improving and enhancing the quality of ideological education in Tai Chi courses in universities, and helps to achieve the coordinated development of students' physical and moral qualities.

This research can enrich the research system of performance evaluation of ideological education in university courses, fill the gap in current specialized performance evaluation research on Tai Chi ideological education, further improve the evaluation theory of the deep integration of public physical education courses and ideological education, and provide theoretical references and research paradigms for similar research on performance evaluation of ideological education in Tai Chi courses. At the practical level, it can clarify the current status and core issues of performance evaluation of ideological education in public physical education Tai Chi courses in universities, propose targeted and highly operational optimization paths, provide practical guidance for universities to optimize the evaluation mechanism of ideological education in Tai Chi courses and improve the quality of education, and promote Tai Chi courses to fully exert the dual functions of physical education and value guidance, and achieve the coordinated improvement of students' physical and moral qualities.

2. Relevant concepts and theoretical foundation

2.1 Definition of relevant concepts

This research is based on the value-led perspective and combines the practical characteristics of the ideological and political education in the public physical education courses of universities. Core concepts are clearly defined to lay a solid conceptual foundation for the research.

Value-led is the core orientation of education in the new era of universities [2], specifically referring to the educational entity transmitting mainstream values such as Chinese excellent traditional culture, socialist core values, and moral cultivation concepts through teaching and practical activities, guiding students to establish correct worldviews, outlooks on life, and values, cultivating students' patriotism, responsibility, and humanistic qualities, and achieving the fundamental goal of "cultivating virtue through education". Its core lies in achieving the synergy of value transmission and ability cultivation.

Public physical education ideological and political education in universities is an extension and expansion of ideological and political education work [3]. Public physical education ideological and political education in Tai Chi courses is an educational model that integrates ideological and political education elements with Tai Chi course teaching. Using the public physical education Tai Chi courses as the carrier, it imparts Tai Chi technical movements and fitness knowledge while exploring the cultural connotations and value concepts contained in Tai Chi, integrating the ecological concept of "harmony between heaven and man", the ethical norms of "respecting teachers and valuing morality", the willpower quality of "tenacity and perseverance", and the philosophy of "moderation and inclusiveness" into the entire teaching process, achieving the collaborative education of enhancing physical literacy and moral literacy, and is an important practical form for implementing value-led orientation in public physical education courses.

Performance evaluation of public physical education ideological and political education in Tai Chi courses refers to using value-led as the core orientation, applying scientific evaluation methods and standards to conduct a comprehensive, systematic, and objective assessment and judgment of the implementation process, value transmission effect, educational effectiveness, and supporting conditions of public physical education ideological and political education in Tai Chi courses. The core is to measure whether the ideological and political education in Tai Chi courses effectively realizes the value-led goal and promotes the collaborative improvement of students' physical literacy and moral literacy, providing a basis for optimizing the quality of ideological and political education.

2.2 Theoretical foundation

Based on the core content of this research, relevant theories that are in line with the research are

selected as research support, providing scientific theoretical guidance for the current analysis of performance evaluation, problem analysis, and optimization path design of Tai Chi course ideological and political education performance evaluation.

The theory of cultivating virtue through education is the core value orientation of this research. This theory clearly states that the fundamental task of university education is to cultivate all-round development of new era people with moral, intellectual, physical, aesthetic, and labor skills, emphasizing that education should take into account knowledge transmission, ability cultivation, and value-led orientation, providing a fundamental basis for the performance evaluation of Tai Chi course ideological and political education, and clarifying that the evaluation work should focus on the effectiveness of value-led achievements and educational quality, ensuring that the evaluation direction is highly consistent with the educational goals.

The value chain theory provides methodological support for the construction of the performance evaluation system. This theory emphasizes the value creation and transmission in each link of activities, guiding this research to construct a performance evaluation chain of "teaching implementation - value transmission - educational effect - supporting conditions", ensuring that the evaluation indicators can comprehensively cover the entire process of Tai Chi course ideological and political education and objectively reflect the value contribution of each link.

The fuzzy comprehensive evaluation theory provides technical support for the quantitative analysis of performance evaluation. Considering that the performance of Tai Chi course ideological and political education is characterized by fuzziness and comprehensiveness, and it is difficult to measure precisely with a single indicator, this theory can achieve the combination of qualitative evaluation and quantitative evaluation, improving the scientificity and objectivity of performance evaluation.

The theory of inheriting Chinese excellent traditional culture supports the value exploration of Tai Chi course ideological and political education. This theory emphasizes the contemporary inheritance and innovation of Chinese excellent traditional culture, providing theoretical basis for analyzing the cultural connotations and ideological and political values contained in Tai Chi, and constructing performance evaluation indicators that are in line with the characteristics of Tai Chi, helping to achieve the coordinated promotion of cultural inheritance and value-led orientation.

3. Performance evaluation of public sports Tai Chi courses in higher education from the perspective of value leadership: Current situation investigation and analysis

3.1 Research design and data collection

To accurately grasp the actual situation of performance evaluation of public sports Tai Chi courses in higher education, this study adopted a combination of questionnaire survey and interview methods to conduct empirical research, ensuring the scientificity, comprehensiveness, and representativeness of the research data. The research subjects included public sports Tai Chi instructors and students from different types of universities (comprehensive, science and engineering, and teacher education) in the eastern, central, and western regions of China. A total of 15 universities were selected, with 200 teacher questionnaires and 1,800 student questionnaires distributed. The research tools were designed based on relevant literature and in line with the core of this study, including the "Current Situation Survey Questionnaire for Public Sports Tai Chi Course Ideological and Political Performance Evaluation" (for teachers and students) and an interview outline. The questionnaire covered core dimensions such as evaluation subjects, evaluation indicators, evaluation methods, and evaluation result application. The Likert 5-point scale was used for scoring. The interview outline focused on the current situation of evaluation, existing problems, and suggestions for improvement, and was conducted with teachers, students, and ideological and political education experts in a semi-structured manner. A total of 186 valid teacher questionnaires were recovered, with a valid recovery rate of 93.0%; 1,682 valid student questionnaires were recovered, with a valid recovery rate of 93.4%. Through SPSS 26.0 software testing, the Cronbach's α coefficient of the questionnaire was 0.883, the KMO value was 0.837, the Bartlett's sphericity test $P < 0.001$, and the reliability and validity were good, which could be used for subsequent data analysis.

3.2 Analysis of performance evaluation current situation

Based on the research data, a systematic analysis of the current situation of performance evaluation

of Tai Chi courses in ideological and political education was conducted from four core dimensions: evaluation subjects, evaluation indicators, evaluation methods, and evaluation result application. In terms of evaluation subjects, currently, most universities rely mainly on self-evaluation by sports teachers (accounting for 78.5%), while the participation of students' mutual evaluation and expert review is relatively low, and there is a lack of a social supervision mechanism. The evaluation subjects show a single feature. In terms of evaluation indicators, 65.1% of universities have not established specific evaluation indicators for Tai Chi course ideological and political education, and mostly use general sports course evaluation standards, failing to highlight the core of value leadership and the characteristics of Tai Chi culture, and giving insufficient weight to the evaluation of ideological and political education effectiveness. In terms of evaluation methods, end-of-course evaluation is mainly used (accounting for 82.3%), focusing on the assessment of outcomes at the end of the course, with insufficient process evaluation, and a lack of close combination of quantitative and qualitative evaluation, making it difficult to comprehensively reflect the implementation process and value transmission effect of ideological and political education. In terms of evaluation result application, 73.7% of universities have not established a feedback mechanism for evaluation results, and the evaluation results are mostly used for routine course checks, not effectively linked with teacher performance assessment, course optimization, and student comprehensive quality evaluation, and the guiding role of the evaluation has not been fully exerted.

3.3 Core issues and causes of performance evaluation

Based on the research results, the core issues of performance evaluation are: First, the evaluation indicator system is not complete and lacks specificity, failing to highlight the core of value leadership and the cultural connotation of Tai Chi; second, the evaluation subjects are single, and a multi-party collaborative evaluation mechanism has not been established, resulting in insufficient objectivity; third, the evaluation methods are fixed, with a lack of process evaluation, and the scientificity of the evaluation needs to be improved; fourth, the application of evaluation results is insufficient, and the feedback and improvement mechanism is not sound, making it difficult to promote the improvement of the quality of ideological and political education. The underlying causes mainly include three aspects: cognitive level, some university teachers and students do not fully recognize the importance of Tai Chi course ideological and political performance evaluation, equating it to routine teaching evaluation, and neglecting the assessment of the effectiveness of value leadership; institutional level, universities lack specific management systems for ideological and political performance evaluation, do not clearly define evaluation standards and responsibility division, and the guarantee mechanism is not perfect; At the practical level, physical education teachers lack training related to ideological and political evaluation, and their evaluation capabilities are insufficient. Moreover, universities have limited financial and resource investment in the evaluation of course ideological and political education, which hinders the smooth progress of the evaluation work.

4. Optimal path for performance evaluation of public sports Tai Chi courses in universities from the perspective of value leadership

4.1 Establish a scientific and comprehensive performance evaluation index system

With value leadership as the core orientation, combined with the characteristics of Tai Chi courses and the goals of ideological and political education, a "four-dimensional integrated" performance evaluation index system is constructed to solve the problem of the lack of targetedness in evaluation indicators. The index system covers four dimensions: value transmission, teaching implementation, educational effect, and support guarantee. The value transmission dimension highlights core indicators such as the inheritance of Tai Chi culture and the infiltration of mainstream values, with a weight of no less than 30%, focusing on evaluating the effectiveness of the transmission of concepts like "harmony between heaven and man" and "respect for teachers and upholding virtue". The teaching implementation dimension focuses on indicators such as the integration of ideological and political elements with Tai Chi teaching and the innovation of teaching methods. The educational effect dimension focuses on the improvement of students' physical fitness, moral character, and patriotism. The support guarantee dimension covers supporting conditions such as teachers, funds, and venues. The weights of each index are determined using the analytic hierarchy process, and quantitative and qualitative scoring standards are clarified. The secondary and tertiary indicators are refined based on the characteristics of Tai Chi courses to ensure that the index system is both scientific, targeted, and operational, fully reflecting the core requirement of value leadership.

4.2 Improve the evaluation subject mechanism with diverse collaboration

Break the limitation of single teacher evaluation, and establish a "teacher self-evaluation, student mutual evaluation, expert review, and social supervision" four-in-one diversified evaluation subject system to enhance the objectivity and comprehensiveness of evaluation. The responsibilities of each evaluation subject should be clearly defined. Teacher self-evaluation should focus on the integration process of teaching and ideological-political education, and objectively reflect the effectiveness of teaching and evaluation work. Student mutual evaluation should center on the educational effect of ideological-political education and the experience of value guidance, with anonymous scoring adopted to ensure authenticity. Expert review should be conducted by specialists in physical education and ideological-political education, who are responsible for examining the rationality of evaluation indicators and the standardization of the evaluation process. Social supervision should introduce alumni and community sports institutions as supervisory subjects, so as to provide feedback on the social recognition of ideological-political education in the course. A collaborative mechanism for evaluation subjects should be established, with regular evaluation symposiums held to integrate evaluation opinions from all parties, form a comprehensive and multi-perspective evaluation system, and address the problems of a single evaluation subject and insufficient objectivity.

4.3 Innovate flexible and diverse evaluation methods

Break through the rigid limitations of traditional evaluation methods, integrate quantitative evaluation with qualitative evaluation, and process evaluation with terminal evaluation, and construct a flexible and diverse evaluation method system. Quantitative evaluation relies on questionnaire surveys and data statistics, quantifying the score of evaluation indicators, accurately reflecting the evaluation results; Qualitative evaluation uses methods such as classroom observation, interviews, and results display to comprehensively analyze the value transmission effect and educational process of ideological and political education. Process evaluation should be strengthened by including classroom performance, Tai Chi skill mastery, and ideological-political insight sharing in the evaluation scope, and conducting periodic assessments to track the implementation progress of curriculum ideological-political education in real time. Terminal evaluation should be optimized through a comprehensive assessment that combines Tai Chi skill examinations, ideological-political essays, and practical performance, so as to avoid the "one-exam-for-all" outcome. At the same time, digital evaluation tools should be introduced and an online evaluation platform constructed to improve evaluation efficiency and scientificity, thereby comprehensively reflecting the implementation process and value guidance effectiveness of ideological-political education in the course.

4.4 Strengthen the application and feedback of evaluation results

Establish a sound evaluation result feedback and application mechanism to fully leverage the guiding role of evaluation and promote continuous improvement of the quality of ideological and political education. A regular feedback mechanism should be established to promptly classify and feed evaluation results back to teachers, students, and relevant administrative departments, and to put forward specific rectification suggestions for problems identified in the evaluation, with clear rectification time limits and responsible parties. The application of evaluation results should be strengthened: evaluation results should be directly linked to teachers' performance assessment, professional title evaluation, and selection and promotion, so as to encourage teachers to attach importance to curriculum ideological-political education evaluation. The evaluation results should be used as an important basis for optimizing Tai Chi courses, adjusting teaching plans, and improving teaching content and methods in a targeted manner. Students' evaluation results should be integrated into their comprehensive quality assessment to guide them to value the improvement of their own values and qualities. A tracking mechanism for evaluation results should be established to regularly inspect and supervise rectification implementation, forming a closed-loop management system of "evaluation–feedback–rectification–improvement".

4.5 Improve the evaluation guarantee system

Improve the guarantee system from the aspects of system, teachers, and resources to provide solid support for the orderly implementation of performance evaluation work. In terms of institutional guarantee, universities should formulate a special performance evaluation and management system for ideological and political education in public physical education Tai Chi courses, clarify evaluation standards, procedures and responsibility divisions, standardize evaluation practices, and ensure that

evaluation is conducted in accordance with regulations. In terms of teacher support, efforts should be made to strengthen ideological and political training and evaluation capacity development for physical education teachers. Special lectures and teaching seminars should be held regularly to improve teachers' understanding of curriculum ideological and political education and their corresponding evaluation capabilities. Teachers should be encouraged to participate in relevant ideological and political education training, so as to build a interdisciplinary teaching and evaluation team with both physical education teaching competence and ideological and political evaluation capabilities. In terms of resource support, financial input should be increased for questionnaire design, expert review, teacher training and other aspects. Teaching and evaluation resources should be improved, and a Tai Chi curriculum ideological and political evaluation resource platform should be constructed to integrate teaching cases, evaluation tools and other materials, so as to provide solid support for the implementation of evaluation work.

5. Conclusion

Based on the value leadership perspective, this paper focuses on the performance evaluation of the ideological and political education of the public sports Tai Chi courses in universities. Through literature research, empirical investigation, and logical analysis, it systematically explores the current evaluation status, core issues, and optimization paths of the evaluation. The following core conclusions are drawn: First, the current performance evaluation of the ideological and political education of the public sports Tai Chi courses in universities has been initiated, but the overall effectiveness is poor, presenting a situation where the evaluation subjects are single, the indicator system is incomplete, the evaluation methods are fixed, and the result application is insufficient, failing to fully exert the guiding and supervisory role of the evaluation. Second, the core problems of performance evaluation are concentrated in the lack of targeted evaluation indicators, the failure to establish a diversified evaluation mechanism, the lack of scientific evaluation methods, and the incomplete result feedback and application mechanism. The underlying causes stem from insufficient attention at the cognitive level, the lack of guarantee at the institutional level, and insufficient support from teachers and resources in the practical level. Third, based on the core orientation of value leadership, combined with the characteristics of Tai Chi courses and the goals of ideological and political education, the optimization paths proposed from the five dimensions of indicator system, evaluation subjects, evaluation methods, result application, and guarantee system can effectively solve the current evaluation predicament and provide scientific guidance for improving the quality of the performance evaluation of Tai Chi course ideological and political education. Fourth, a scientifically and comprehensively improved performance evaluation system is an important guarantee for promoting the improvement and efficiency enhancement of the public sports Tai Chi courses' ideological and political education in universities, achieving the coordinated education of sports literacy and value leadership, and is of great significance for implementing the fundamental task of "cultivating virtue and fostering talents".

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