

"Integrating sport and education": Research on the Status Quo of the Integration of Sports into the Second Classroom Ideological and Political Education in Colleges and Universities

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Abstract: *The socialism with Chinese characteristics has entered a new era. To implement the concept of "Three-whole Education", we must attach great importance to and fully excavate the elements of ideological and political education in the second classroom. Based on the abundant explicit and implicit ideological and political education resources contained in sports activities, there is an inevitable logic to integrate sports into the second classroom of colleges and universities to implement "people with sports". This article focuses on the theoretical analysis of the background and the inevitable logic of the implementation of "Integrating sport and education" in the second classroom in colleges and universities, and adjusts the current situation of the implementation of "Integrating sport and education" in the second classroom in colleges and universities, and finally forms the idea of integrating sports into the second classroom in colleges and universities. The analysis and conclusions of the current situation of political education are expected to provide theoretical guidance for the implementation of the second classroom in colleges and universities.*

Keywords: *Integrating sport and education; second classroom; integration; ideological and political education*

1. Introduction

As socialism with Chinese characteristics enters a new era, as an important front for the training of young talents, colleges and universities are also facing new challenges and opportunities for ideological and political education, calling for exploration of new ways. On December 8, 2016, General Secretary Xi emphasized at the National Conference on Ideological and Political Work in Colleges and Universities: "We must adhere to the central link of morality and cultivating people, and put ideological and political work throughout the whole process of education and teaching, so as to realize the whole process of educating people and all-round education. people". In 2017, the Ministry of Education promulgated the "Implementation Outline of the High-tech Ideological and Political Work Quality Improvement Project", which proposed that the education functions of curriculum, scientific research, practice, culture, etc. should be brought into play, and ten major education systems should be constructed. This requires colleges and universities to improve the effectiveness of ideological and political education must implement the educational concept of "three-whole education", attach great importance to and fully excavate the ideological and political education elements of the second classroom in colleges and universities.

2. The Background of the Implementation of "Integrating sport and education" in the Second Classroom in Colleges and Universities

The so-called "second classroom" refers to various educational activities related to classroom teaching that are planned, guided, and carried out in a purposeful, planned, and organized manner by various departments and organizations at all levels in the school for the purpose of educating people. It is an effective extension and beneficial supplement to the "first classroom". It is an important position for colleges and universities to innovate ideological and political education models and cultivate socialist builders and successors who develop comprehensive development of morality, intelligence, physical education, art, and labor.

However, on the one hand, the current stage of ideological and political education in colleges and universities is still mainly based on the first classroom; on the other hand, the activities of the second classroom lack the guidance of a stable teacher team, and the forms are rich and diverse, but the penetration of ideological and political education is insufficient. Therefore, it is a difficult problem that colleges and universities ideological and political work needs to solve urgently in the new era and new situation to enhance the attractiveness and effectiveness of the second-class ideological and political education in colleges and universities by digging new elements of ideological and political education.

Among the various forms of practical activities in the second classroom, sports activities contain rich ideological and political education resources, and their explicit and implicit education functions can not be ignored in the implementation of the fundamental task of "building morality and cultivating people" and realizing the all-round development of college students. Strategic significance. Entering the new era, while proposing the strategy of "sports powerhouse" and "healthy China", the party and the state have also paid more and more attention to the ideological and political education function of sports in the second classroom of colleges and universities.

In 2014, the Central Committee of the Communist Youth League, the Ministry of Education, the State Sports General Administration, and the All-China Federation of Students jointly formulated and issued the "Guiding Opinions on the Further Development of Mass Extracurricular Physical Exercise Activities with the Theme of "Going Off the Internet, Getting Out of the Dormitory, and Going to the Playground" for College Students", It is required to carry out the "three walks" activities as an effective way to carry out ideological and political education for college students, and to unify the promotion of college students' physical fitness with exercise will, tempering character, and cultivating sentiment, so as to realize the overall development of students, so as to guide colleges and universities to optimize the second classroom Top-level design, forming a joint force for educating people in and out of class.

In September 2016, when General Secretary Xi returned to his alma mater, he said to his classmates: "Moral, intellectual, physical and aesthetics must be developed in an all-round way, and sports play an important role in cultivating temperament and training will."

On July 25, 2017, "Integrating sport and education"-Zhang Boling's Sports Thought Summit Forum was held at Nankai University, emphasizing "physical" and "education" to promote the all-round development of students.

On May 28, 2020, the Ministry of Education issued the "Guideline for Curriculum Ideological and Political Construction in Higher Education Institutions", emphasizing the need to "comprehensively use the first classroom and the second classroom, and strive to expand the methods and approaches of curriculum ideological and political construction", and dig deeper into various courses The ideological and political education resources contained in the teaching methods should not only allow students to enrich their knowledge and increase their knowledge, but also shape their character; "Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Adolescents" and "About Comprehensively Strengthening and Improving Schools in the New Era" Programmatic documents such as "Opinions on Sports Work" have been issued successively, reiterating that school sports is a basic project to realize the fundamental task of Lide, and it has the unique function of realizing sports wisdom and sports mind.

On May 21, 2021, General Secretary Xi presided over the nineteenth meeting of the Central Committee for Comprehensively Deepening Reform and pointed out that it is necessary to encourage and support schools to carry out various after-school education activities after school in order to meet the diverse needs of students.

3. The Inevitable Logic of Implementing "Integrating sport and education" in the Second Classroom in Colleges and Universities

"Sports is an education process that develops the body, strengthens the physique, imparts knowledge, skills, and cultivates morality and will quality to exercise the body." It is an important education process that emphasizes the combination of physical education and mental education to cultivate comprehensively developed talents.

"Integrating sport and education" emphasizes that the focus of sports is on "physical" and "education". In other words, we should not only pay attention to physical training skills and enhance the basic functions of physical fitness, but also pay attention to moral training and personality shaping, and give full play to its promotion. The function of ideological and political education of people's

all-round development.

As early as in the "Interim Regulations on School Physical Education" jointly promulgated by the Ministry of Education and the State Sports Commission in 1979, it was proposed that the quality of school education should be comprehensively measured in terms of morality, intelligence, and physical fitness. Conduct communist ideological and moral education to students, and strengthen their ideological and political education. It is precisely based on the unique advantages of the identity of the educational objects of physical education and ideological and political education, the compatibility of educational content, and the consistency of educational goals, to increase the research and excavation of the value of ideological and political education of secondary classroom sports activities in colleges and universities, and integrate sports. The second course of ideological and political education in colleges and universities has its logical inevitability.

3.1 "Integrating sport and education" is the proper meaning of sports functions.

The function of sports is the beneficial effect and effectiveness of sports based on its own characteristics to people or society. Among the many functions of sports, the fitness function can promote physical development and strengthen physical fitness; while its educational function can cultivate the ideological, moral, and will quality of the educated through physical activities, promote individual socialization, and form the educated Healthy psychology, positive personality and correct world outlook, outlook on life and values.

Therefore, to implement the concept of "Integrating sport and education" in the new era of education, it is necessary to emphasize the combination of "physical education" and "education". This is the concretization of the fundamental task of Lide Shuren in the field of physical education and sports. It is also an inherent requirement of the educational function of sports itself.

3.2 "Integrating sport and education" is an important way to improve personality.

Marx and Engels clearly stated in the "Instructions of the Interim Central Committee to Deputies on Certain Issues": "For children who have reached a certain age, future education is the combination of productive labor with intellectual education and sports. It is not only to improve social production. One way, and the only way to create a well-rounded person."

In our country, Zhang Boling, a well-known educator and known as "a creator of modern Chinese education", proposed as early as a hundred years ago that education should create a complete personality, morality, intelligence, and physical education, without partiality. In addition, the well-known educator Cai Yuanpei proposed in 1912 that the purpose of general education is to cultivate a healthy personality (also known as "complete personality"). Later, in a speech at Nanyang Overseas Chinese Middle School, Cai Yuanpei comprehensively expounded the educational thoughts of cultivating a sound personality, and clearly pointed out that a sound personality contains four educations, namely physical education, intellectual education, moral education and aesthetic education. Not only that, but in his opinion, although the four educations are equally important, "complete personality, first in sports".

In 2018, General Secretary Xi once again emphasized at the National Education Conference the need to "train socialist builders and successors for the comprehensive development of morality, intelligence, physical education, art, and labor." Delivered an important speech, further emphasizing the need to strengthen and improve school physical education, and help students promote the comprehensive development of students' morality, intelligence, physical education, and labor through physical exercise.

It can be seen that sports, as an important part of the "five education simultaneously", can not only enhance physical fitness and improve athletic level through physical education, but more importantly, it can guide the educated to have a sound personality, achieve socialization, and eventually become a fully developed person. Its foothold and ultimate goal are to promote the all-round development of students, and play its unique function of soul-building and educating people in the university education system.

3.3 "Integrating sport and education" is the inevitable requirement of three-whole education.

In 2017, the Central Committee of the Communist Party of China and the State Council issued the

"Opinions on Strengthening and Improving the Ideological and Political Work in Colleges and Universities under the New Situation", reiterating the need to thoroughly implement the concept of "three-whole education", unite all staff to educate people, and lead ideological values throughout In the whole process and every link of education and teaching. And college physical education contains a wealth of explicit and implicit ideological and political education resources: in terms of "all members", the subjective role of physical education teachers and sports organizations is indispensable; in terms of "full process", the first Physical education in the classroom and extracurricular physical exercises in the second classroom are indispensable for the provision of time and space in the physical and mental development of students; in terms of "all-round", physical exercise is the carrier of physical and mental health, moral development, and will exercise The role is indispensable. Therefore, the implementation of the concept of "Integrating sport and education" will help to fully mobilize the initiative and creativity of the "dual subject" of teachers and students, and form a joint force for educating the whole staff; it will help to effectively connect the first classroom and the second classroom, and build sports activities. It is a whole-process education system based on it; it is helpful to realize the organic integration of sports and ideological and political education, and build an all-round collaborative education platform.

3.4 "Integrating sport and education" is the real need of the second classroom.

On the one hand, the curriculum system setting of college physical education and the teaching characteristics of the first classroom determine that the first classroom of college sports generally has shortcomings, more content, and relatively fixed and rigid forms, which are not conducive to the increase of interest and habits of college students in physical exercise. Develop. As an extension and supplement of the first classroom of physical education, physical exercise in the second classroom of colleges and universities is also an important way to achieve the goals of school physical education, which can effectively extend the time and space of physical education and enhance the effect of physical education.

On the other hand, physical activities in the second classroom are an indispensable and important part of college students' after-school life. They are close to life, diverse in forms, rich in content, quick to relieve stress, and more interesting, and are more likely to be loved by students. Physical fitness, habit formation, moral training, will tempering and other aspects play an irreplaceable important role, which is a strong support for colleges and universities to implement ideological and political education through the second classroom.

4. Analysis on the Current Situation of Implementing "Integrating sport and education" in the Second Classroom in Colleges and Universities

From November 6th to 7th, 2020, we conducted a survey on the undergraduate groups of five colleges and universities in Taizhou through the questionnaire star to understand students' attitudes, views, participation, preferences and suggestions on second-class sports activities. The survey subjects included students of all grades of undergraduate. A total of 1480 valid questionnaires were collected, including 877 (59.26%) for freshmen, 188 (12.7%) for sophomores, 226 (15.27%) for juniors, and 189 (12.77% for seniors).).

4.1 Students' Attitudes and Views on Sports Activities in the Second Classroom

Among the students participating in the survey, 27.57% and 45.88% of the students who think that the second classroom organizes physical activities are "very necessary" and 45.88%, respectively, and 19.93% think that the second classroom is "dispensable".

Among the students participating in the survey, 20.41% and 32.97% "like" and "like" physical activities in the second classroom, respectively, "dislike" only 6.01%, and "average" 40.61%.

Among the students participating in the survey, 39.8% believed that the frequency of sports activities in the second classroom was "less", and 23.85% believed that the sports activities in the second classroom were only "occasionally".

Among the students participating in the survey, 5.95% of the students who participated in the sports activities organized by the Second Classroom "reached 3 hours or more" every week, 4.73% of the "never participated", and 18.72% of the "30 minutes". , 31.55% of the exercise time is "unfixed", and

39.05% of the exercise time can be maintained for "1 to 2 hours" per week.

4.2 The Status Quo of Organizing and Carrying out Sports Activities in the Second Classroom in Colleges and Universities

The types of sports activities organized by the second classroom that college students have participated in are ranked in descending order of participation rate: sports games, sports club activities, sports training, fun games, quality development, sunshine psychological games, sports volunteer services, Various sports competitions, etc., and some students spontaneously exercise through Keep software.

In the second classroom, students generally believe that the organizational purpose of sports activities is (ordered from high to low): strengthening physical fitness, regulating emotions, forming exercise habits, cultivating sportsmanship, shaping the body, and perfecting personality.

Through the physical activities organized by the second classroom, the students' biggest gains are (ordered from high to low): enhanced physical fitness, adjusted mood, improved exercise level, developed exercise habits, improved interpersonal communication, and shaped the body, Improve the personality, the recognition of the "physical education" function of the second classroom is significantly higher than that of "education".

4.3 Students' Suggestions on the Organization and Implementation of the Second Classroom Sports Activities

Regarding the purpose of implementing physical activities in the second classroom, there are still 1101 students whose focus is mainly on improving physical fitness (74.39%), and only those who believe that organized and planned physical activities should be effective for personality development There are 55%.

The forms of second classroom sports activities that students prefer are (ordered from high to low): fun games, sports club activities, sports meets, sunshine psychological games, quality development, sports volunteer services, sports training, various Sports competition.

Suggestions on better realizing the "education" effect of sports activities in the second classroom are mainly focused on: enriching the forms of sports activities, increasing the fun of sports activities, giving play to the guiding role of teachers/professional students, increasing team collaboration projects, and strengthening Ideological guidance in the process of sports activities, formation of curriculum/systematic sports and fitness guidance, improvement of the quality of activities, categorized development according to student needs/features/interests, ensuring the frequency/time of sports activities, expanding the coverage of sports activities, and increasing practical skills Training, promotion of participation enthusiasm through reward mechanism, improvement of sports/fitness facilities, etc.

5. Conclusions

In summary, digging deeply into the educational value of physical activities in the second classroom of colleges and universities will help to further enhance the depth and breadth of ideological and political education, and it is a useful supplement and improvement to the ideological and political education of college students.

However, although the current second classroom in colleges and universities generally carry out a variety of sports activities, the frequency, pertinence, coverage, professional guidance, venue facilities, etc. of the activities still cannot effectively meet the needs of students, and the sports habits of most students have not yet been formed. , Insufficient exercise time; most students hold a positive attitude towards the physical and mental health of the second classroom sports activities and the second classroom sports activities, but due to the interest, pertinence, instruction and venue of the second classroom sports activities Insufficient facilities, students' enthusiasm for participation is not high; schools, teachers, and students still focus on strengthening physical fitness, regulating emotions, and developing exercise habits. The "education" function of sports activities has not received full attention. The lack of top-level design, the lack of curriculum-oriented and systematic exercise guidance, and the excessive focus on the form of activities neglected the teacher's guidance and effective ideological guidance during the activity process. As a result, the actual effect of sports "education" still needs to be

further improved.

Implement "Integrating sport and education", strengthen top-level design in terms of faculty, venue facilities, system construction, time arrangement, etc., attach great importance to the important educating value of sports in moral cultivation and perfect personality, and guide the formation of secondary colleges and sports clubs Educate people together and actively explore the feasible path of hierarchical classification of "Integrating sport and education"; strengthen the professional guidance of teachers and professional students in the second classroom for sports activities, introduce traditional martial arts and other sports to create "curriculized" boutique activities, Through organized, planned, and systematic guidance, the appeal and long-term effectiveness of the second classroom "Integrating sport and education" will be enhanced.

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