

Theoretical Research and Practical Application of Ideological and Political Education Construction of Physical Education Curriculum

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Abstract: *The important task of higher education is to train qualified builders and reliable successors. Therefore, for education teaching of colleges and universities, in the full attention of the students' professional skills at the same time, efforts to build effective ideological and political education courses, and promote the teaching of ideological and political education course and specialized subject, make the ideological and political education fully throughout and integrated into the entire learning career of university students is one of the effective ways to the current development of colleges and universities. This article uses the research method of documents and materials and logic analysis method, based on the actual situation of colleges and universities sports teaching, ideological and political education of physical education curriculum theory and practice of the construction of the study, and in view of the current sports curriculum construction specific problems in the study of ideological and political education and build a perfect school curriculum system, improve the teachers' ideological consciousness, help students form the ideological identity of important measures, hoping to virtue ethics, to cultivate students to become good comprehensive development-oriented talents with high skills.*

Keywords: *physical education, ideological and political education, colleges and universities*

1. Introduction

The ideological and political education is an important part of China's higher education. With the continuous development of network and information construction, it is not only related to China's higher education to better cultivate all-round talents for the development of the country and society, but also related to the future development direction of China's higher education. Therefore, carrying on ideological and political education in higher education is the main path of the current national education development. But look from the overall situation, many colleges and universities are not fully aware of this, therefore, in the process of cultivating students still adhere to the improvement of knowledge and skills as the outline, no attaches great importance to the improvement of ideological and moral, while this leads to a part of college students to become outstanding in the school, after entering the society, but is not able to fully integrated into the society, and even go astray because of some other adverse factors [1]. In view of this situation, into the ideological and political construction in the institutions of higher learning, ideological and political education with the curriculum integration has become the current colleges and universities, the professional development path, for this reason, this article in the full light of the specific conditions of the university sports professional course, the ideological and political education of physical education curriculum theory research and practice of the construction of the path of the following aspects of deep thinking.

2. The importance of ideological and political education in physical education curriculum

2.1 Cultivate students' all-round development

It can cultivate students' all-round development. In traditional curriculum system in colleges and universities, most of the focus both on the course of the teaching, the students knowledge and skills and think in the subconscious mind, as long as the student's skills and superb techniques, can widely popular in the society, but the end result is to cultivate a part of high skills, low emotional intelligence

of students, they often because after to work in the aspect of ideological and moral lack and a dim future. Institutions of higher learning education is not just passing skills, especially under the background of modern higher education reform, the education main body and thoughts are facing presented the diversification, the curriculum of institutions of higher learning education mode is more sufficient attention should be paid to the all-round development of students, to be able to better develop the construction of a batch of qualified personnel. Therefore, the practice of ideological, political and political education construction in physical education curriculum can effectively construct students' thoughts and improve their professional skills, ideological awareness and moral standards. Only in this way can students be trained to develop in an all-round way and their comprehensive quality be comprehensively improved [2].

2.2 Cultivate modern talents

In today's society, increasingly fierce competition, the development of the country and people of higher education put forward higher request, modern professional talents have not only superb skills, more should have a correct ideological and political culture, such ability can conscientious in the basis of national construction, construction of the new era and to contribute to the nation [3]. Therefore, under the background of the modern university education reform, the construction of physical education curriculum construction of ideological and political education system can fully mobilize resources between various branches, promote s physical education and the perfect combination of ideological and political education, let the course content was closely related to the theme of times, make the training of talents fully conforms to the requirement of modern comprehensive talent. Today's society, the pluralistic trend of integration in a certain extent, for some college students lost the direction of the thought belief, plus the international community on the anti-china reactionary forces, this requires China's colleges and universities physical education should be vigilant, full attention, especially should guide and armed students from the ideas, help students in the process of growth and development become the all-round development of high-quality talents in the field of sports.

2.3 Promote the mature development of institutions of higher learning

In the process of comprehensively deepen education reform, higher education reform and development is one of the problems in the current educational world attention, however, from the point of practical problems, some colleges and universities in the reform has not kept pace, its old ideas, education teaching mode, rigid, both in the curriculum construction and teaching reform are showed not mature, especially in the aspect of curriculum construction of ideological and political education also has many deficiencies, need to take positive measures to study, in view of this, in the process of promoting the development of institutions of higher learning mature, positive attention should be paid to the professional school curriculum and the integration of ideological and political education. Physical education curriculum is an important part of the course of colleges and universities, it shoulders the important responsibility of prompt people health of body and mind development, therefore, under the request of new curriculum reform and the development of a new era, the physical education curriculum should be actively to carry on the ideological and political construction, from the teaching goal, teaching methods, teaching contents, teaching process, teaching evaluation and other aspects to improve, it would help to ideological and political education in colleges and universities physical education curriculum construction effectively and orderly development, also can to a certain extent, promote the mature development of colleges and universities.

3. Basic principles of ideological and political education construction of physical education curriculum

3.1 Principle of development and change

Education and teaching is a dynamic process, so is the ideological and political education construction of physical education curriculum in the new era. Students are constantly changing, there are changes in the objective environment of teaching, teachers' teaching guide is in constant changing, if in the process of school, teachers, students are still a fixed view to carry on construction of ideological and political education is hard to avoid lets the scenario doesn't accord with the actual situation of students' development, do not meet the requirements of the development of the discipline teaching, also do not conform to the current education teaching reform, in view of these situations, in

the era of the new physical education curriculum construction of ideological and political education should follow the principle of development and changes in full, that is, when determining the construction goal, construction content, construction method and construction form, the development of the society and the times should be fully considered, and then combined with the specific development of ideological and political education curriculum, so as to ensure the scientific and reasonable construction of ideological and political education in physical education curriculum.

3.2 Comprehensive evaluation principle

Evaluation is one of the important links in education, teaching and curriculum construction, and it is necessary to pay full attention to every component in the ideological and political education construction of physical education curriculum [4]. In the new era, the construction of ideological and political education of physical education curriculum should make full use of the characteristics of the new era, and pay full attention to students' learning situation from the horizontal and vertical aspects of ideological and political education curriculum. So, in physical education curriculum of the construction of the ideological and political education should insist on the principle of comprehensive evaluation in the process of research, make the students' learning status, learning process and learning results are incorporated into the evaluation scope, such ability can more fully reflect the physical education curriculum of the construction of the ideological and political education results, in the new education environment also can promote the students comprehensive ability more comprehensive attention to their own sports with the improvement of comprehensive quality of ideological and political education.

3.3 Principle of combining theory with practice

The principle of combining theory with practice is the basic principle that the ideological and political education construction of physical education curriculum should be paid full attention to. Specifically mainly contains two aspects: one is in the process of evaluation should be fully concerned about the combination of theory and practice, students use big data to summarize the current demand of the development of the students and build, and then develop with the social development needs of combining the course content, prompting students as much as possible in the process of theoretical study of active attention to social practice, and be able to actively participate in social practice. Second, the content of ideological and political education construction of physical education curriculum should be combined with the actual situation of students' development. From the perspective of the process of the ideological and political education construction of physical education curriculum, the effective combination of the development characteristics of the new era and the ideological and political education construction of physical education curriculum needs to apply the basic principle of combining theory with practice, otherwise it is difficult to have practical significance.

4. The main problems faced by the construction of ideological and political education of physical education curriculum

4.1 The school curriculum system is not perfect

Seen from the current situation, the integration of curriculum content and ideological and political education content is still in the process of continuous reform and exploration, therefore, the two in the process of the combination of the system is still not perfect. Specifically in ideological and political education has not yet and the physical education curriculum teaching goal, content, process, methods, evaluation, etc, also have no more detailed fusion strategy, therefore, in the process of sports course of the construction of the ideological and political education, the school curriculum system is not perfect to become the current predicament, to effectively improve in the next work.

4.2 Teachers don't pay attention to their ideology

Usually, after years of practice, the higher education mainly represents the higher levels of knowledge, skills, talents, so that people have formed a certain mindset, think college is to cultivate high knowledge and skills of platform, as for the student's virtue cultivation, ideology, this is not the teacher to pay attention to the problem in an all-round way. In the teaching process of physical education, the ideological and political education of the course is not paid enough attention due to its disciplinary characteristics which are more inclined to the improvement of skills. Therefore, in some

universities, the ideological and political education course is difficult to really get the comprehensive attention of teachers [5]. In this case, the research and practice of ideological and political education construction of physical education curriculum is faced with many dilemmas. Next, we need to find ways to make a breakthrough in the path, hoping to promote the ideological and political education construction of physical education curriculum through the goal of efficient and all-round education.

4.3 Students' ideological identity has not been fully formed

In the education teaching process, students in the main body status, so make the physical education curriculum to effectively the development of the construction of ideological and political education requires students to give full play to the subjective initiative, such ability can achieve twice the result with half the effort, but from the point of view of the current situation, not all the students can fully realize the importance of ideological and political education courses. In physical education curriculum of the construction of the ideological and political education in the process, students often prefer to pursue pluralism, personalized education mode and teaching content, so spend in the course of ideological and political education of idea, plus some students did not form the perfect through, so in the process of learning is not high, esteemed that affected the effective training sports talents, therefore, to build the physical education curriculum of ideological and political education research and practice of the construction of the system, make the ideological and political education fully integrated into the colleges and universities sports education of talent training has encountered the idea identity without form.

5. Practice and application exploration of ideological and political education construction of physical education curriculum

5.1 Establish a perfect school curriculum system

School curriculum is the main carrier of cultivating talents in colleges and universities, therefore, to build the physical education curriculum of ideological and political education research and practice of the construction of the system needs to be from the following several aspects to build perfect school curriculum system: first, strengthen the construction of ideological and political education courses, requirements of ideological and political education course must occupy certain points. Assessment on students' learning situation effectively, let the student fully to realize in the higher education teaching, ideological and political course is necessary for their learning course, is also a study subject, so as to encourage students to learn actively join the ideological and political education course, only students' ideological and political education course gave high attention to itself, to the ideological and political education courses have serious attitude, to be able to physical education curriculum construction of ideological and political education to provide premise [6]. Secondly, the ideological and political education curriculum is fully implemented in the physical education curriculum. Requirements of professional sports should all through the ideological and political education in the teaching process, and at the same time should ensure that professional sports curriculum has the teaching goal of ideological and political education, to ensure construction of ideological and political education has established the goal of physical education curriculum, and the ability to let teachers and students around the target are studied comprehensively and effectively. Finally, create the atmosphere of ideological and political education. In the education teaching process, the atmosphere is particularly important, as is often the case, good atmosphere is able to provide courses of ideological and political education may, therefore, in the construction of physical education curriculum in the process of the construction of the ideological and political education, schools, teachers, students should take active measures to encourage course of ideological and political education atmosphere to form, so that is good for everyone in the moist atmosphere actively take effective measures to actively join the sports curriculum construction of ideological and political education. For example, actively hold a variety of extra-curricular activities, and in extra-curricular activities to determine the ideological and political objectives. Practice has proved that only when "ideological and political education curriculum" is gradually and effectively integrated with physical education curriculum, can it provide proof for the comprehensive development and teaching of physical education.

5.2 Improve teachers' ideological consciousness

Teachers are the guides in higher education. Therefore, teachers' ideology will affect students'

growth and development to a great extent. In the course of the ideological and political education construction of physical education curriculum, teachers play a vital role. For example, in the practice of ideological and political education construction of physical education curriculum, teachers need to improve their ideological consciousness, fully realize the significance of in-depth ideological and political education in higher education, and strive to improve their own political literacy, so as to provide a premise for the transformation of the curriculum. In this case, teachers should strengthen their own learning, in the ideological and moral character, life values and other aspects of strict requirements, to ensure that they can better guide students in the process of ideological and political ideas fully into the curriculum teaching, so as to achieve the goal of ideological and political education construction of physical education curriculum.

5.3 Impel students to form ideological identity

In higher education, some students did not form a solid through, plus part of the students after a long-term depression period, think this is the mind relaxation time, so in terms of the outlook on life, world outlook and values will appear some rebellious behavior, therefore, colleges and universities sports curriculum in the process of strengthening the ideological and political education course should also be actively according to the specific condition of students to carry out the corresponding teaching guidance. First of all, teachers should guide students to comprehensively interpret the socialist core values and make students feel the importance of forming ideological identity according to specific situations. Next, want to complete identity of socialist core values in the important role of physical education curriculum teaching, and can be conducted in a certain degree of socialist core values will be soften, all in all, on the premise of ideas that makes students form identity, we still need to make physical education curriculum construction of ideological and political education more effective research, such ability can make a further development of the ideological identity.

6. Conclusion

The times are developing, and higher education must keep pace with the times and resonate at the same frequency. In the new journey of higher education, urging colleges and universities to effectively integrate specific subject education and ideological and political education curriculum construction. This is not only the need of contemporary higher education, but also the needs of the country and the development of the nation. Therefore, colleges and universities teachers and students should work together in the process of constructing ideological and political education in physical education curriculum, and actively take effective measures to promote the construction of ideological and political education in physical education curriculum in colleges and universities in line with the interests of the country and the people, and to achieve the efficiency of physical education in colleges and universities. To promote the overall development of the construction of ideological and political education in physical education curriculum in colleges and universities.

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