

Research on the Path of Collaborative Education of Physical Education and Ideological and Political Education in Higher Education Institutions

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Abstract: Integrating ideological and political education into physical education teaching can help students establish correct values, but there are still many shortcomings in course operation. Therefore, a path study was conducted on the collaborative education of physical education and ideological and political education in higher education institutions. There is a high degree of compatibility between physical education teaching and ideological and political education in terms of collaborative education. In the path of collaborative education between physical education teaching and ideological and political education in higher education institutions, it is possible to strengthen the learning and understanding of physical education teachers in ideological and political content. It is also necessary to create new teaching models for collaborative education between university physical education and ideological and political education, carry out new courses, and establish a leadership group for the implementation of ideological and political education in university physical education courses.

Keywords: Innovative education; Physical education teaching; Ideological and political education; Moral improvement

1. Introduction

As an important part of talent training, physical education plays an important role in cultivating college students' physical and mental health, innovative spirit and practical ability. The Central Committee of the Communist Party of China and The State Council clearly states: "The health problems of young people's physical health are related to the happiness of each of them, the health of our whole nation, and the quality of our healthy training of talents." School physical education is an effective way to cultivate college students' good moral quality and will quality, and plays an important role in the overall development of college students. Therefore, in the college talent training system, physical education is one of the compulsory courses for every college student. Infiltration of ideological and political education through physical education can not only play a positive role, but also be more easily accepted by students. Based on this, I conducted a study on the path of collaborative education between physical education and ideological and political education in colleges and universities [1].

2. There is a high degree of compatibility between physical education and ideological and political courses

2.1 The diversity of physical education teaching content contains rich ideological and political content

The implementation of ideological and political education in college physical education courses has a good educational impact on improving students' personalities, cultivating their patriotism, strengthening their beliefs, and shaping their good behavior habits. It is an important way to cultivate students' excellent moral character. College physical education is a subject with rich and colorful contents and strong practicality. Teachers can use a variety of ways and means to carry out ideological and political education for students in teaching. For example, teachers can set up various forms of learning methods in teaching, such as independent learning, Cooperative learning, team competition, game activities, etc. In this process, students can not only master sports skills, but also conduct moral education. It not only cultivates students' awareness of independence, outgoing personality, team spirit,

rule awareness, and innovative spirit, but also improves their psychological quality and improves their personality.

The implementation of ideology and politics in college physical education courses can not only promote college students to have a deeper understanding of the knowledge theory system, subject thinking and subject research methods contained in college physical education courses under the guidance of physical education teachers, but also greatly promote students' values, beliefs and behavior patterns to move forward in line with the development of physical education disciplines. And then to achieve the subtle influence of their own social behavior habits. In addition, in the process of practical learning, influenced by the teaching environment of sports discipline, college students will also form certain ways of behavior and thinking, and then they can devote themselves to the study and exploration of sports discipline culture with more enthusiasm and rigorous attitude, and promote the development of sports discipline culture. In short, the implementation of ideological and political education in college physical education courses can enable college students to accept the edification of sports discipline culture, further promote college students to have a deep understanding of China's excellent culture, and cultivate their belief in striving for the construction of a strong socialist culture [2].

2.2 Physical education courses have unique moral advantages

Physical education is a very important carrier of ideological and political education. Physical education has the characteristics of practicality, strong interactivity, and entertainment, and has various forms of teaching organization. It has irreplaceable advantages in implementing ideological and political education for college students.

The diversified organizational forms and models of physical education courses are beneficial for the organic combination of rational and emotional motivation in ideological and political education. Physical education teaching can fully tap into students' interests, combine ideological and political education with sports activities, mobilize students' emotional experience, achieve the unity of rationality and emotion, and combine education with pleasure. Ideological and political theory classes are held indoors and physical education classes are held outdoors, which helps students to accept education imperceptibly in a more relaxed environment.

Sports demands the mental health, physical health and moral level of college students. School Physical Education Work expounds that the main task of college physical education work is to cultivate students' spiritual character from the aspects of the basic content and teaching tasks of physical education course. The responsibility of physical education is to teach students sports skills while cultivating good moral character, setting up correct values, and becoming a well-rounded person. In physical education, the learning of knowledge, the cultivation of the quality of will, the shaping of personality and the promotion of socialization all coincide with the goal and mission of ideological and political education. The ideological and political education of college students also focuses on cultivating good moral qualities and positive psychological states, in order to promote comprehensive human development. It can be seen that the fundamental goals of physical education and ideological and political education in universities are consistent, both aimed at shaping ideal personalities, improving students' moral qualities, and meeting the requirements of comprehensive talents that meet social needs. Physical education courses can serve as a carrier of ideological and political education for college students, integrating ideological and political education content into physical activities, and providing ideological guidance for the development of ideological and political education in physical education courses [3].

3. The path of co-education between physical education and ideological and political education in colleges and universities

3.1 Strengthen PE teachers' learning and understanding of ideological and political content

In physical education teaching, teachers' words, behaviors, habits, etc. will unconsciously and subtly affect students. Therefore, in addition to possessing strong professional skills, physical education teachers also need to have a high level of ideological and political theory and correct ideological and political awareness in order to shoulder the heavy responsibility of leading and educating students.

Strengthen the physical education teachers to learn the basic theory of Marxism, Marxism as the

fundamental guiding ideology for the establishment of the party and the country, but also the fundamental guiding ideology for the university to adhere to the direction of socialist education. Since its founding, the Communist Party of China has attached great importance to the study and dissemination of Marxist theory, and the discussion of education and the development direction of education of successive Chinese leaders are the inheritance of Marxist theory, and also the requirements of social education from China's national conditions.

To enhance the comprehensive literacy of university physical education teachers and create a high-quality team of university physical education teachers with profound business, noble thinking, and positive energy for the smooth implementation of ideological and political education in university physical education courses.

At the level of colleges and universities, the leading departments should pay attention to the progress of ideological and political education in college physical education courses, and strengthen the organization of the implementation of ideological and political education in college physical education courses. First of all, the leading departments should formulate clear ideological and political implementation plans for college physical education courses, establish corresponding institutional incentive measures, ensure that physical education teachers effectively implement the content of ideological and political curriculum in teaching, and promote the smooth implementation of college physical education courses. Secondly, in terms of teachers' ability, we should promote the implementation of ideology and politics in college physical education courses, and firmly use teachers as the main force. The leadership level of colleges and universities should strengthen the training of physical education teachers, organize physical education teachers to learn the ideological and political content of relevant courses, and train physical education teachers in different forms such as online, offline, collective meetings and group meetings, so as to improve the ability of college physical education teachers to implement ideological and political courses through different ways. Finally, in order to ensure the smooth implementation of ideology and politics in college physical education courses, the leadership level of colleges and universities should increase the investment in manpower, material resources, funds and other aspects of physical education colleges [4].

3.2 Create a new teaching model of college sports and ideological and political coordination

Although the teaching process of college physical education is mostly outdoor sports learning, it can not be limited to outdoor sports learning. In the process of physical education teaching, in addition to learning basic sports skills and knowledge, teachers can also impart sports history and cultural knowledge to students through indoor theoretical courses, in order to understand their needs and respect their needs. Schools should arrange a reasonable number of physical education theory classes every semester, or give physical education theory classes to students in places where classes cannot be held in rainy or snowy weather, and explain sports history knowledge to students. Schools need to assign one or two physical education theoretical assignments to students every semester, allowing them to actively understand sports knowledge, so that their understanding of sports not only stays in physical exercise and skill learning, but also promotes students to have a certain reserve of basic physical education theoretical knowledge and actively participate in university physical education classes. In addition, sports academic lectures can be held regularly to disseminate excellent sports history stories and culture, or to explain sports and health theoretical knowledge. It is necessary to strengthen the design and publicity of lectures to attract students to participate actively, so as to strengthen students' understanding of sports history and sports knowledge, enable students to absorb excellent sports history and culture and sports spirit culture, master certain theoretical knowledge of sports and health, expand college students' horizons, enrich their knowledge, and strengthen their understanding of the development of the history of sports in China. Cultivate college students' patriotic feelings.

Universities should strengthen the development of different types of traditional ethnic sports, allowing college students to be exposed to different traditional ethnic sports, experience the benefits of traditional ethnic sports in strengthening their physical fitness, and experience the ethnic customs, historical and cultural atmosphere brought by excellent traditional Chinese sports. Universities promote college students' understanding and understanding of traditional ethnic minority sports by carrying out different types of traditional ethnic minority sports, enabling them to understand the political, economic, cultural and other characteristics of each ethnic group during the learning process, feel the great cohesion of the Chinese nation, stimulate students' interest in learning excellent traditional culture, increase their knowledge reserves, cultivate their sense of responsibility, and improve their cultural literacy[5].

3.3 Establishment of university physical education curriculum ideological and political implementation leading group

The development speed of a country mainly depends on the correct leadership of the top leadership department. The success of an enterprise mainly depends on the management of top leaders. Similarly, the smooth implementation of ideological and political education in university physical education courses also requires a strong leadership group. Universities should strengthen organizational management and establish a leadership group for the implementation of ideological and political education in physical education courses, specifically responsible for the implementation process of ideological and political education in physical education courses in universities. As the overall responsible person for the implementation of ideological and political education in university physical education courses, the Party committee of universities should clarify the overall direction and goals of the implementation of ideological and political education in university physical education courses based on the characteristics of school physical education. According to the characteristics of the subject, the educational administration department formulated the training plan for the ideological and political implementation of the college physical education course, formulated the short-term training goals, the mid-term training goals and the long-term training goals, and refined the incentive system for the goals of each stage, gradually integrating the curriculum ideological and political education into all parts and links of the college physical education from shallow to deep. The School of Physical Education has organized a special ideological and political implementation team for college physical education courses, which is dedicated to the implementation of ideological and political implementation of college physical education courses, so as to actively cooperate with and practice the implementation of curriculum ideological and political concepts.

4. Conclusion

This article analyzes the methods and significance of the path research on the collaborative education of physical education and ideological and political education in higher education institutions, and conducts ideological and political education for college students in aspects such as physical education courses, extracurricular sports activities, and campus sports culture. Universities can strengthen the integration of sports and ideological and political education by strengthening campus culture, exploring sports textbooks, experiencing and demonstrating firsthand, and participating in sports events. Integrating ideological and political education into physical education teaching, it is also necessary to explore materials related to ideological and political education content in physical education textbooks. The ideological and political education factors contained in physical education textbooks require physical education teachers to find materials that are suitable for the physical and mental characteristics of contemporary college students when designing courses, and to teach according to their aptitude. While enhancing students' physical fitness, it helps them improve their horizons and enhance their moral character.

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