

Research on the Path of Integrating Ideological and Political Education into Basketball Course Teaching in Universities

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Abstract: *The traditional teaching methods of basketball courses in universities can no longer keep up with the progress of the times. Therefore, in order to achieve sustainable development of basketball course teaching in universities, it is necessary to study the path of integrating ideological and political education into basketball course teaching in universities. Conduct a detailed analysis of ideological and political education, and further identify issues such as unclear design of teaching objectives in three aspects, insufficient teaching content in two aspects, and insufficient teaching methods in two aspects. In response to these issues, provide innovative paths to clarify teaching objective design, improve teaching content, and reform teaching methods.*

Keywords: *Ideological and political education; Universities; Teaching basketball courses; Path research*

1. Introduction

Compared with the traditional basketball main elective course in colleges and universities, the new course that integrates ideological and political education into the basketball main elective course in colleges and universities is more popular with college students. It can be seen that the integration of ideological and political education into the basketball main elective course in colleges and universities can effectively improve the learning autonomy of college students, and at the same time improve the national identity of college students. While teaching college students basketball courses, college students can establish correct life values. The main purpose of basketball courses in colleges and universities is to promote the spirit of sports, exercise the body of college students, cultivate students' collective consciousness, carry forward the concept of collectivism, improve students' basketball skills, truly implement the "three aspects of education" in the teaching practice, and promote contemporary college students to become a healthy body and mind, all-round development, sound personality, positive and enterprising outstanding talents. At the same time, the process of college students learning basketball courses is a "trinity" of improving students' physical fitness, learning basketball skills, and elevating their ideological level. The three functions together affect college students. Ideological and political education mainly exists in the form of ideological and political theory courses. Ideological and political education aims to establish correct values for college students, including but not limited to worldviews, outlooks on life, values, etc. The deeper purpose is to cultivate morality and cultivate people, and to create high-quality talents for college students. Integrating ideological and political education, also known as ideological and political theory courses, with various courses, enables college students to establish correct values while acquiring course knowledge, and implements the comprehensive education concept of prioritizing "moral education and talent cultivation". The main purpose of basketball course teaching is to impart basketball professional knowledge to college students. It is a special course for college students to learn special sports knowledge and skills. At the same time, college basketball course also plays a role in improving college students' physical fitness, improving their moral level and exercising their willpower. This coincides with the original intention of the concept of ideological and political education. Therefore, more and more colleges and universities integrate ideological and political education into the main elective courses, hoping to help college students improve their ideological and moral level and guide them to establish correct life concepts, value orientation and world cognition while fulfilling their teaching objectives in this way[1].

2. Background of ideological and political education

Ideological and political education, also known as a compulsory ideological and political theory course in universities, is an educational course specifically designed for college students to enhance their ideological, moral, and political level. According to the national regulations, undergraduate ideological and political courses can be divided into five categories, namely, Introduction to the Basic Principles of Marxism, Introduction to Maoism and Socialism with Chinese characteristics, Outline of Late modern period of China, Outline of History, Ideological and Moral Cultivation and Legal Basis, and Situation and Policy. Ideological and political education is based on Marxist theory and integrates Ma Yuan throughout the entire process of teaching and researching ideological and political courses. It is hoped that ideological and political courses can play a role in setting up other subject courses in universities, fully leveraging the role of ideological and political education in teaching students' ideological and moral levels. From a practical perspective, the concept of "three comprehensive education" is implemented, and a comprehensive education pattern that is in line with the development concept of education in the new era is constructed. From the overall perspective, integrating ideological and political education into various courses in colleges and universities is to integrate ideological and political education elements into the curriculum, so that various courses in colleges and universities can play a role in improving the ideological education level of students while completing the original purpose of implanting knowledge and skills. From the individual level, ideological and political education excavates ideological and political education resources in various courses of colleges and universities, and integrates ideological and political education into various courses of colleges and universities through the ideological and political education resources contained in various courses, and penetrates ideological and political education into every link of the entire college education and teaching curriculum [2].

3. There are problems in the teaching of basketball courses in colleges and universities

In today's era, universities are increasingly emphasizing the importance of ideological and political education. As universities integrate ideological and political education into their curriculum, how to better integrate ideological and political courses with professional teaching has become a major issue for universities. In order to accelerate the integration of ideological and political education into the curriculum, various universities have found the following problems in the course design process of each major:

3.1 *There are three aspects of teaching objectives that are not clearly designed*

Establishing the teaching objectives of basketball courses in colleges and universities is to build the track needed for teaching activities and point out the direction for colleges and universities to train talents through public physical education courses. Thus, it can be seen that the design of basketball teaching objectives in colleges and universities is important, so it is necessary to take all-round education and physical education as the basis. First of all, the content and direction of curriculum ideological and political goal design in some colleges and universities are not clear enough. Three dimensions and five fields are the main modes of basketball course teaching goal design in Chinese colleges and universities, but the proportion of each part of the goal has not been detailed in the teaching design of basketball course. In addition, some college teachers cannot clearly distinguish the relationship between ideological and political curriculum knowledge and goals, as well as ideological and political curriculum ability and quality goals. Some college teachers are confined by traditional ideology and think that unique form is an essential element for the realization of ideological and political goals, but this does not conform to the three-dimensional goal content of basketball course teaching goal design. Can not build a more efficient system. Therefore, the design process of integrating ideological and political courses into the teaching objectives of basketball courses has its unique form and direction. Secondly, the teaching objectives of the university basketball course after the introduction of ideological and political education are not sound. The teaching objectives are the expected learning outcomes that teachers expect students to achieve before teaching professional courses, and the selection of teaching methods is also an effort to achieve the teaching objectives. In order to ensure the completion of the university basketball course teaching, all teaching objectives should be achieved. The ideological and political elements used by some universities in introducing ideological and political education into teaching objectives are too tedious. In today's rapidly developing era, teaching can no longer meet the needs of college students, and the teaching content is

limited by teaching objectives. Therefore, the teaching objectives of basketball courses in universities should not only be based on the Olympic spirit of hard work and brave struggle. The teaching objectives of integrating ideological and political education into basketball courses are not limited to individual students, but also should be guided by national and social levels, focusing on cultivating college students to become patriotic, law-abiding, civilized, and harmonious pillars of the country.

3.2 There are two shortcomings in the teaching content

Colleges and universities integrate ideological and political education into basketball courses in order to improve the physical quality of college students and improve their ideological and political level, so that students can better meet the needs of the society for compound talents in today's times. However, the traditional basketball course teaching content in colleges and universities has shortcomings: First of all, the teaching content of basketball course in colleges and universities is undiversified, and most college teachers only focus on personal character. However, the teaching content of basketball course in colleges and universities should be selected according to the teaching objectives of basketball course, the current situation of college teachers and students and the needs of social development in the current era. Therefore, the improvement process of integrating ideological and political education into basketball course teaching should be goal-oriented. Abide by the characteristics of The Times and the characteristics of educating people in the teaching content. At the same time, when integrating ideological and political education, we should dig deeply into the ideological and political elements implied in college basketball teaching content, conform to the current teaching background, build a high-level college talent training system, and realize the integration of ideological and political education into college basketball course teaching, while building a good ideological and political course and keeping up with the development pace of college basketball course teaching in the new era.

3.3 There are two shortcomings in teaching methods

Firstly, some universities are using teaching methods for basketball courses that do not involve the concept of ideological and political education. The integration of ideological and political education into basketball curriculum teaching aims to solve the current problems faced by students while cultivating their physical fitness, and to use the most appropriate university basketball teaching content to answer these questions. At present, universities have gradually found that traditional teaching methods cannot meet the needs of contemporary students' values and spiritual pursuits. In order to meet the needs of basketball teaching in universities in the new era, the innovation of basketball teaching methods should not be limited to types, but should be more in line with the characteristics of the current era and educational characteristics. At the same time, technology can integrate ideological and political education into the teaching of basketball courses in universities. Although it conforms to the characteristics of the current era, it has not been widely applied. The traditional teaching mode of basketball courses in universities is fixed, and most university teachers adopt complete and decomposed methods to first demonstrate and then be imitated by students. This single teaching mode cannot improve students' autonomy in learning basketball.

4. Ideological and political education is integrated into the teaching reform of basketball courses in colleges and universities

4.1 Clarify the design of teaching objectives

Some colleges and universities regard the integration of ideological and political education into professional courses as a new educational concept, and college teachers also implement this educational concept, but the process of integrating ideological and political education into professional courses is bound to be a long one. At the same time, how to efficiently integrate ideological and political education into basketball teaching is still a key problem that contemporary teachers need to solve. However, in the process of solving the problem, there is a large gap in the ideological and political quality of some full-time basketball teachers in colleges and universities, and some basketball teachers in colleges and universities lack the ability of ideological and political education, which can be divided into two situations: on the one hand, some college teachers want to integrate ideological and political education into basketball teaching, but the ability of ideological and political education is poor, and they cannot properly integrate ideological and political courses with professional courses; On the

other hand, some teachers are restricted by the traditional teaching ideas of colleges and universities and lack the consciousness of integrating ideological and political education into professional courses, which leads to the physical education that emphasizes "skill" and ignores "Tao". Both university students and teachers need to work together towards the direction of the teaching objectives of the basketball major course in universities. The teaching objectives of the basketball major course in universities also reflect the guiding ideology of university teaching. Therefore, the setting of teaching objectives is a crucial step in the process of teaching design for basketball major courses in universities. The specific design of teaching objectives for basketball courses in universities can be divided into three major parts: knowledge and skills objectives, process and method objectives, emotional attitudes and values objectives.

4.2 Improving teaching content

Integrating ideological and political education into the elective course of basketball in universities, the teaching content of ideological and political education can be divided into three major sections, mainly including theoretical knowledge, technical knowledge, and tactical strategies, while covering four chapters. The specific teaching content is shown in Table 1 [3]:

Table 1 basketball major outline content

Teaching content	Teaching form	Hours allocation
Chapter One: the origin and development of basketball Knowledge point: Understand the origin and development of basketball	teach	2
Chapter Two: basketball special technology Knowledge point: Master all kinds of basketball technical standard action	Teaching and practice	48
Chapter Three: Basic tactics Knowledge point: Develop tactical awareness	Teaching and practice	8
Chapter four: basketball referee and competition law Knowledge point: master the rules of judgment, and cultivate the consciousness of competition rules.	Teaching and practice	4
Review and assessment	In-class exam	2

Based on the current teaching situation of basketball courses in universities, ideological and political elements are integrated into the teaching content of the elective courses of basketball in universities, in order to improve students' ideological and political level. The specific content is shown in Table 2:

Table 2 Content design and ideological and political elements of each part of basketball main elective course

Teaching part	Teaching content	Ideological and political elements
basketball knowledge	1. The origin and development of basketball 2. basketball referee and competition law	Learning interest
		Feelings of family and country
		Willing to help others, selfless dedication
		Team spirit, teamwork spirit
		Positive enterprising spirit, hard work spirit
		Hard-working, never give up spirit
Basic basketball tactics	1. Various basic basketball techniques 2. Team tactics	Sense of rules, reasonable competitive spirit
		Calm and calm, not in trouble
		Sense of social responsibility
		Sense of professional ethics
		Sense of social morality

College basketball teaching and basketball can be divided into basic technique, intermediate

technique and advanced technique. The teaching of basketball courses in universities is combined with basketball sports and field area division, divided into front court, and back court techniques, as well as footwork. Each technique has three stages: generalization, differentiation, and automation. The content of basketball teaching design in universities varies according to various technologies, and the specific content is shown in Table 3 [4]:

Table 3 Content design in the formation stage of basic basketball techniques and sports skills

Teaching content	Motor skill formation stage	Specific content
Basic technique	Generalization stage	Master basic basketball movements and skills, such as passing, catching, dribbling, shooting, etc
	Differentiation stage	Consolidate basic basketball moves and skills such as passing, catching, dribbling, shooting, etc
	Automation phase	Strengthen basic basketball movements and skills, such as passing, catching, dribbling, shooting, etc
Intermediate technique	Generalization stage	On the basis of mastering basic technologies, further improve and perfect skills and strengthen team consciousness
	Differentiation stage	Consolidate the basic skills of students, carry out special upgrading and perfecting skills, and strengthen the sense of team
	Automation phase	Strengthen students' personal basic skills, carry out special upgrading and perfecting skills, strengthen team consciousness, and strengthen the cultivation of tacit understanding among team members
Advanced technique	Generalization stage	The stage of further in-depth research and improvement of technology. Learners will focus on higher level technical requirements, such as quick change of direction, attack organization, defensive skills, etc.
	Differentiation stage	The stage of further in-depth research and improvement of technology. Master advanced skills such as quick change of direction, offensive organization and defensive skills.
	Automation phase	The stage of further in-depth research and improvement of technology. Consolidate rapid change of direction, attack organization, defensive skills and other advanced skills, through actual combat to strengthen the cooperation between players.
Footwork	Generalization stage	Practice correct posture and basic footwork, focusing on rhythm and balance.
	Differentiation stage	Carry out basic footwork training, such as forward step, side step, jump step, etc., watch and learn the footwork of excellent basketball players, absorb and understand.
	Automation phase	Apply the footwork skills learned to the actual game. Improve the practical use of footwork by constantly participating in the game and using footwork to cope with various game situations.

Therefore, the selection of teaching methods for integrating ideological and political education into university basketball courses is crucial. Choosing the correct teaching content can help achieve the expected results in the teaching design of basketball courses.

4.3 Reforming teaching methods

In the teaching methods of integrating ideological and political education, various teaching methods

such as image method, explanation and demonstration method, language method, practice method, group teaching method, scenario method, game and competition method are used. The specific content is shown in Table 4 [5]:

Table 4 The application of teaching methods in the teaching of basketball main elective courses integrated into the curriculum and the embodiment of ideological and political elements

Teaching method	Apply	Ideological and political elements
Image method	Teachers use multimedia and other means to let students watch the video of technical movements, and students have the basic understanding of basic technical movements; Watch related news and videos of athletes;	Arouse interest in learning, enhance the feelings of family and country, and cultivate positive enterprising consciousness, fighting spirit and professional ethics.
Expository model law	Teachers demonstrate basic technical movements, explain the basic principles and structure of movements, and strengthen students' understanding of the basic movement structure.	Establish a sense of rules, cultivate positive enterprising consciousness, fighting spirit.
Language lawv	The teacher asks questions and provokes students to think; In the process of practice, use language to remind students of the strength of movement skills, evaluate and encourage students to persist in training.	Stimulate interest in learning, cultivate positive and enterprising consciousness and hard-working, never give up the spirit.
Exercise method	Teachers use a variety of exercise methods to enhance students' understanding of technical movements, consolidate and improve the stability of students' basic technical movements.	Cultivate positive enterprising spirit, hard working spirit and the spirit of never giving up.
Group teaching method	Students are divided into groups of two or more people to help each other in special technical learning.	Enhance team spirit, teamwork spirit, and cultivate willingness to help others, selfless dedication and social responsibility.
Situational method	Teachers use cases or situations to teach, so that students can analyze and learn in a specific situation.	Stimulate learning interest, cultivate positive enterprising spirit, hard work spirit and calm, not chaos in crisis.
Games and competitions	Before or after class, the students are fully active in the form of games and competitions, and their technical movements are consolidated and improved.	Stimulate learning interest, enhance team consciousness and teamwork ability, establish a sense of rules and reasonable competition. Cultivate a sense of social morality.

The traditional teaching methods in universities in today's era are no longer able to meet the needs of cultivating both individuals and physical fitness in basketball courses. It is inevitable to integrate ideological and political education into the teaching philosophy of basketball courses in universities.

5. Conclusion

Compared to traditional basketball elective courses, integrating ideological and political education into basketball elective courses can more effectively enhance the learning autonomy of college students, enhance their sense of national identity, help college students establish a correct outlook on life, teach the Olympic spirit of college students, enhance their physical fitness, and thus implement the concept of "three comprehensive education" in college education, Therefore, it is urgent to incorporate ideological and political education into the reform measures of basketball curriculum teaching in universities.

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