

The Value, Bottleneck and Improvement of Military Physical Education in Colleges and Universities to Realize the Function of Ideological and Political Education

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Abstract: *Military physical education in colleges and universities can play a strong ideological and political education function. Its unique value lies in that it is an expandable space for realizing the value guidance for college students; it is a necessary link to build a system of ideological and political work in colleges and universities; it is a realistic measure to promote the comprehensive development of college students' moral, intellectual, physical, and artistic work. The bottleneck problems of military physical education in colleges and universities to realize the function of ideological and political education include: the excavation and substantive development of the functions of ideological and political elements in sports skill training; the lack of subject consciousness of the simultaneous growth of ethics and talents of college students; and the insufficient coordination and coordination at the school level. Therefore, the strategy for military physical education in colleges and universities to realize the function of ideological and political education is to always aim at promoting the all-round development of students by sports; to improve the spirit of hard work of students as the core; and to establish a long-term cooperative education mechanism at the school level.*

Keywords: *military physical education in colleges and universities, ideological and political education, value, bottleneck, promotion*

1. Introduction

At the National Conference on Ideological and Political Work in Colleges and Universities, General Secretary Xi emphasized: "To enhance the affinity and pertinence of ideological and political education, to meet the development needs and expectations of student city stations, other courses must be well maintained and cultivated. Make various courses and ideological and political theory courses in the same direction, forming a synergistic effect. Military physical education courses in colleges and universities are required courses, and the courses cover all college students, which can play a strong positive role in physical education and promote higher education. The fundamental task of establishing morality is to cultivate more socialist builders and successors who have comprehensive development of morality, intelligence, physical education, art, and labor. Therefore, a deep understanding of the value, bottleneck, and improvement of the ideological and political education function of military sports in colleges and universities is to achieve the ideological and political education system runs through the important theoretical issues and practical propositions of the talent training system.

2. The value analysis of military physical education in colleges and universities to realize the function of ideological and political education

The analysis of the functional value of ideological and political education realized by military physical education in colleges and universities will help to better understand the significance of ideological and political construction of college courses, and will help to fundamentally improve the designers, implementers and implementers of college sports ideological and political construction. The internal power of the main body truly realizes the same direction of military sports courses and ideological and political courses in colleges and universities.

2.1 It is an expandable space to realize the value guidance for college students

As an important part of the higher education curriculum system, military physical education courses in colleges and universities can undertake the important mission of establishing moralities and cultivating people, and an important way to accomplish the fundamental task of establishing moralities and cultivating people is to maximize the effect of educating people by exerting the function of ideological and political education to change. Military physical education courses in colleges and universities themselves have greater value leading space. First of all, military physical education courses in colleges and universities can develop the sound personality of college students through physical education. There are more cooperative sports in the teaching projects of military physical education courses in colleges and universities, such as team projects such as queues. In the training of team projects, college students can learn to communicate and collaborate with others in addition to their own project skills. To a certain extent, the pro-social nature of college students has been improved, helping college students to better integrate into the collective, and then prepare for their future integration into society. Secondly, military physical education courses can help college students form hard-working and tough character in physical exercise. The growth environment of college students in the new era is relatively superior, and they have hardly experienced hard life. Therefore, they will have the tendency to give up or compromise in the face of difficulties, and lack the spirit of hard work and hard work. The military physical education courses in colleges and universities can help college students realize the importance of physical health through physical exercise, and continuously improve their confidence and courage in understanding and overcoming difficulties under a certain intensity of military physical training. Finally, military physical education courses in colleges and universities can enhance the patriotism and homeland feelings of college students. Mao once firmly put forward: "Civilize its spirit, barbaric its physique", and practice the great idea of a sports power. The military sports ideological and political courses in colleges and universities help college students to realize that the key to the Chinese nation's standing among the nations of the world lies in the high-level sports quality of the Chinese people through the barbaric physique. In recent years of competitive sports events, it can also be seen that the Chinese team has won more and more awards, which have greatly stimulated the national sentiment and home country feelings of college students. It can be seen that although military sports and ideological and political education are two different forms of education, there is indeed an inherent space for compatibility. Military physical education courses in colleges and universities can achieve effective value guidance for college students through the function of ideological and political education.

2.2 It is a necessary link to build a system of ideological and political work in colleges and universities

In order to better adapt to the unprecedented strong demand for higher education and high-level talents in the new era, the "systematization" of ideological and political work in colleges and universities has become an inevitable trend in history and an important proposition of the times. In April 2020, the Ministry of Education and other eight departments jointly issued a special document "Opinions on Accelerating the Construction of the Ideological and Political Work System in Colleges and Universities", pushing the construction of the ideological and political work system in colleges and universities to a whole new level. At present, the main space of ideological and political education in colleges and universities is distributed in the two dimensions of "main channel" and "main position". The main channel refers to the current ideological and political theory courses in colleges and universities, including four courses: "Ideology and Morality and Legal System", "Outline of Modern Chinese History", "Basic Principles of Marxism", and "Introduction to Mao Zedong Thought and Socialism with Chinese Characteristics"; The main position refers to the daily ideological and political education positions of colleges and universities, and its main educators include college counselors, youth league secretaries, and party and government cadres. The fundamental task of higher education is to establish morality and foster people. To establish morality is to establish good moral qualities or ideological and political qualities for college students. This task should not and cannot be achieved solely by the coordination of the main channels or the main positions. The construction of the ideological and political work system in colleges and universities is to expand the scope of ideological and political work in colleges and universities. This expansion is not endless, but an integration of college educational resources. The ideological and political work system should run through the personnel training system. The most critical and necessary link is to make full use of the various courses in college education, that is, to expand the position of college ideological and political work. The military physical education curriculum in colleges and universities has become an important

element of the ideological and political work system in colleges and universities because of its unique nature of value education. An important part of the construction of military physical education courses in colleges and universities is to enhance the cooperative education awareness and ability of college physical education teachers. In the military physical education that oneself is responsible for, the two-way education function of morality and talent is maximized. At the same time, collaborative education also covers the connotation of co-ordination with other elements of education. In this way, military physical education courses in colleges and universities can actively cooperate with other education links to jointly carry out education activities, and jointly build a practical and powerful ideological and political work system in colleges and universities.

2.3 It is a realistic measure to promote the all-round development of college students' morality, intelligence, physical education, and art

Cultivating college students with comprehensive development of morality, intelligence, physical education, art and labor is the highest goal of the higher education system. This is the fundamental requirement of the socialist system and roads for education, and is the connotation of the newcomers of the era. All-round development emphasizes the balanced and comprehensive development of college students in the five dimensions of morality, intelligence, physique, beauty, and labor, and "physical" is an indispensable and important requirement. Therefore, the importance of military physical education itself is the meaning of the question. But at the same time, another important implication of the comprehensive development of morality, intelligence, physical education, art and labor lies in the coordinated development of multiple qualities of college students. Therefore, military physical education in colleges and universities should not only highlight the training of students' physical qualities, but also provide physical education and education to the importance of people. Physical health is the basic prerequisite for the all-round development of college students. Without a good health foundation, college students will face many difficulties in their future growth and development, and long-term physical illnesses are more likely to cause college students to produce varying degrees of psychological pressure, or even evolve become a serious mental illness, or the lack of a healthy body has set up many insurmountable obstacles for college students' study and work. Physical health is the wealth of college students and the basic condition for them to achieve their goals in life and build their personal meaning in life. It can be seen that military physical education in colleges and universities is more responsible for the history of cultivating socialist builders and successors with comprehensive development of morality, intelligence, physical education, and art.

3. The bottleneck problem of military physical education in colleges and universities in realizing the function of ideological and political education

To play the function of ideological and political education in military physical education in colleges and universities is an integrated education concept under the thinking of curriculum ideological and political construction. Since the concept of "curriculum ideological and political" was put forward, the curriculum system of colleges and universities has discussed the construction and implementation of curriculum ideological and political implementation paths to varying degrees. Although the physical education disciplines of colleges and universities have also conducted long-term discussions and practices, this kind of discussion and practice do meet there are some unprecedented practical problems. The in-depth study of the bottleneck problems in the realization of the ideological and political education function of military physical education in universities can help theorists to correctly understand the important issues that should be discussed in academic research, and it can also prompt the front-line workers in education to focus on solving these bottlenecks in practice, so that universities military physical education can be targeted to truly enhance the scientificity and effectiveness of the reform of military physical education in colleges and universities.

3.1 Excavation and substantive development of the functions of ideological and political elements in military sports skill training

Through the observation and analysis of the current status of military physical education in colleges and universities, the existing military physical education in colleges and universities is far from sufficient in digging the elements of ideological and political education. There are two main reasons for this bottleneck problem. On the one hand, there is still a lack of ideological and political education awareness of military physical education teachers in colleges and universities. The formation of the

lack of ideological and political education awareness of military physical education teachers in colleges and universities is not only caused by the subjective reasons of the physical education teachers in colleges and universities, but also due to the historical reasons of the long-term division of labor among the various educating subjects in the college education system. Under the pattern of education division of labor, the first priority in the education consciousness of military physical education teachers in colleges and universities is to teach them the physical education courses they are responsible for. However, the understanding and understanding of the mission of the ideological and political education tasks undertaken by themselves is not adequate, or they think they don't have enough. Carry out the task of ideological and political education, or think that they do not have the ability and quality to undertake ideological and political education. All in all, a variety of factors affect the initiative of college physical education teachers to carry out ideological and political education. On the other hand, the current college military physical education teachers' own ideological and political education capabilities are indeed lacking. Military physical education teachers in colleges and universities pay more attention to their own physical quality training and the cultivation of military physical education ability during the education stage, but have not paid attention to the improvement of their own ideological and political education ability. In addition, ideological and political education is not only preaching, but also indoctrination. The development of ideological and political education is a complicated process. It is necessary to carry out realistic education for students on a certain theoretical basis. This is in turn important to the ideological and political education theory of military physical education teachers in colleges and universities. The level puts forward very strict requirements, and the theoretical level of ideological and political education and the ability of ideological and political education can hardly be improved through short-term, non-systematic education. Therefore, the personal ideological and political education ability of military physical education teachers in colleges and universities is restricted. This will also restrict the function of ideological and political education in military physical education in colleges and universities for a period of time.

3.2 Undergraduates' lack of self-consciousness to grow up with their own virtues and talents

As the saying goes, "There are a thousand Hamlets for a thousand readers." Although educators use the same methods to teach the same content, the perceptions and gains of different recipients are vastly different. Marx believes: "Man makes his life activity itself the object of his own will and consciousness." The subject consciousness of the simultaneous growth of morality and talent of college students refers to the expectation and attention of college students as the subject of education to the common development of their own moral growth and intellectual growth. College students with a sense of advancing morality and talent can actively accept collaborative education, and they are more sensitive and aware of education. In other words, the more attractive military physical education in colleges and universities is to college students, the more it can attract students' attention. However, if college students themselves lack the need and demand for collaborative growth, the expectations and attention to collaborative education will be difficult to form through external stimulation. However, current college students are not fully aware of the importance of their own moral growth, or believe that moral growth has been completed and do not need to continue to receive moral education at the university level, or believe that moral development is far less important than intellectual growth or physical health. It also failed to recognize the mission and responsibility of the country and nation. The world structure in the new era is changing. The ideological opposition between China and other capitalist countries has become more prominent along with the rise of China. Students' concerns about the country's destiny will actually affect the security of the country's ideological construction. At the same time, college students' awareness of the supremacy of collective interests has been continuously weakened. It is closely related to the growth environment of contemporary college students. The rapid and unbalanced economic development and population policies have promoted the growth of college students' individualism, making college students more valued for the gains and losses of personal interests, and their sensitivity to collective or national interests has been continuously weakened. It also hinders their own needs and expectations for the common growth of virtue and talent.

3.3 School-level coordination and coordination are not yet sufficient

The college talent training system is a high-level system with comprehensive elements and mutual cooperation. The construction of the college ideological and political work system requires the cooperation and cooperation of the military sports education department and the ideological and political education department of the university to form a comprehensive and scientific structure, a reasonable education and teaching system with strong internal and external motivation. This system not

only requires the participation and cooperation of military physical education teachers and ideological and political education teachers in colleges and universities, but also requires the support and guarantee of school forces. Contrary to this, the current university military physical education departments and ideological and political education departments still have the actual problem of "single point combat". Military physical education in colleges and universities conducts the excavation of the elements of ideological and political education or the design of ideological and political courses separately, and the ideological and political education departments of colleges and universities have not provided strong guidance and support for the construction of military physical education courses. In reality, the construction of military physical education curriculum still has the problem of not knowing how to cooperate in curriculum teaching, and the daily ideological and political education also has the bottleneck that can't effectively cooperate with military physical education. The fundamental reason for the unsmooth connection between the two is the lack of effective coordination at the school level. It can be seen from the current status of the construction of military physical education courses in colleges that the guidance of the cooperation between the two in the form of documents at the school level has not been realized on a large scale, and the discussion and implementation of the cooperative education mechanism is even more out of the question. This means that although university military physical education teachers or ideological and political education teachers have the willingness to cooperate in two ways, it is difficult to find ways and platforms to connect. It can be seen that the overall planning and coordination of the construction of the ideological and political work system in colleges and universities at the school level cannot meet the urgent needs of the current military physical education in colleges and universities to play the function of ideological and political education.

4. The promotion path of military physical education in colleges and universities to realize the function of ideological and political education

Aiming at the bottleneck problem of the above analysis, to further realize the ideological and political function, the research starts from the three dimensions of the goal of military physical education construction in universities, the core and the coordination of the school level, and proposes effective strategies to break through the bottleneck, aiming to truly improve the university the quality and effect of military physical education reform.

4.1 Military physical education in colleges and universities should always aim at promoting the all-round development of students by sports

The essential point of "establishing moralities and cultivating people" is to cultivate socialist builders and successors who have comprehensive development of morality, intelligence, physical fitness, and labor. Mao Zedong believed: "The effect of sports is to strengthen the muscles and bones, thus increasing knowledge, thus adjusting emotions, and thus strengthening the will." It can be seen that the function of military sports is not only to improve the physical quality of college students, but also to enhance the development of students' knowledge structure through physical education, regulate students' emotions and emotions, and enhance students' quality of will. Military physical education in colleges and universities should develop relevant sports activities to improve students' motor coordination and body control capabilities, and encourage students to continue to challenge difficulties. This is conducive to the improvement of students' cognitive level and quality of will. Therefore, while improving the physical fitness of students, military physical education in colleges and universities should promote the comprehensive development of all aspects of students' morality, intelligence, physical education, and art through scientific physical training design. To fulfill the fundamental task of establishing morality in colleges and universities, and to train more young people of the new era who are red, professional, and possess both ability and political integrity.

4.2 Military physical education in colleges and universities should focus on enhancing students' hard work spirit

Shaping the spirit of "hard struggle" of contemporary college students refers to cultivating the spirit of defying hardships, willingness to endure hardships, and perseverance and perseverance. The sharp edge of the sword comes from sharpening, and the fragrance of plum blossom comes from the bitter cold. The spirit of "hard work" has been a virtue passed down by the Chinese nation from generation to generation since ancient times. It is also the fine tradition of the Communist Party of China and the theme of the era of the Chinese youth movement. In the new era, cultivating the "hard struggle"

spiritual quality of college students means cultivating and shaping a group of high-level and top-notch innovative talents who can withstand the hard and persistent test of "struggle". Difficulties, Yuru Yucheng. Throughout the ages, countless people with lofty ideals have written "a history of arduous struggle" to inspire youth and constitute a vivid chapter in the realization of the Chinese dream of the great rejuvenation of the Chinese nation. Mencius said: "Therefore, if the heavens will come down to the people of Sri Lanka, he must first suffer his mind, his muscles and bones, hungry his skin, empty his body, and disturb his behavior, so he is tempted to endure and gain what he can't. "General Secretary Xi pointed out at the Beijing Master-Student Symposium, "The majority of young people must cultivate a spirit of struggle, be firm in their ideals, be persistent in their convictions, not be afraid of difficulties, be brave to pioneer, work hard, and never be discouraged." Education can play a unique function and value to hone the spirit of hard struggle of students. Therefore, military physical education in colleges and universities must take the promotion of the spirit of hard struggle of students as the goal of educating people.

4.3 A long-term mechanism for collaborative education should be established at the school level

The military physical education system of colleges and universities must pay attention to the connection of internal elements, which specifically includes the connection of the main elements of education, such as the cooperation of various educators, and the interactive cooperation between the main body of the educator and the main body of the education object. At the same time, the military sports education system in colleges and universities should also pay attention to the cooperation and interaction between various educational carriers. For example, the cooperation between military sports theory courses and military physical training should always work together towards a unified education direction and take advantage of good educational opportunities, carrying out periodic intensive and consolidation education, only in this way can military physical education in colleges and universities truly "penetrate" every bit in the study and life of college students. In addition, a long-term mechanism of collaborative education should be established at the school level to actually improve the awareness and ability of collaborative education of military physical education teachers in colleges and universities. For example, some colleges and universities have already begun to try to carry out the trial measures of teachers from the Marxist college and teachers from multiple colleges to prepare lessons together. The significance of this important measure is that it can make up for the lack and lack of ideological and political education ability of military physical education teachers in colleges and universities. In the process of teaching preparation, the teachers of Marxist Academy use their rich ideological and political theory teaching experience to help college military physical education teachers fully exploring the possible fit in the physical education curriculum with ideological and political education, helping college military physical education teachers fully realize the sufficient ideological and political education space contained in the physical education curriculum carried out by themselves, and helping them understand the value guidance in military physical education teaching goals, and help them choose certain teaching methods and teaching cases to cooperate, and maximize the effect of collaborative education as much as possible.

5. Conclusion

Based on the above analysis, a total of three conclusions can be drawn. First, the study found that military physical education in colleges and universities can play the value of ideological and political education in three aspects. The third is to promote the comprehensive development of moral, intellectual, physical, and artistic labor for college students. Second, the research found that the current bottleneck problems of military sports education unable to give full play to the function of ideological and political education include: first, the excavation and substantive use of the functions of ideological and political elements in sports skill training; Third, the coordination and coordination at the school level is not yet sufficient. Finally, the research puts forward strategies to promote the realization of ideological and political education of military sports in colleges and universities. First, military sports in colleges and universities should always aim at promoting the all-round development of students by sports; it should focus on improving the spirit of hard work of students; it should be established at the school level to a long-term mechanism for collaborative education.

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