

On the Cultivation of Ideology and Morality in the Process of Physical Education in Higher Vocational Colleges

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ABSTRACT. Physical education is an important part of the curriculum system in higher vocational colleges. At present, “morality education” has become an important concept in Chinese school education. Under the guidance of the teaching concept of “morality education”, physical education in vocational colleges should not only train students to master the theoretical knowledge and skills of sports, but also guide students to improve their ideological and moral qualities through physical education. This paper first analyzes the current situation of physical education in higher vocational colleges, focusing on revealing the lack of ideological and moral education, and then puts forward the cultivation strategies of ideological and moral education in the process of physical education in higher vocational colleges from the perspectives of classroom teaching and extracurricular activities.

KEYWORDS: Higher vocational colleges, Physical education, Moral character, Moral education

1. The current situation of higher vocational physical education

For a long time, physical education has been an important part of the curriculum system of higher vocational colleges in China, which is responsible for strengthening students' physical fitness, cultivating students' physical exercise habits and lifelong sports awareness. In recent years, along with the rapid development of China's economy and society, the society has been constantly improving the requirements for talents, one of the most important requirements is to have a good ideological and moral quality. However, physical education teaching in many higher vocational colleges in China still focuses on the cultivation of sports skills, while ignores the cultivation of students' ideological and moral qualities, which restricts the overall development of students [1]. Although the physical education in some higher vocational colleges involves ideological and moral education, the content and method of education are too old and unitary to attract students' attention and the quality of education is not effective.

2. The Training Strategy of Ideology and Morality in Higher Vocational Physical Education

Higher vocational colleges are the cradle of training skilled talents. In the new era, the teaching work of higher vocational colleges should be guided by the socialist core values, exert influence on students in a purposeful, planned and step-by-step way according to the social requirements and the laws of Ideological and moral education, and cultivate their good ideological and moral quality. This paper holds that higher vocational colleges can cultivate students' ideological and moral qualities from the perspectives of physical education and extracurricular sports activities.

2.1 From the Perspective of Physical Education Classroom Teaching-Patriotism, Activeness and Unity

Cultivate students' patriotism. Contemporary vocational students should have a strong sense of patriotism, strong national self-esteem, self-confidence and a sense of national honor. The Chinese nation has a history of five thousand years, and its sports culture is extensive and profound, which contains rich content of patriotism education, such as “protecting the home and defending the country”, “giving glory to the country” and “dedication to the country”. Physical education teachers should give full play to the role of the main channel of classroom teaching, dig deeply into the patriotism education content in the existing physical education textbooks, and actively use network technology to collect more abundant sports patriotism education content in the network, and integrate patriotism into the whole process of physical education teaching [2]. At present, physical education teachers should deeply explore the inspirational stories and biographies of coaches and athletes in the field of competitive sports in China, and make students understand the close relationship between sports and patriotism

through video broadcasting, article reading, scenario creation and other methods.

Develop a positive outlook on life. Positive is an attitude and outlook on life. In higher vocational physical education, physical education teachers should organize and carry out a series of teaching activities around the themes of “physical education and development”, “physical education and youth” and “physical education and happiness”, so as to cultivate students’ positive outlook on life and keep them away from the negative outlook on life such as enjoyment and degeneration. Physical education teachers can use the experience of some disabled athletes as a case study. If possible, higher vocational colleges can invite these athletes to open classes or interview in the school, so that students can have a deep understanding of the positive outlook on life of these athletes face to face, so as to think deeply about their own life and future development, and strive for the realization of personal and social values.

Cultivate students’ sense of unity and cooperation. The present era is one that emphasizes cooperation. Many sports events are group events, such as volleyball, basketball, football, relay in track and field, etc. In classroom teaching, physical education teachers require students to use the method of group cooperative learning, so that students can complete their learning tasks in groups, and then cultivate students’ sense of unity and cooperation. Physical education teachers can also broadcast the competition videos of professional sports players to students through multimedia, digital TV, etc., which can be played, explained and discussed at the same time, so that students can have a deeper understanding of unity and cooperation.

2.2 From the Perspective of Extracurricular Sports Activities-Innovation, Self-Discipline and Firmness

Cultivate students’ innovative spirit. Innovation is indispensable for the sustainable development of economy and society. The aim of higher vocational colleges is to cultivate skilled talents, and one of the most important qualities of skilled talents is the spirit of innovation. In extracurricular sports activities, physical education teachers should arrange students to directly or indirectly participate in the design of the content and form of extracurricular sports activities, stimulate their creativity and cultivate their innovative spirit. This paper holds that on the basis of organizing extracurricular sports competitions, physical education teachers should organize some sports debate activities, sports photography activities, sports essay collection activities, etc. to cultivate students’ innovative spirit. In sports extracurricular activities, physical education teachers should encourage students to express their opinions and suggestions, and improve their ability to find, analyze and solve problems [3].

Cultivate students’ self-discipline consciousness. Under the market economy, all kinds of interests are full of temptations. If students don’t have strong self-discipline, they are easy to lose themselves in front of the temptations of interests, which leads to the problem of violating laws and regulations. The content and form of extracurricular sports activities are various. It takes the spirit, discipline and culture of campus as an important carrier, which can have a subtle impact on students’ ideology and behavior habits, make students clearly distinguish right from wrong, beauty from ugliness, and cultivate self-discipline awareness and self-discipline ability. In the process of extracurricular sports activities, physical education teachers can better cultivate students’ unity of knowledge and practice and strict self-discipline.

Cultivate students’ firmness quality. Social life is more colorful than campus life, but also more complex. The main activity of higher vocational students after graduation is employment or entrepreneurship. But whether it’s employment or entrepreneurship, it’s not a smooth process. They all need to make great efforts. Firmness quality is one of the important factors to help their success. In extracurricular sports activities, physical education teachers can cultivate students’ firmness quality from two aspects: on the one hand, they can cultivate students’ firmness quality through extracurricular sports training and competition, such as perseverance in training and never give up in competition [4]; on the other hand, they can cultivate students’ firmness quality through extracurricular sports habit, such as daily physical training.

It should be emphasized that physical education teachers are required to do a good job in both physical education classroom teaching and extracurricular sports activities. Physical education teachers should actively participate in the learning and training organized by the school on the cultivation of teachers’ morality, ideological and moral character or professional quality, so as to improve their own ideological and moral quality [5]. In daily teaching, physical education teachers should pay attention to their own words and deeds, with a rigorous attitude of study, noble professionalism, so that students can fully feel the role of sports in promoting the development of their ideological and moral quality.

3. Conclusion

Vocational college students are an important reserve force for the future economic and social development, and physical education can significantly promote their physical and mental health development. Therefore, higher vocational colleges should attach importance to physical education. In the new era, the market puts forward new requirements for the ideological and moral quality of vocational college students. In this context, higher vocational education should also integrate ideological and moral education into the whole process of physical education, which is not only the objective requirement of cultivating socialist builders and successors with characteristics, but also the inevitable need of physical education reform in higher vocational colleges.

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