

Research on the Teaching Practice of Table Tennis Courses in Colleges and Universities Based on the Perspective of Curriculum Ideology and Politics

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Abstract: Incorporating the concept of "curriculum ideology and politics" into the physical education teaching of colleges and universities in China is an important measure for the reform of physical education teaching in colleges and universities. The National Ideological and Political Conference in Colleges and Universities once pointed out that no matter which course it is, it should go together with the ideological and political theory course, and all courses should form a synergistic effect with the ideological and political theory course. Physical education courses occupy a very important position in the education system of colleges and universities in our country. In the face of the current new situation and background, it is necessary to carry out in-depth reforms in the teaching of physical education courses, and integrate the concept of "curriculum ideology and politics" into the physical education courses of colleges and universities. Table tennis is very popular and loved by college students in our country, and it is an important part of the physical education curriculum system in colleges and universities in China. The integration path in table tennis teaching in colleges and universities provides a certain theoretical reference for the in-depth implementation and popularization of the concept of "curriculum ideology and politics" in college physical education.

Keywords: curriculum ideology and politics, table tennis teaching, college sports

1. Introduction

Incorporating ideological and political education into the teaching of the whole curriculum, and shaping the students' ideological and moral character with a sense of great voice and hope, requires teachers to perform their duties and guard every aspect of the campus classroom. Simply put, "curriculum ideology and politics" is actually a process of integrating and unifying the course teaching and ideological and political education of various disciplines. But this does not mean to distinguish this process from this course, but to subtly infiltrate ideological and political education into the course teaching process. The concept of "curriculum ideology and politics" is also one of the important directions for the future reform and development of Chinese higher education. Under the background of the new situation, as an important part of the education system in colleges and universities, college physical education also needs to pay attention to the integration and penetration of the concept of "curriculum ideology and politics", and this process can be based on table tennis, an important sports event that is deeply loved by college students[1]. Forerunner, integrate the concept of "curriculum ideology and politics" into all aspects of table tennis teaching, in order to provide some theoretical reference for the integration of "curriculum ideology and politics" concept in other courses.

2. The teaching status and main problems of table tennis in colleges and universities

2.1 Today's table tennis teaching ideas in colleges and universities are still mainly based on teaching techniques

Table tennis courses are carried out in the form of professional major courses in some sports colleges, and in the form of public elective courses in most colleges and universities, so most of the students who choose this course love it. College students with table tennis events but no table tennis foundation. However, deeply influenced by traditional teaching ideas, many table tennis physical education teachers pay too much attention to the teaching of table tennis techniques in the teaching content of table tennis elective courses in colleges and universities. Students focus on their technical mastery as required by professional athletes. The disadvantage of this teaching method is that it ignores

the cultural characteristics and spiritual orientation behind table tennis teaching. For example, the collective spirit of unity and fraternity can be understood through teamwork, the indomitable tenacity through honing skills, and the perseverance and never-give-up style through competitive competition[2]. It is more important and more in line with the new concepts and ideas of physical education work in the new era.

2.2 Today, the teaching and assessment methods of table tennis courses in colleges and universities are still single

At present, the teaching and assessment methods of table tennis courses in colleges and universities still take the standardization of skills (batting action), proficiency (batting count) and hitting quality as the main evaluation criteria. Under this set of assessment standards, many students who love table tennis and usually train very seriously will not be able to get good scores due to lack of ball sense, poor foundation and other prerequisites. Results-oriented evaluation of the quality of table tennis courses. The assessment method not only discourages the enthusiasm of students who are passionate but weak, but also cannot assess whether students understand the spirit of unity, cooperation and perseverance in sports[3]. At the same time, the author, as a college table tennis teacher, also found in the daily table tennis course training that most students with good skills are not willing to train with students with poor skills. The reason for the inquiry is that it is difficult to train with students with poor skills progress, and it is difficult to improve the proficiency of cooperation between partners during the test. From the above analysis, we can see that a single teaching assessment method will not only weaken students' interest in cultivating sports, but also cause students to pay too much attention to the results of competition and ignore the sports spirit of unity and cooperation. This is obviously contrary to the original intention of setting up physical education courses in colleges and universities.

2.3 Insufficient understanding of physical education teachers on the integration of ideological and political concepts into teaching

Incorporating ideological and political teaching into physical education teaching puts forward higher requirements for the political and cultural nature of physical education teachers, as well as the level of Xi Jinping's new era of socialism with Chinese characteristics combined with practice. At present, some physical education teachers overemphasize the importance of physical skills training in teaching, and believe that not practicing good physical skills is equivalent to not taking good physical education classes, which is obviously out of touch with the times. As the leader of the physical education class, the "technology first" philosophy of physical education teachers will directly or indirectly affect the students' attitude towards physical education, and even lead to some students who are slow to learn skills falling into the "like sports but don't like sports" the embarrassing situation of gym class". In addition, when colleges and universities recruit physical education teachers, there are also rigid conditions that mainly focus on the applicant's professional qualification level, academic qualifications, etc. In the interview, they focus on whether professional teachers are in place in sports skills and teaching techniques, but lack of attention to physical education teachers' teaching concepts of the problem[4]. This kind of thinking makes the physical education work in colleges and universities continue in accordance with the concept and method of giving priority to physical skills and teachers teaching students. Therefore, the reform of curriculum ideological and political teaching is a tough and protracted battle for college physical education teachers.

3. Exploration of the teaching path of table tennis in colleges and universities from the perspective of curriculum ideology and politics

3.1 Renewing the concept to integrate technology transmission and spiritual transmission

According to the concept of course ideology and politics, re-optimize the course design, rebuild the course teaching system, reorganize the training objectives of the table tennis course, strengthen the moral education of students on the basis of improving the technical level, and inject cultural connotation into the technical teaching. Taking table tennis teaching as an example, in addition to the traditional teaching of table tennis basic technology and theoretical knowledge, audio-visual content such as video appreciation and event review can be added to the course content arrangement. For example, let the students develop the awareness of never giving up, solidarity and cooperation by watching the video of the table tennis match turning defeat into victory, encouraging and embracing

each other. Through entertaining and entertaining, we can silently let students understand the spirit of table tennis and sports, improve their comprehensive quality, and promote the all-round development of college students.

Although table tennis is an individual competitive event, it can be divided into teams to organize group competitions. Teachers should explore and integrate ideological and political elements according to the characteristics of table tennis and teaching characteristics. When mobilizing students' enthusiasm for participation, they can use coaching demonstrations or individual competitions for teaching. Activities, when infiltrating ideological and political education, are mainly implemented by organizing centralized activities and team competitions[5]. Involve all students in the design and organization of the competition, allowing them to be both organizers and participants, athletes, referees, and spectators, and individual students as well as team athletes and cheerleaders. Let students show their individual talents in collective activities, which not only highlights the power of cooperation, but also strengthens the feelings of unity and tolerance, so that students can constantly understand the collectivist connotation of contemporary table tennis competition, feel the warmth of the collective when realizing their personal values, and deepen their mutual understanding of the game. Unity is strength, cooperation will lead to greater and stronger understanding, and strengthen students' sense of cooperation and spirit of cooperation and mutual assistance.

3.2 Take multiple measures to make the course teaching assessment and evaluation system more diverse

In order to better integrate the ideological and political concepts of the course into the table tennis teaching curriculum, the evaluation system of the course teaching assessment is an unavoidable problem. Aiming at the insufficiency of traditional table tennis teaching with only result evaluation, the existing assessment and evaluation methods can reduce the proportion of the result evaluation in the overall score at the end of the term, and increase the proportion of the process evaluation. For example, in the final assessment of the table tennis course, the students' usual training attitude, the completion of homework after each training session, and the improvement rate compared with themselves need to be included in the assessment indicators of the process evaluation, and the proportion is the same as Outcome evaluations are of equal value. This change of thinking will make those students who like table tennis but have a slower ability to learn skills have the confidence to continue to love table tennis. Because as long as they practice hard and make progress compared with themselves, they can get a good final evaluation, which will help them develop a lifelong interest in table tennis.

In addition, some changes can also be made in the final technical assessment method. For example, the traditional method of table tennis skill assessment overemphasizes individual technical performance, which also leads to the reluctance of students with good skills to train with students with poor skills. Then, after the final technical assessment is converted from individual technical performance into the average score of the team's technical performance, the change of this model will virtually break the barriers between students based on the quality of their skills, and form a team-based collective training. The model is more conducive to cultivating the establishment of the spirit of collectivism in students' teamwork.

3.3 Preaching and teaching, building a campus sports + cultural education model

The foundation of a strong country in sports lies in mass sports. As a carrier base for vigorous student groups, sports culture should become the most vivid part of campus culture[6]. The new journey gives new missions, and the new era inspires new actions. Sports can not only replenish the calcium of students' bones, but also enrich their spiritual world. As a teacher in the stadium, we must shoulder the political responsibility of "being a sports person", and lead by example to integrate ideological and political courses into physical education, so that physical education becomes a powerful extension of ideological and political teaching.

Taking the table tennis project that has repeatedly achieved excellent results on the world stage as an example, table tennis teachers should pay more attention to the input of cultural orientation while training students' technical level. In the teaching process, they should fully mobilize the emotional atmosphere of students, encourage patriotic enthusiasm, and truly break the discipline. Fences, refuse to be the same. Let college sports not only improve students' skills, but also deepen the understanding of sports, sports spirit, and sports culture, so as to establish correct values and outlook on life, compose a new era of college sports music, and truly realize the full, whole process, comprehensive education.

4. Conclusion

Curriculum ideology and politics is a new method for building a sports power in the new era and for colleges and universities to carry out ideological and political education. The tenacious struggle and the spirit of unity and cooperation in sports are the indispensable educational materials for ideological and political education. How to make China move from a sports power to a sports power, how to improve the ideological and political level of college students, and how to integrate ideological and political and physical education closely are the problems to be solved.

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