

# Study on the Application of Ideological and Political Education in Physical Education Courses

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**Abstract:** *The integration of curriculum ideology and politics into physical education curriculum is an important and challenging task, aiming to cultivate students' ideological and moral qualities, cultural qualities and aesthetic interests, and to promote the enhancement of overall quality through physical education. This paper explores the value of curriculum ideology and politics in physical education curriculum through literature and proposes the application strategy of curriculum ideology and politics into physical education curriculum to provide theoretical basis for the reform of physical education curriculum in the new era.*

**Keywords:** *Ideological and Political education, physical education curriculum, value, application strategy*

## 1. Introduction

Ideological and political education has been a high priority in China since the beginning, and China has issued documents to ensure the development of ideological and political education. In 2020, China's Ministry of Education issued the Guidelines for the Construction of Ideological and Political Education in Higher Education Courses, which emphasised the promotion of the construction of ideological and political education in the curricula of various disciplines. During the same period, the General Office of the Central Committee of the Communist Party of China (CPC) and the General Office of the State Council printed and released the Opinions on Comprehensively Strengthening and Improving the Work of School Physical Education in the New Era, which provided a theoretical basis for the ideological and political work of physical education courses. [1] The concept of the construction of the sports course ideology and politics is to take on the responsibility of the sports course itself to educate people, to walk in the same direction with the ideology and politics course, and to build up a big pattern of all-embracing, all-round, all-encompassing educating people. [2] Therefore, the sports ideological and political education is a necessary way to improve the quality of education, and is an important measure to protect the construction of China's socialist modernisation.

## 2. The value of the sports curriculum ideology and politics

### 2.1 Sharpen students' will and mould positive values

With the rapid development of China's economy and science and technology, as well as the arrival of the Internet era, the cultural ideas of various countries are intermingling and penetrating each other, and once students are not discerning enough on their own, it will have an extremely negative impact on their own ideological and moral qualities. For example, gold worship, blind obedience and so on, not only affects the students' interpersonal communication ability, but also to a large extent affects the students' outlook. It can be seen that students have not yet entered society, their minds are not yet mature, their ability to differentiate is poor, and they may not be able to distinguish between right and wrong. Sports is an important carrier of curriculum ideology education, and the curriculum ideology of sports courses has continued for many years, but the traditional implementation of sports ideology is often based on theoretical lectures and propaganda, which can not really achieve the purpose of the fundamental educational task of establishing morality and educating people. [3] At the same time, physical education is a discipline with strong practicality, which contains a large number of ideological and political education elements, if the teacher can integrate these ideological and political education elements into the teaching, it will be able to sharpen the students' will, so that they can form the correct

values in a harmonious and relaxed environment, and inadvertently enhance the students' interpersonal skills, which is not only the responsibility given to physical education teachers by the times but also the basic requirements for talent cultivation under the development of the times. [4]

### ***2.2 Promote the overall development of students' physical and mental health and cultivate good communication and collaboration skills***

The application of ideological and political education in the physical education programme can promote the overall development of students' physical and mental health. As an important part of students' physical exercise, physical education can not only enhance physical fitness, but also release pressure and improve emotional management ability. And through the guidance of curriculum politics, students are not only performing physical activities, but also participating in the process of shaping and identifying a kind of values. The elements of teamwork and self-challenge in sports activities can be integrated into the framework of Civic Education, so that students can understand the importance of teamwork and the value of self-challenge while experiencing the fun of sports, thus realising the overall improvement of physical and mental health. On the other hand, the construction of Ideological and Politics in sports programmes also emphasizes the cultivation of students' social and communication skills. Sports activities provide a good platform for students to co-operate and communicate with others. Through participation in team sports, competitions and performances, students can interact positively with their teammates, coaches and spectators, and learn how to co-operate, co-ordinate and communicate with others, thus helping to cultivate students' sense of co-operation, leadership and teamwork skills. In the PE curriculum, teachers can guide students to develop their social and communication skills through group activities, team projects and co-operative competitions. For example, through competitions or performances, they can co-operate in teams to solve problems, formulate strategies and display their individual talents, so that they can learn to listen, respect the opinions of others and express their views effectively. This is of great significance to students' career development and social interaction, enabling them to adapt to a diverse and complex social environment. [5]

### ***2.3 Enhancing students' comprehensive quality and ability***

The application of ideological and political education in the physical education programme also helps to enhance students' comprehensive quality and ability. The abilities of self-management, teamwork, and challenging oneself that are needed in sports activities are consistent with the educational goals of pursuing truth, goodness, beauty, and labour in ideological and political education. By introducing the contents and methods of Civic and Political Education in the physical education programme, students can develop good self-management ability, teamwork spirit, and courage and perseverance in the face of challenges while exercising in physical education, which are of great significance to the future development of students.

## **3. Strategies for the application of ideological and political education in physical education teaching**

### ***3.1 Constructing the Civic and Political Teaching Philosophy of the Physical Education Programme***

Civic and political teaching concept is the fundamental premise of guiding teaching. However, the current civic education often stays only at the theoretical level, and there are still great difficulties in combining with practical teaching. Therefore, it is very important to scientifically construct the concept of ideological and political teaching to develop students' dialectical thinking ability and make it well combined with practical teaching. The construction of ideological and political in college curriculum must pay attention to the contextual and social interaction of "Ideological". Firstly, structured design requires professional teaching theme design, embedding classroom teaching content into situational and concrete activities, organically combining abstract ideas and concepts, and forming theoretical and practical problem introduction and case study. Secondly, dynamic design requires interactive classroom atmosphere, which is a process of dynamic combination based on regularised teaching design, according to different academic segments, teaching resources, teaching contents and execution links. [6]

### ***3.2 Discovering the ideological and political elements embedded in the curriculum and incorporating ideological and political elements into the curriculum objectives***

Curriculum objectives have the function of guiding and directing the content of classroom teaching, therefore, when formulating the curriculum objectives, the ideological and political elements should be appropriately integrated into them, and the traditional national sports programme should be incorporated into the themes of sports power, national sports, sports culture confidence and so on. Incorporating students' learning attitudes, behaviours and examination discipline into the scope of assessment can enhance the socialist core values of college students, enhance their patriotic sentiments, enhance their sense of integrity and law-abidingness, and ultimately realise the concept of "all-round education", "whole process education", "comprehensive education" and "comprehensive education". The ultimate goal is to achieve the "three-perfect" talent cultivation goal of "full staff education", "whole process education" and "comprehensive education". [7]

### ***3.3 In-depth promotion of physical education curriculum reform, to achieve the "body" and "education" in-depth fusion, physical education and ideological and political courses in-depth integration***

In the reform of the sports and ideology programme, teachers should fully understand the inadequacies and shortcomings of the current content design and teaching methods of the sports programme, fully understand the logical starting point of collaborative education in the sports discipline, and fully grasp the effective ways to promote the sports programme and the ideology and politics programme in the same direction and in the same direction. Teachers through the expansion, and road, in the content to achieve skills teaching and character education through, and in the way to achieve physical exercise and cultural infiltration connection. Teachers in the process to achieve their own experience and propaganda and indoctrination integration, give full play to the comprehensive effectiveness of physical education discipline synergistic education. [8]

### ***3.4 Improve and innovate teaching methods and guide students to think actively***

In order to better integrate curriculum ideology into the physical education programme, the teaching methods of the physical education programme need to be adjusted accordingly, focusing on guiding students to reflect on and cultivate their ideology and morality in the teaching process. Teachers can adopt interactive teaching methods such as discussion, debate, case study, etc., to guide students to actively reflect on the morals and values in sports and combine them with life practice to enhance students' sense of social responsibility and civic awareness. At the same time, the physical education curriculum cultivates students' teamwork and collective honour through sports competitions and group activities, and strengthens students' sense of collectivism and social responsibility.

### ***3.5 Sound multi-dimensional collaborative parenting model to cultivate students' political identity***

Forming a collaborative and interactive co-construction team is a key prerequisite for ensuring its effective implementation. Finding political identity, theoretical identity, value identity and emotional identity through excellent teaching content is an important problem that needs to be solved in the current construction of sports curriculum ideology in China. Focus on cultivating students' political identity by guiding them to learn the political significance embedded behind sports. [9]

### ***3.6 Expand construction results and promote radiation sharing***

Theory and practice combined, with school self-built, inter-school cooperation, school-enterprise co-construction and other forms of construction of physical education curriculum ideological and political system mechanism, on the basis of the system to strengthen the center of gravity of sports in higher education, change the traditional way of running competitions, social and industrial competitions as a criterion for the development of on-campus sports events, competitions and events, build competition management and service platforms, so that the school has become the centre of the activity organizers and competition participation for the students to Create a social stage. The main function of this is to integrate the teaching of ideological theory into the school sports curriculum, improve the integration of theory and practice, and consolidate the effect of the application of curriculum ideology in sports. [10]

### ***3.7 Incorporating the red spirit to lead the value direction of sports ideological construction***

In the sports programme, the red spirit has a natural connection with students' sports character and sportsmanship, which stems from the fact that sports itself requires the qualities of teamwork, perseverance and optimism, which are highly compatible with the red spirit. Therefore, the integration of the red spirit into the construction of sports curriculum ideology can provide an important value direction [11]. Specifically, the red spirit represents the struggle of the Chinese Communist Party and the Chinese people, and is the embodiment of adhering to faith and fighting for it. Incorporating this spirit of perseverance into the physical education curriculum can help guide students to establish correct ideals and beliefs in life, so that they will have strong spiritual support in the process of growth. [12]

### ***3.8 Improve the evaluation mechanism of physical education courses***

Evaluation of physical education curriculum is the whole process of evaluation of the integration of ideological and political education into physical education teaching, which is an important part of the reform of physical education curriculum. The evaluation factors include the level of the ideological and political education theory of physical education teachers, the timing of the ideological and political education element in the physical education teaching content, the innovation, artistry and vividness of the teaching methods, and the quality and effect of the classroom teaching [13]. The evaluation mechanism of the sports course is mainly through the leadership evaluation, supervisory evaluation, team evaluation, self-evaluation, student evaluation and teacher evaluation, etc. It is a comprehensive judgement on the teachers to carry out the sports course, and will be included in the comprehensive evaluation results in the school's annual assessment of teachers' morality and physical education performance assessment, and the results of the assessment as an important basis for the appointment of physical education teachers, evaluation of excellence, as well as the promotion of the position. [14]

### ***3.9 Effectively extend the scope of the second classroom education***

Education does not only exist in the school space that has a distinctive "ends - means" characteristics of the "school education" form, education is present in everyone's daily life and behavioural practices [15]. Teachers of physical education should go beyond the time and space limitations of classroom teaching, actively intervene in the second classroom nurturing range, through the second classroom to touch the hidden root of the influence of students' ideological cognition, way of thinking, moral practice, and to solve the confusion of students' growth. On the one hand, teachers of physical education should fully understand the experiences generated by the practical interaction between students and the second classroom field they are in, and be good at grasping the details of the students' subjective experiences, discovering the possible misconceptions of students in time, and giving them a positive response by applying the correct value guidance. On the other hand, teachers of professional sports courses should pay attention to the understanding of students' moral behaviour through the second classroom, which maps students' ideological concepts, value orientations, attitudes to life and spiritual realities. The performance characteristics of moral behaviour can effectively summarize the level of students' ideological and moral development. Teachers of physical education majors should not only intentionally observe students' daily moral behaviour in school, but also communicate with students' counsellors, parents, internship supervisors, and relevant persons in charge of employing units, etc., so as to understand students' moral behaviour in the whole process and in all directions and to interpret students' moral qualities through the characteristics of their moral behaviour. The development of students' moral qualities is interpreted through the characteristics of moral behaviour, and the effectiveness of moral education is examined against the goal of moral education, so that the individual ideological and moral growth of students can be cultivated in a targeted manner. [16]

## **4. Conclusion**

The integration of ideological and political education into the physical education curriculum still has many problems and difficulties, something that requires hard work from the majority of educators to accomplish. With the deepening of the Internet reform process, it may bring more, more convenient and more efficient ways to integrate ideological and political education, and turn the physical education curriculum into an important carrier to promote the overall development of students. In the face of many uncertainties in the future, the only way to truly integrate curriculum ideology and politics into

the physical education curriculum is to maintain firm beliefs and confidence, to promote the overall improvement of the quality of education personnel training, and to take a solid step towards the goal of achieving a strong socialist modern education country.

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