

# Research on the path of collaborative education between PE teachers and ideological and political teachers under the ideological and political course

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**Abstract:** In order to change students' mental outlook, ideological and political education is very important. Therefore, this paper studies the subject of cooperative talent cultivation path between physical education teachers and ideological and political teachers under the ideological and political curriculum. This paper analyzes the current situation of ideological and political education in physical education courses, and expounds the problems existing in the teaching of ideological and political education in physical education. Aiming at the problem of ideological and political integration teaching in physical education, this paper discusses the strategy of ideological and political integration and talent cultivation in physical education from the aspects of increasing the development of ideological and political materials in physical education courses, combining the characteristics of ideological and political courses to innovate the curriculum system of physical education, carrying out campus sports cultural activities based on curriculum ideological and political, and using the example effect to carry out ideological and political infiltration in physical education courses. Through the above research, the purpose is to cultivate students' character and provide basic guarantee for future employment.

**Keywords:** Ideological and political education; Physical education teachers; Ideological and political teachers; Collaborative talent cultivation; Path exploration; Student

## 1. Introduction

In the context of people's progressive thinking, student training is no longer limited to the major. Talents in the new era not only need to have excellent professional knowledge, but also need to have good character. Only when both ideology and profession meet the standard can we give full play to the maximum potential in employment [1]. In order to achieve the dual cultivation of ideology and specialty, it is necessary to accumulate ideological connotation after a long time of study under the condition of imperceptibly, so that students can achieve the process of qualitative change, and provide guarantee for students' future employment. As an important subject to cultivate students' ideological character, ideological and political education plays an important role in the process of students' development. Integrating ideological and political education into middle school, high school and even university can make students gradually grow into what teachers and parents want after potential influence.

As one of the favorite courses for students, physical education plays a relaxing role in the complex curriculum. Adding physical quality training to the physical education curriculum can exercise students' physique and enable them to further participate in the study of professional courses [2]. In order to enable students to be potentially affected by ideology and politics, physical education curriculum began to integrate with ideological and political content. By using the relaxing and interesting educational model of physical education courses, we can carry out some ideological and political teaching activities, so that students can improve their ideological awareness on the basis of relaxing their body and mind. However, there are differences between physical education curriculum and ideological and political content after all, which cannot be effectively integrated. Therefore, from the perspective of ideological and political curriculum, this paper explores the issue of the path of coordinated talent cultivation between physical education teachers and ideological and political teachers, which provides the source power for the development of students.

## 2. Current situation of ideological and political education in physical education courses

At present, students study in colleges and universities in a state of "tight time, heavy task, pressure", in order to cope with the exam, students take the study of ideological and political courses as a task, and do not understand the real connotation of the course, affecting the effect of ideological and political education. In the process of ideological and political teaching, teachers only stay on the surface, which is not in line with the ideological and political teaching concept [3]. Most teachers use students' heavy schoolwork as the reason, physical education courses often disappear without reason, students can only face textbooks for professional knowledge learning every day, a long time will produce reverse psychology, affecting the learning effect. In addition, physical education teachers do not have a thorough understanding of the ideological and political education of the curriculum. They believe that the ideological and political education has nothing to do with the physical education curriculum. Even the integration of ideological and political education in the physical education curriculum teaching is also a "rote" form, which mainly deals with the tasks assigned by the school, and cannot carry out targeted teaching for students. For physical education teachers, the ideological and political curriculum requires teachers to re learn. According to the guidance of the ideological and political teachers, such teaching content should be integrated into the physical education curriculum. This kind of teaching form affects both physical education and ideological and political education, and cannot effectively integrate physical education and ideological and political education. The situation of ideological and political education in physical education courses is shown in Figure 1 below.

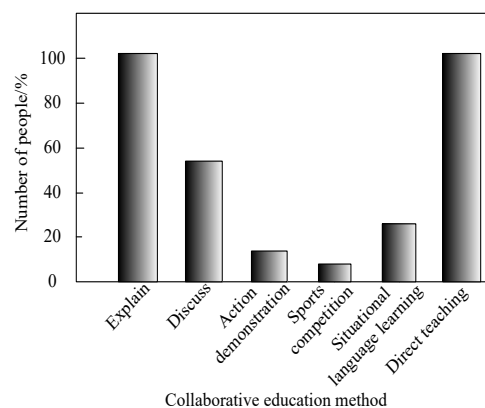


Figure 1: Sports Ideological and Political Education

As shown in Figure 1, there are explanation, discussion, action demonstration, sports competition, scene teaching, direct teaching and other aspects in sports ideological and political cooperative education method. Among them, direct explanation and direct teaching are widely used by PE teachers. That is to say, physical education teachers tend to copy, after the completion of ideological and political content, directly turn 180 degrees, continue to teach physical education courses, mainly to complete the tasks assigned by the school, separate ideological and political education and physical education content, forming a "four different" curriculum [4]. However, teaching contents such as action demonstration and sports competition cannot be effectively integrated with ideological and political content. There are only one or two actions, and adding a little ideological and political content will be fine. Instead of playing the role of ideological teaching, it becomes a topic for students to talk about. The selection of ideological and political teaching content by PE teachers is shown in Table 1 below.

Table 1: Basis for Selection of Ideological and Political Teaching Content of Physical Education Major Courses

Basis for selection of education content	Sort	Select reason
Teaching program	1	Simple teaching process
Teaching objectives	1	Good teaching effect
Teaching plan	2	Simple lesson preparation
Teachers' ability	4	Good teaching effect
Student hobby	3	Students are easy to accept
Learning characteristics	5	High student performance
Ideological and Political Cases	6	Cultivate thinking
Political News	7	Keep abreast of current events

As shown in Table 1, in the process of integrating ideological and political teaching, PE teachers mainly start from the teaching syllabus, teaching objectives, teaching plans and other aspects. The reason for the choice is that depending on the outline or target plan, it can be easier to teach, so it is the first choice of PE teachers. In general, physical education teachers do not need to prepare lessons, but can carry out some improvement training according to students' physical condition, followed by free activity time for students [5]. When the rigid ideological and political content is integrated, neither students nor teachers like it, which is a double influence, which seriously restricts the development of ideological and political teaching in physical education.

### **3. Exploration on the Cooperative Cultivation Path of Physical Education Teachers and Ideological and Political Teachers**

#### ***3.1. Strengthen the development of ideological and political materials of physical education courses***

The integration of physical education curriculum and ideological and political education aims to infiltrate ideological and political content into students with potential influence. The content of sports textbooks generally includes sports knowledge, action essentials, growth history of sports celebrities, etc. As far as students and teachers are concerned, physical education textbooks will not be concerned by students and teachers. Therefore, the first key point of sports and ideological and political education is to strengthen the attention of students and teachers to teaching materials, and increase the content of ideological and political education in the growth history of celebrities in sports teaching materials [6]. Physical education teachers and ideological and political teachers should jointly analyze the significance of celebrity growth and vividly show it to students. Teachers can ask students questions before conducting physical education courses. For example, what kind of sports stars do students like? The students have different answers. The teacher selected "Liu Xiang 110m Hurdle Champion", "Lin Dan Grand Slam", "Chinese Women's Volleyball Team" and other deeds, and told about the ideological and political content of sports stars' hard training when they encounter difficulties, so as to strengthen the students' will to fight bravely and achieve the goal of teaching by words and deeds.

#### ***3.2. Combining the characteristics of ideological and political courses to innovate the curriculum system of physical education***

The main content of physical education course is to enrich students' knowledge, enjoy campus life in sports activities, and cultivate students' strong body. Physical education curriculum ideological and political cooperation, the characteristics of physical education curriculum and ideological and political curriculum of the integration of the characteristics of the comprehensive ability of students. In the process of physical education, teachers can enhance students' physique through sports projects and personal demonstrations [7]. The sports events are carried out in groups, and the average score of each group is taken as the final score of the group. In order to achieve their own results, students will actively interact with team members and improve the sports ability of each team member through cooperation and collaboration. In general, students with strong theoretical knowledge tend to have poor physical strength. Physical education teachers can divide groups according to students' physical fitness. A group with good physical strength leads a group with poor physical strength. Students can interact more frequently and cultivate students' thoughts of helping each other, thus forming a teaching mode of ideological and political infiltration of physical education.

#### ***3.3. Develop campus sports cultural activities based on curriculum, ideology and politics***

In the campus, students generally focus on learning. The complex schoolwork makes students become the "machine" of learning, which affects the overall development of students. This paper believes that we can carry out campus sports culture festival activities with the theme of curriculum ideological and political education. Hold sports knowledge competitions led by students with strong theoretical knowledge and school sports meet led by students with strong sports ability. The school takes a week as an example to carry out sports culture publicity on campus and let students actively participate in sports competitions [8]. Students with strong learning ability actively participate in sports knowledge competitions; Students with strong sports ability should actively participate in the school sports meeting. The school sports meeting and knowledge contest are formed into a group. Each class needs to participate in two activities. The class with low knowledge contest performance needs high school sports meeting performance to improve the average grade of the class. Take this score as a part

of the year-end examination results to enhance students' attention to the sports and cultural festival. If students want to win the competition, they need to fully understand and think about sports knowledge, while the students in the school sports meet need to exercise actively without fear of difficulties. From this, we can cultivate students' ideological and political concepts of thinking and fearing hardship, and truly realize the dual education of physical ability and thought.

### ***3.4. Use the example effect to conduct ideological and political infiltration of physical education curriculum***

In the student age, the role model effect is larger, students like a role model will like everything about him, and work hard for it. When there is an "overachiever" on campus who is both physical and academic, students will spontaneously follow his example. Teachers can infiltrate the ideological and political content of the curriculum through example effect. As a course inherited for many years, sports has many stars, such as Liu Xiang, Yao Ming, Lin Dan, Zhang Yining and other sports stars, which are even role models in the eyes of students. Physical education teachers can in rainy days, students can not carry out outdoor activities, for the students to explain sports stars, star deeds told, to ask the students to draw inspiration. According to the stars take the bull by the horns and strive for the deeds, for students to set an example, hard to learn the spirit of the example, so as to achieve the purpose of ideological and political infiltration. Under the influence of example, students can develop their character spontaneously, which provides conditions for their future employment.

## **4. Conclusion**

In recent years, there are not many forms of ideological education for students. Teachers, schools and parents pay more attention to the teaching of professional knowledge. They believe that students can only learn professional knowledge and have a good job, and the rest can learn in their work and life, which leads to poor thinking and affects the overall training effect of students. When ideological and political education began to receive attention, the introduction of ideological and political education only stayed on the surface. In order to cope with the examination, students would learn about the content. There were correct answers on the examination questions, which could not give full play to the potential of students. Therefore, from the perspective of curriculum ideological and political education, this paper expounds the path of coordinated education of curriculum sports and ideological and political education, and provides suggestions for the comprehensive development of students.

## **Acknowledgements**

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[2] The 14th Five Year Plan of Provincial Education Science in 2021: Research on the cooperative education path between PE teachers and ideological and political teachers from the perspective of curriculum Ideology and politics (Subject No.: SGH21Y0369 )

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