

Curriculum Ideological and Political Ideas and Exploration of the Path to Incorporate Football Curriculum

Bo Zhang¹, Qiang Tian^{2,*}

¹Department of Physical Education, North Sichuan Medical College, Nanchong 637000, China

²College of Physical Education, Southwest Minzu University, Chengdu 610041, China

*Corresponding Author

Abstract: Curriculum ideological and political construction is the fundamental instruction of socialism with Chinese characteristics in the new era to higher education, and it is also the basic guarantee for the implementation of the fundamental task of establishing moralities and cultivating people. This article uses research methods of literature and logical analysis to explore the integration path of curriculum ideological and political concepts and college football curriculum, establish a football curriculum and moral education community, ensure that students' physical quality cultivation and ideological education are coordinated and synchronized, highlighting the football curriculum to the consistency between the top-level ideological and political design and the synergy of the school's moral education enables students to obtain comprehensive development and promotion in the football curriculum.

Keywords: curriculum ideology, football curriculum, teaching methods

1. Introduction

Curriculum ideological and political is a new requirement under the background of the new era, and it is the sublimation of curriculum moral education. We must persist in taking to establishing moralities and cultivating people as the central link, putting ideological and political work throughout the whole process of education and teaching, using professional courses as the carrier, sorting out the teaching content of professional courses, and combining the characteristics, thinking methods and value concepts of different courses to dig deeper[1]. The ideological and political elements of the courses in the disciplines and majors strive to create a new situation in the development of higher education in China. The ideological and political construction of football curriculum in ordinary colleges and universities is still in its infancy. It mainly combines football knowledge and football skills with ideological and political elements in two ways: "integration" and "excavation"[2]. The ideological and political elements of the course are added to the football curriculum, changing the situation where the football class is only for students to master a sports skill, integrating Chinese spirit, sportsmanship, and Chinese wisdom into the football curriculum, reflecting the unique ideological, interesting, rich, and collective of the football class. It solves the problems of lack of awareness, such as doctrine, unity, passivity, and boringness of daily ideological and political education, so that students can subtly temper their quality, sharpen their will, and sublimate their ideals in football classroom learning, and grow into a firm belief, reliable builder and successor of socialism with noble sentiment and healthy physique.

2. The ideological and political concepts of the curriculum and the necessity of integrating into the football curriculum

2.1 Adapt to the new national requirements for teaching quality

At present, education is developing vigorously, and the state has continuously increased its emphasis on education, promoting education reform and innovation in an all-round way, and promoting the all-round development of students[3]. In order to enhance the comprehensive strength and international competitiveness of China's higher education, the strategic decisions of "world-class universities" and "first-class disciplines" have come out one after another. The core values of ism are integrated into the whole process of education and teaching. Curriculum ideological and political is a

key part of the "Three Comprehensive Education" in colleges and universities, and a necessary supplement to ideological and political education. The unity of knowledge transfer and value guidance is used to ensure the implementation of the "Three Comprehensive Education". The integration of football teaching into the curriculum ideological and political concept is the general trend. It is necessary to take the football teacher team as the "main force", the curriculum construction as the "main battlefield", and the football classroom teaching as the "main channel", so that the football curriculum and the ideological and political curriculum are in the same direction, to promote the continuous improvement of teaching quality.

2.2 Inevitable requirements to achieve the goals of football curriculum

Traditional football teaching concepts are deeply ingrained, manifested as excessive pursuit of mastering football skills and tactics and physical improvement, "index sports" is the leading class, and the teaching setting of "emotional goals" is useless, causing students to lose their dominant position and creative consciousness in the learning process. Also buried, the value of educating people is even paler. The goal of the football course is to enable students to master basic football knowledge and skills, improve their physical fitness, cultivate sports interests and hobbies, and form a good psychological quality. It also provides ideological and political education to students, and cultivates multi-talented talents with strong will and both ability and political integrity. Become an indispensable goal of football courses. The sports spirit behind football is smoothly and silently penetrated into the football teaching process, realizing the same frequency resonance of the teaching of football knowledge and the guidance of values, and the "movement" of football lessons and the "quietness" of ideological and political courses are integrated[4].

2.3 An important way to realize ideological and political education

Traditional ideological and political courses cannot keep pace with the times in terms of form, and are still preaching in theory, and the educational content is out of touch with social culture and social reality, which makes ideological and political curriculum unattractive to contemporary college students. On the contrary, football curriculum is quite attractive to college students because of their physical and mental, confrontational, entertaining, and collective characteristics. The combination of football curriculum and "curriculum ideology" can enable students to develop their will and qualities in the learning of football skills and tactics. Football curriculum is an important carrier of ideological and political education, and it has unparalleled superiority in other disciplines. In the teaching process, teachers subtly integrate the elements of ideological and political education into the technical and tactical or theoretical knowledge of football curriculum to realize the unity of rational enlightenment and emotional stimulation, and then achieve the teaching purpose of "entertainment in sports".

3. Curriculum ideological and political concepts and the implementation path of football curriculum integration

3.1 Clarify the goals and requirements of curriculum ideological and political construction

The construction of ideological and political curriculum is the key to fulfilling the fundamental task of establishing moralities and cultivating people. The goal is like a beacon, leading the voyage ship to return. To achieve the combination of football and ideological and political courses, the first task is to build an overall goal guide and clarify the goal and requirements of the ideological and political construction of the curriculum: closely integrate with the development needs of the country and the industry, and the orientation and professionalism of the school, the training goals are in line with each other. For example, ideological guidance goals: political identity, national awareness, social responsibility; emotional training goals: family and country feelings, Chinese outstanding traditional cultural feelings, aesthetic appeal; professional spirit goals: love and dedication, craftsmanship, gardener spirit, scientific spirit.

3.2 In-depth exploration of the ideological and political elements in the football curriculum

Football techniques and tactics are the most expressive in football. Learning technique and tactics is a gradual process from shallow to deep, from easy to difficult, and it also cultivates students' concentration, patience, willpower, self-confidence and thinking. Conducive to improving the personal

accomplishment of students; training for combat, the learning of football techniques and tactics and related theoretical knowledge are the foundation of football games. In football games, use "women's football spirit" as positive teaching materials to promote the spirit of hard work, selfless dedication, and never giving up; use negative teaching materials such as doping, counterfeiting, and bribery of referees to let students learn to distinguish right from wrong and enhance social responsibility awareness and cultivating correct social values[5].

3.3 Keep close contact with students and find the perspective of educating people

Contemporary college students are in the stage of ideological activity and are good at accepting new things. With the rapid development of information technology and receiving massive amounts of information, there are certain difficulties for the development of ideological and political education. Quality education emphasizes the promotion of students' subjectivity, pays attention to the initiative, enthusiasm and creativity of students in teaching, implements the "people-oriented" teaching concept, and recognizes the individual differences of students[6]. This means that in the process of football teaching, teachers should form a good interaction with students, build a student-centered teaching model, deliberately explore the needs of students in the learning process, and then align the teaching methods and teaching content, and strengthen the pertinence.

3.4 Improve teachers' educating ability

If students are the main force in realizing the Chinese dream of the great rejuvenation of the Chinese nation in the future, then teachers are the dream builders who build this "dream team" of the Chinese nation and an important bridge between students and the classroom. "Learning from high school as a teacher, being a model", teachers' words and deeds have a direct effect on the shaping of students' world outlook, outlook on life and values. A hundred studies must first establish morality, which is based on establishing moralities and cultivating people. Comprehensively promote the construction of curriculum ideology and politics, and put forward new requirements for teachers. Taking the "four haves" good teachers as the standard, we should effectively strengthen the ideological and political work of teachers, guide teachers to consciously be the disseminators of advanced ideology and culture, and be instructors and guides for the healthy growth of students. To fight iron, you still need to be hard on your own, and you must insist that educators get educated first. First of all, football teachers must always pay attention to social hotspots and frontiers of subjects, and bring the freshest knowledge and cases into the classroom, in order to capture the attention of students and increase their interest and motivation in learning. Secondly, it is necessary to strengthen the ideological and political capacity building of football teachers, establish and improve the high-quality resource sharing mechanism, build a curriculum ideological and political construction exchange platform, exchange experience, and observe on-site teaching; pre-job training, on-the-job training, and ethics of football teachers special training on teaching ability, etc.; give full play to the role of teaching and research offices, teaching teams and other grassroots teaching organizations, and establish a degree of collective ideological and political teaching and development of courses; encourage and support ideological and political teachers and professional teachers to cooperate in teaching and research, learn from each other and improve each other, improve teaching quality, and deepen the curriculum Ideological and political concept.

3.5 Improve teachers' awareness of educating people

Teachers bear the most solemn and most sacred mission. They must be teachers of learning and morality. All great undertakings require ideological guidance, and the effective implementation of "curriculum ideological and political" requires teachers to establish awareness of educating people. Teachers are the key to guiding students to establish correct values. Teachers can only have a high political position, a high level of ideology, and a high level of morality, abide by the basic principles of education, and always bear in mind the original intention and responsibility of teaching and educating people, to find the inner fit of ideological and political elements and professional knowledge, and to improve one's own awareness of educating people, can the content of moral education be naturally integrated into the whole process of football teaching.

3.6 Scientifically designing the ideological and political teaching system of football curriculum

Grasp the goals and tasks, and strive to build a systematic football curriculum ideological and

political content system. First of all, the selection of the content of the football curriculum must meet the requirements of the times and be cutting-edge. Universities have the dual mission of cultivating talents and developing scientific knowledge. Football teachers should eliminate outdated and outdated content, correct inaccurate and unscientific teaching concepts, introduce the latest academic achievements and latest technology into teaching content, and bring students to the development of football disciplines. Secondly, the content of the football curriculum should be practical, and the content that is rich in connotation and continuous learning should be selected, and the ideological and political elements contained in it should be deeply explored. Under the premise of fully considering the practical value of football teaching content, the choice can be "one study to the end". "At the same time, it also allows students to re-develop and design the teaching content that is "not tired of learning" and "useful for learning", enhancing the attractiveness of football curriculum and enhancing students' sense of acquisition, such as integrating civilized watching and respecting referees into the teaching content, sports injuries, sports health care and other knowledge that students can learn and use. The innovation of teaching content makes the ideology and ethics and football knowledge resonate strongly, and further expands the football teachers' ability to carry out ideological and political teaching of the course, enhances the effectiveness of ideological and political education of football curriculum, and makes students feel the charm of football and the realization of their self-worth.

Teaching method is the teaching method or teaching procedure adopted in order to accomplish certain teaching purpose and teaching task. It contains the methods taught by teachers and the methods learned by students. Compared with other subjects, football teaching is more practical and applicable. It is a dual manifestation of intelligence and athletic ability. It also places higher requirements on students. Therefore, the guidance of football teachers is particularly critical. The teaching method adopted by the teacher will directly affect the final teaching quality and effect. In this regard, teachers must strictly follow the student-oriented teaching principle and the teaching philosophy of teaching students in accordance with their aptitude, highlight the core position of students in the learning process, recognize the differences in students' personality, attach importance to the subjective initiative of students, and respect and understand students' under the premise, the traditional teaching methods should be changed to ensure that students can clarify the role and value of football curriculum, strengthen their personal learning beliefs, and generate good learning motivations, thereby improving the quality of teaching. Through teacher-student interaction and classroom feedback, the students' cognitive structure, physical fitness, mental activity and thinking ability can be initially understood before they can be confident in the design of teaching plans and the choice of teaching methods, thereby promoting students' physical fitness coordinate with the improvement of moral quality. On the one hand, teaching methods such as questioning, student participation, case enumeration, group discussions, etc. can be used to promote the reform and innovation of football classrooms, so that the classroom can truly "live", and ideological and political concepts can be implicitly revealed in the process of teaching football knowledge. Each student can be integrated into the process of curriculum ideological and political construction. On the other hand, it is also possible to stimulate students' freshness and interest in learning by changing the teaching environment and choosing different teaching equipment, improve the education efficiency of football curriculum, and satisfy students' demands for self-worth in football activities.

3.7 Construct a comprehensive curriculum ideological and political guarantee system

The establishment of a complete curriculum ideological and political guarantee system is a prerequisite for the integration of ideological and political elements into the football curriculum. Schools should strengthen the top-level design, do a good job in overall planning, improve the working mechanism, strengthen supervision and inspection, step by step, point to area, give full play to the guiding role of football teachers, and effectively increase the enthusiasm and initiative of every football teacher to participate in the ideological and political construction of the curriculum. Continuously improve the quality of football teaching. For example: establishing a special course ideological and political management team, school leaders and teaching supervisors attending classes, arranging course ideological and political teachers to share teaching experience, setting up curriculum leaders for ideological and political projects, and making the football curriculum ideological and political teaching system more complete and operational more efficient and more standardized.

4. Conclusion

Under the background of the new era, the infiltration of ideological and political concepts in college football teaching will become an important breakthrough direction for teaching reforms. It is the

internal call of quality education concepts, teaching and educating people, and the cultivation of craftsmanship. "Curriculum ideology" is fully integrated into football teaching, which fits the shortcomings of football class education function. It can fundamentally change the current situation of football class focusing on practice and neglecting moral education, and can effectively promote the overall improvement of football teaching quality. Leading the trend with the ideological and political concepts of the curriculum, taking the fundamental task of establishing moralities and cultivating people as an important starting point and focus, appropriately infiltrate the elements of ideological and political education into all links of teaching football, and constantly explore the infiltration of ideas in the football teaching process. The good prescriptions of political elements can fulfill the mission of soul-building and educating people for football teachers, and realize the organic unity of football knowledge imparting and value guidance.

Acknowledgements

This work was supported by the Key Research Base Project of Nanchong City Philosophy and Social Science (NO.NCTY20A03) .

References

- [1] Lu J. *Ideological and political education in china's higher education. East Asian Policy*, 2017, 9(02), pp. 78-91.
- [2] Xiao S, Kong Q, Song M, et al. *Teaching Reform of CNC Technology Course under the Ideological and Political Education. International Journal of Social Science and Education Research*, 2019, 2(10), pp. 36-41.
- [3] Yun G, Lin B. *On the Effectiveness of Ideological and Political Education of Colleges and Universities from Methodology—From the Perspective of Ideological and Political Theory Courses. Journal of Shanxi Datong University (Social Science Edition)*, 2016, 2, pp. 020.
- [4] Han M. *The blended teaching of ideological and political course in colleges and universities based on MOOC and rain classroom—taking the course of 'Introduction to Mao Zedong thought and the theoretical system of socialism with Chinese characteristics' as an example. Modern Educational Technology*, 2018, 28(7), pp. 65-70.
- [5] Kron F W, Fetters M D, Scerbo M W, et al. *Using a computer simulation for teaching communication skills: A blinded multisite mixed methods randomized controlled trial. Patient education and counseling*, 2017, 100(4), pp. 748-759.
- [6] Rutten N, van der Veen J T, van Joolingen W R. *Inquiry-based whole-class teaching with computer simulations in physics. International journal of science education*, 2015, 37(8), pp. 1225-1245.