

The Path of Ideological and Political Construction in University Physical Education Curriculum Based on the Concept of Collaborative Education

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Abstract: Talent cultivation is the fundamental task of higher education, and cultivating morality and talent points the way for higher education teaching. The resonance between ideological and political courses and curriculum ideological and political education has jointly built a strong theoretical foundation for talent cultivation in the new era. The ideological and political education in university physical education courses should follow the development laws of higher education and keep up with the times. It takes moral education as its fundamental purpose, collaborative education as its basic concept, three-dimensional diversity as its main structure, and explicit education as its main method. Guided by the concept of collaborative education, building and improving the ideological and political construction of physical education courses is the key to deepening the reform and construction of physical education courses. This is an important task for the future construction of the physical education curriculum system, and also an important way for university physical education courses to contribute to the construction of the entire curriculum ideological and political system.

Keywords: collaborative education, college physical education, curriculum ideological and political education

1. Introduction

Curriculum ideological and political education, as an educational method and process that adapts to the new era of higher education system, has gradually become an important direction for the reform and development of higher education in the new era. It also provides strong support for effectively integrating ideological and political education elements into other courses and practicing the concept of collaborative education. A comprehensive understanding and grasp of the path of ideological and political construction in physical education curriculum under the concept of collaborative education is of great educational significance and practical value for fully utilizing the ideological and political education function of university physical education general public courses, promoting the same direction and peers between ideological and political education and physical education curriculum teaching, and cultivating socialist builders and successors with comprehensive moral, intellectual, physical, aesthetic, and labor development for the country[1].

2. The Era Connotation of Ideological and Political Education in College Physical Education Courses

Curriculum ideological and political education, as the name suggests, is to integrate ideological and political education elements into all university courses except for ideological and political education theory courses, such as theoretical knowledge of ideological and political education, guiding college students to form correct values, excellent traditional culture such as the Chinese spirit, and practical and feasible pursuit of ideals. Effectively integrating these ideological and political education elements into classroom teaching will have a profound impact on students' ideological consciousness, words and actions, psychological status, and other aspects. Specifically, it is necessary to deeply understand the era connotation of ideological and political education in college physical education courses from four aspects: essence, concept, main structure, and main methods.

2.1 Its fundamental purpose is to cultivate virtue and cultivate people

The fundamental review of ideological and political education in physical education curriculum is to cultivate morality and cultivate people. Moral quality is the soul of a person, and physical education in universities should prioritize moral education, emphasizing the organic unity of both teacher education and moral education, improving students' physical fitness, and achieving preaching, teaching, and problem-solving. The fundamental goal of university education is to cultivate virtue and cultivate people. The "cultivation of virtue" in this goal aims to cultivate positive, healthy and upward character and integrity. The "cultivation of people" cultivates qualified builders and reliable successors of the cause of socialism with Chinese characteristics. Therefore, physical education in universities should take moral education as the central link of educational work, and integrate ideological and political education throughout the entire process of physical education curriculum teaching [2]. Moral education should be the foundation of moral education. We should adhere to the principles of moral education, moral education, and moral education, guide students to absorb nutrients from excellent traditional culture and sports spirit, and pay attention to strengthening the cultivation of students' correct views on life, world, and values, help students buckle up their first button in life.

2.2 It takes collaborative education as its basic concept

All types of courses and ideological and political theory courses are directed and accompanied by each other, forming a synergistic effect, and integrating ideological and political work throughout the entire process of education and teaching, achieving full and all-round education is an inevitable trend and fundamental adherence to higher education reform in the new era. University teachers should closely integrate the laws of teaching and education, students' growth characteristics, and cognitive patterns with ideological and political work, externalize the concept of "cultivating morality, cultivating aesthetics, and cultivating culture" in classroom teaching, internalize various aspects and links of curriculum construction and management, and guide the establishment and improvement of the physical education curriculum evaluation system with the requirements of curriculum ideological and political education, so that the spiritual power of cultural confidence and moistening the material can be integrated into every class of physical education teachers, throughout every step of student growth, integrate the curriculum concept of collaborative education into the educational work pattern of "three comprehensive education".

2.3 Its main structure is three-dimensional and diverse

The implementation of ideological and political education in physical education curriculum in the university education system, as the name implies, is to realize the common teaching of physical education knowledge and ideological and political knowledge in physical education teaching, integrate the correct guidance of scientific three outlook shaping in the process of physical education, and integrate the cultivation of personal ability and comprehensive quality in physical education classroom teaching, which together constitute a three-dimensional and diversified educational structure [3]. In the process of classroom teaching, physical education teachers should combine the teaching content with the actual ideological situation of students, consciously guide students to closely combine the essence of sports culture such as sports cultural value, sports cultural spirit, and traditional sports spirit with the confusion and problems encountered in students' daily life, social practice, and communication, to achieve a three-dimensional and diverse teaching effect, to enable students to truly realize the importance of sports cultural values and their own growth, and to achieve a positive interaction between value guidance and ability improvement, classroom teaching, and psychological counseling is a structural goal that needs to be achieved in the ideological and political education of sports courses[4].

2.4 It uses explicit education as the main method

Integrating ideological and political elements into physical education classes is a combination of knowledge, physical skills, and ideological and political education in various aspects of physical education classroom teaching. While achieving the goal of teaching and educating students, it promotes the free and comprehensive development of individual students. Focusing on the integration of ideological and political education elements into various aspects of physical education curriculum teaching, through the organic combination of explicit education of physical education curriculum objectives, teaching content, teaching methods, and the practice and cultivation of socialist core values,

political identification, cultural confidence, inheritance of Chinese spirit, inheritance and development of traditional sports spirit, and cultivation of students' ideological and moral cultivation and personality, enhance the cultural significance of physical education courses and integrate explicit and implicit teaching methods [5].

3. Outstanding issues currently faced in the ideological and political construction of university physical education courses

3.1 The integration of physical education and ideological and political education is not very high

The main goal and teaching difficulty of ideological and political education in physical education curriculum is to combine physical education professional knowledge with ideological and political education, and to integrate the practicality of physical education professional knowledge teaching with the pursuit of truth, goodness, and perfection in ideological and political education. As a public course in the vast majority of universities, college physical education, along with public courses such as ideological and political education, public computer science, public English, and practical writing, is facing the awkward situation of students only taking credits. Most of students' energy is focused on the knowledge learning of professional courses and the examination of applied professional certificates. Physical education gradually loses the value pursuit inherent in sports spirit and sports skills, the integration with ideological and political education is beyond discussion.

3.2 Teachers' teaching ability in applying ideological and political education in physical education courses is not very good

Integrating ideological and political education elements into university physical education courses should give full play to the leading role of students and the main role of teachers. For teachers with a background in physical education, it is not easy to pay attention to the hot topics of current affairs, while mastering theoretical knowledge of ideological and political education is a challenge. It is even more difficult to integrate ideological and political elements into their classroom teaching and proficiently master the process. The process of education should be a harmonious unity of teaching and educating people. However, with the setting of high-level university talent cultivation goals, teaching has become a teaching task of public courses. Cultivating professional abilities is a teaching task of professional courses, cultivating people is a teaching task of ideological and political education public courses, and improving physical skills is a teaching task of public physical education courses. The knowledge and value that physical education courses should originally have gradually been separated, teachers' awareness of distinguishing and criticizing negative comments and resisting erroneous ideas in physical education teaching is clearly insufficient [6]. Their ability to pay attention to students' ideological dynamics, identify their psychological problems, and communicate with them on an equal footing also needs to be improved. Their teaching ability to proficiently master and apply curriculum ideology and politics in physical education courses is clearly insufficient.

3.3 Insufficient improvement of the evaluation mechanism for the quality of ideological and political education in physical education courses

One of the teaching objectives to be achieved in the ideological and political education of physical education courses is to go hand in hand with the theoretical courses of ideological and political education in universities, forming a synergistic effect. The evaluation mechanism for the quality of ideological and political education in physical education courses should not only follow the standards of university physical education courses, but also take into account the conventional requirements of ideological and political education, and pay attention to the dynamic combination of ideological and political education and theoretical teaching of physical education courses [7]. At present, most university physical education courses have their own professional teaching characteristics based on different sports projects, and teaching methods and designs are also diverse. However, they have not deeply explored the value of different course teaching for students' ideological and political education, and have not fully utilized the educational functions of different physical education courses, the existing evaluation mechanism for the teaching quality of physical education courses has failed to compensate for the teaching differences between physical education major teaching and ideological and political education, thus unable to fully ensure the effectiveness of ideological and political construction in physical education courses [8].

4. The path of ideological and political construction in university physical education courses

Curriculum ideological and political education, as an educational concept, teaching method, and educational practice that adapts to the development of the times, not only plays an important role in cultivating and practicing students' worldview, outlook on life, and values, but also serves as an important way for universities to achieve talent cultivation goals and truly achieve the "three comprehensive education", especially in curriculum education.

4.1 Building and improving a long-term mechanism for collaborative education

Curriculum education is the fundamental foundation of the education system, and vigorously promoting classroom teaching reform with the main teaching goal of "curriculum ideological and political education" is the main development direction of higher education in the future. Colleges and universities should take the implementation outline as the main guiding document, and combine the actual teaching situation of their own school to build and improve a long-term mechanism for collaborative education. They should introduce specific opinions, plans, or rules and regulations for the construction of ideological and political education in physical education courses, including curriculum design, school-based textbook writing, classroom teaching design, teacher training the application of scientific research projects and related course management and maintenance fees ensure the effective construction and improvement of a long-term mechanism for collaborative education. The ideological and political education of physical education curriculum aims to ensure the educational guidance and requirements of physical education curriculum teaching and ideological and political education under the guidance of collaborative educational concepts in university physical education curriculum teaching. At the same time, in the process of constructing and improving a long-term mechanism for collaborative education, attention should also be paid to the regular feature of integrating ideological and political education elements and content into the entire process of physical education curriculum teaching. The physical education courses offered in universities, whether as public courses or professional courses in physical education colleges, have strong professionalism and standardization. One of their teaching objectives is to guide students to achieve the goal of physical fitness through the exercise of sports skills, cultivate students' independent, proactive, and optimistic learning spirit, and enable them to develop sports skills in the process of physical education, experience the different feelings of tension and relaxation, harmony and conflict, victory and failure, cooperation and competition, self-interest and altruism, and achieve the effective integration of personal sports literacy and moral qualities [9].

4.2 Creating a teaching team for the reform of ideological and political education in physical education courses

The essence of ideological and political education in physical education courses in universities is to cultivate morality and cultivate talents. Improving the quality of the teaching team is the key to implementing the teaching objectives of cultivating morality and cultivating talents and smoothly implementing ideological and political education in physical education courses [10]. Teachers are an important force in achieving the mutual construction of "cultivating physical education" and "casting soul", the interconnection of "moral education" and "refined skills", and the mutual promotion of "moral cultivation" and "physical education", playing an important role in cultivating and practicing students' physical education literacy. Therefore, improving the ideological and political education literacy of physical education teachers and building a teaching team for the reform of ideological and political education in physical education courses are effective strategies for implementing ideological and political education in physical education courses in universities. Universities should strengthen the cultivation of ideological and political education awareness among physical education teachers. Each teaching unit of the school should organize teachers to timely and earnestly study the relevant policies and learning theories of the country on curriculum ideology and politics through various forms, establish the basic understanding of physical education teachers on curriculum ideology and politics, and guide physical education teachers to gradually develop teaching awareness of curriculum ideology and politics in daily lesson preparation. Of course, we need to focus on building a teaching team for the reform of ideological and political education in physical education courses. The most basic and important thing is that every physical education teacher should actively take on the educational responsibility of ideological and political education in the course. Physical education teachers should influence students' knowledge construction and value choices through preaching, teaching, and problem-solving in general education public courses such as university physical education, helping students establish correct ideals and beliefs, comprehensively and systematically construct theoretical knowledge, and correct students' learning attitudes and value concepts. The leadership of universities should attach great importance to the infiltration of curriculum ideological and political education,

organize teachers to participate in relevant training activities, encourage physical education teachers to participate in teaching innovation universities, share case studies of curriculum ideological and political education, form a multi-level and three-dimensional theoretical training system and practical teaching system with the characteristics of physical education curriculum ideological and political education as the teaching feature, such as school wide, school wide, and subject wide, and strengthen the theoretical literacy of physical education teachers' ideological and political education, improve the ideological and political education ability and literacy of physical education teachers, and effectively enhance the teaching effectiveness of ideological and political education in physical education courses.

4.3 Improving the systematization and orderliness of the design of ideological and political education content in physical education courses

The construction of the ideological and political education system in physical education curriculum relies on the organic combination of physical education teaching and ideological and political theory teaching. This process mainly includes the construction and improvement of curriculum system, educational method system, and teaching system. In the process of constructing a comprehensive physical education courses system, it is necessary to fully explore the ideological and political education elements contained in university physical education courses or different content of physical education elective courses, design a complete physical education curriculum ideological and political education system according to different categories of course content, and set corresponding key and difficult points and teaching goals for physical education curriculum ideological and political education teaching based on the nature of the course and the actual teaching ability of physical education teachers. On this basis, physical education teachers and ideological and political teachers should further refine the teaching objectives of ideological and political education in physical education courses to each physical education course and the construction of physical education curriculum plans, and strengthen the systematic and orderly design of classroom teaching content.

In the process of improving the method system of ideological and political education in physical education courses, physical education teachers should pay deep attention to the individual characteristics of students based on their cognitive laws, ideological reality, and mental health development level. Based on this, they should design the key points, difficulties, and main goals of ideological and political education in physical education courses, and achieve an organic combination of personalized "drip irrigation" of students' physical fitness development and overall "flood irrigation" of physical skill teaching. In fact, university physical education courses can also be like ideological and political education theory courses, fully adopting teaching methods that are popular among college students in the new era to improve the quality of ideological and political education in physical education courses. Various elements such as traditional sports spirit and a strong physical exercise atmosphere can be integrated into the teaching process of ideological and political education in physical education courses as important educational and teaching resources, enabling students to establish life experiences and social cognition in physical education learning, it is not necessarily limited to the teaching of sports professional knowledge and the standardized and rigorous interpretation of sports skills theory. It integrates teaching and education, as well as oral and practical teaching, and effectively utilizes classroom teaching and campus cultural propaganda channels to enhance students' ability to accept, value judge, and distinguish right from wrong in sports curriculum ideological and political education. It helps students grow healthily, thereby enhancing the vividness and infectivity of sports curriculum ideological and political education.

4.4 Constructing and improving the quality evaluation mechanism of ideological and political education in physical education courses

The guidance of the evaluation mechanism for the quality of ideological and political education in physical education courses is to utilize the learning characteristics of physical education courses, effectively organize and proficiently use ideological and political education materials in the teaching process of physical education courses, so that students can feel the tense, fair, and competitive atmosphere of regular physical education classroom teaching, and at the same time, their personal physical fitness and physical and mental health development can also be effectively exercised, increasing corresponding skills and experience. University physical education courses should have their own professional teaching characteristics based on different sports projects, deeply explore the value of different course teaching for students' ideological and political education, fully leverage the educational function of different physical education courses, and try to make up for the teaching differences between physical education professional teaching and ideological and political education on the basis of the existing evaluation mechanism of physical education course teaching quality, to ensure the effectiveness of ideological and political construction in physical education courses. In the formulation

of evaluation standards, it is also necessary to pay attention to the actual development of physical education curriculum teaching as the basis, and combine the actual situation with the current situation of the construction and management of physical education curriculum ideological and political education. The teaching content, management mode, responsible subjects, teaching quality, lesson plan design, collaborative methods of combining online and offline, and resource integration of physical education curriculum ideological and political education should be included in the evaluation standards and assessment scope. In the evaluation process, attention should be paid not only to whether students are interested in learning university physical education courses, but also to whether teachers appropriately integrate ideological and political education elements and teaching content into daily physical education course teaching, implement the teaching goal of cultivating morality and talent, and guide students to correctly understand the close relationship between traditional sports spirit, sports culture, and university physical education course teaching, helping students establish a correct and scientific worldview, outlook on life, and values, advocating for "cultivating students' sports morality in sports situations" in the process of cultivating core competencies in the field of physical education, enabling students to find the foundation of standing and determination in university physical education curriculum teaching, which is conducive to the smooth formation of a teaching system that combines physical education curriculum teaching and ideological and political education under the concept of collaborative education.

5. Conclusion

The ideological and political education resources contained in physical education courses are the fundamental driving force behind the formation of the ideological and political practice system of physical education courses. Integrating ideological and political education elements into every course is itself an educational activity, an important ideological and political education activity in the curriculum system of universities, and an important link in fulfilling the mission of teaching and educating teachers. Guided by the concept of collaborative education, building and improving the ideological and political construction of physical education courses is the key to deepening the reform and construction of physical education courses. This is an important task for the future construction of the physical education curriculum system, and also an important way for university physical education courses to contribute to the construction of the entire curriculum ideological and political system.

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