

# *The Promotion of the Construction Path of “Ideological and Political Theories Teaching in All Courses” in Colleges and Universities*

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**Abstract:** In this paper, literature review, expert interview and logical analysis were used to analyze the existing problems in the promotion and development of ideological and political theories teaching in physical education. According to the research, the problems existing in the construction of ideological and political theories teaching in physical education include insufficient understanding of the importance of ideological and political theories teaching in physical education, insufficient combination of ideological and political education with physical education curriculum, lack of refinement of ideological and political elements, lack of training of teachers, lack of evaluation mechanism, etc. At the same time, suggestions were put forward on the development path: Attaching importance to the value of education in physical education, improving the construction of ideological and political theories teaching in physical education in colleges, adhering to the problem-oriented mode to carry out the ideological and political theories teaching in physical education, optimizing the construction of ideological and political theories teaching in the design of teaching objectives, changing teachers' thinking mode in teaching, fully exploring the ideological and political elements, and promoting the ideological and political concept into teaching materials.

## **1. Introduction**

The colleges and universities need to improve the affinity and pertinence of ideological and political education, and combine the new situation and new problems in modern students to construct the ideological and political education model with the characteristics of the times. However, “ideological and political education in all courses” is an important achievement of ideological and political education reform, which requires exerting the potential value of ideological and political theories teaching in various disciplines, and thus effectively improving the educational level in colleges and universities. How to effectively excavate its ideological and political value in physical education and organically combine it with curriculum teaching is one of the main problems faced by physical education at present, which requires an in-depth analysis of the characteristics of P.E. course in order to provide theoretical support for the implementation of “ideological and

political education in all courses”. [1]

## **2. Connotation of the Theory of Ideological and Political Theories Teaching in Colleges and Universities**

In 2020, the Ministry of Education clearly pointed out in the Guidance Outline of Ideological and Political Construction in Colleges and Universities that value shaping, knowledge imparting and ability training must be integrated and inseparable to fulfill the fundamental task of cultivating people with virtue. Special emphasis on comprehensively promoting the construction of ideological and political theories teaching in all courses means that values should be guided in the process of knowledge imparting and ability cultivation to help students shape a correct world outlook, outlook on life and values, which is the due meaning and necessary content of talent cultivation. At present, Chinese scholars have made a certain number of research literature on the construction of ideological and political theories teaching in all courses in colleges. [2]

## **3. Problems Existing in the Construction of “Ideological and Political Theories Teaching” in P.E. Course in Colleges and Universities**

At present, although some achievements have been made in the development of ideological and Political Construction of College Physical Education Curriculum, many problems have also been exposed in the concrete implementation. For one thing, the lack of understanding of that teaching in all curriculum, coupled with the limited theoretical foundation and level of some teachers, leads to insufficient performance in integrating the elements of ideological and political education, resulting in the phenomenon of “two skins (two related matters or aspects becoming disjointed and uncoordinated)”. Withal, the setting of sports courses needs to be improved, and various security systems need to be further improved.

### **3.1. Insufficient Understanding of the Importance of Ideological and Political Theories Teaching in Physical Education Course in Colleges and Universities.**

Teachers and students have a low level of understanding of ideological and political theories teaching in P.E. course in colleges and universities. Although some colleges and universities have issued some documents and working methods to promote the construction of that, the number of documents on the implementation of the conference, lesson plan design and syllabus design of theories indicates that the relevant work is still relatively weak and the participation of P.E. teachers is not strong. At the same time, the results of random interviews with college students showed that few college students knew about theories. Although some college students said that they had received some relevant education content in P.E. course, they felt that it was not much different from the previous physical education study. A majority of college students thought that ideological and political education refers to the content of public compulsory courses offered by Marxist College. [3]

### **3.2. Insufficient Combination of Physical Education and Ideological and Political Theories Teaching**

At present, P.E. teachers have found in the teaching process that it is difficult to grasp the breakthrough point of ideological and political theories teaching in P.E. course, difficult to match the content of it, and difficult to realize the combination of physical education with that. The content of P.E. courses often focuses on practicing a certain technical action. It is a major problem

for P.E. teachers to combine the content of each lesson with the ideological and political elements of the curriculum in the teaching process. One-sided pursuit of integrating ideological and political elements into the P.E. course and breaking away from the combination with the teaching content of physical education projects often fails to stimulate students' interest in learning, and at the same time leads to the theories teaching in physical education course becoming the curriculum content of a certain unit, which lacks continuity and persistence. [4]

### **3.3. Lack of Refinement of Ideological and Political elements, Lack of Training of Teachers and Lack of Evaluation Mechanism**

Like the development of sports culture, moral education is not immutable but also changes and perfects with the development of the times, which needs to be refined and sorted out by college sports workers. Despite the current many training in professional fields and high enthusiasm of participating teachers, there is a few training in ideological and political education and low willingness of PE teachers. According to the survey, 63.9% of teachers think that they are unwilling to participate in the relevant training of “ideological and political theories teaching in all courses”. Besides, there is not yet a standard to judge what kind of ideological and political course content is correct, what kind of ideological and political course method is effective, and what kind of ideological and political course effect is good for each professional course. For a long time, physical education colleges and universities have had “classroom teaching evaluation standards” for teachers. However, the requirements for “ideological and political education” are very limited, with a small percentage of scores (generally less than 10%), which seldom attract teachers' attention. Therefore, the evaluation of “ideological and political theories teaching” without operability is necessarily blind and disorderly, and the “ideological and political theories teaching” for professional courses is not sustainable. [5]

## **4. The Development Path of Ideological and Political Theories Teaching in P.E. Course in Colleges and Universities**

### **4.1. Attaching Importance to the Educational Value of Physical Education**

Both schools and college P.E. teachers should pay more attention to the educational value of P.E. courses because the development of physical education curriculum activities can promote the perfection of students' personality. On the basis of grasping the educational value of physical education, schools should fully integrate it into sports undertakings in various development planning work, which will be helpful to bring the educational value of P.E. courses into play and make it highly integrated with the goal of talent cultivation. In addition, P.E. teachers should also be clear about their own position, and fully grasp the basic teaching tasks and requirements of moral education in teaching work. They should, on the basis of the course content, realize the in-depth excavation of ideological and political resources, strengthen the display of ideological and political value in P.E. courses, actively change the traditional teaching concept, and continuously improve the teaching level. [6]

### **4.2. Improving the Construction of Ideological and Political Theories Teaching in Physical Education in Colleges**

It is the main aspect to improve the system construction of “ideological and political theories teaching” in physical education from a single evaluation mechanism to multi-directional assessment of students and multi-angle evaluation of teachers. Multi-directional assessment of students mainly

means that students' sports performance should not be judged only by skill level and single test result, but their achievement, ideological and moral character, social responsibility and patriotic feelings should be unified as the assessment object, and the proportion of several parts in the performance assessment should be reasonably distributed. Multi-angle evaluation of teachers also means that the evaluation of P.E. teachers should not only be based on their professional and technical ability, teaching ability and the level of imparting theoretical knowledge to students, but should be based on their social responsibility, sense of responsibility, ability and effect of educating people and the overall effect of integrating the elements of "ideological and political education in the curriculum" into P.E. teaching, which can also be included in the evaluation of teachers' professional titles and performance appraisal. In this way, the system of ideological and political education in physical education can be improved, and the goal of integrating physical education class into ideological and political education in physical education can be realized. [7]

#### **4.3. Adhering to the Problem-oriented Mode to Carry out the Ideological and Political Theories Teaching in Physical Education**

Colleges and universities should often hold research activities on physical education curriculum teaching and teaching methods to form a collective lesson preparation system, and explore and study different curriculum ideological and political programs in view of the different ways in which different sports exist. The existing personnel training plan for physical education courses in colleges and universities should be reformed, and the idea of ideological and political education of the courses should be explicitly put forward to be integrated into the physical education teaching plan in colleges and universities, so as to guide front-line teachers to continuously optimize the physical education teaching content and comprehensively improve the effect of ideological and political work. In the process of implementing physical education, P.E. teachers should change the situation that they only pay attention to physical exercise and college students' physical health in the pure biological sense, while neglecting the cultivation of their physical spirit. By constantly digging the connotation of ideological and political teaching in physical education courses, students' sports literacy can be improved, and their awareness of self-exercise, overcoming difficulties, not giving up easily, cooperative spirit and competitive spirit can be constantly cultivated. [8]

#### **4.4. Optimizing the Construction of Ideological and Political Theories Teaching in the Design of Teaching Objectives**

In order to achieve the expected quality and effect, the ideological and political construction of the course should first be shown in the design of teaching objectives. Judging from the actual development of ideological and political theories teaching in P.E. course, only by defining the requirements and methods of ideological and political construction in the teaching objectives of specific classes can the key points of ideological and political construction be effectively implemented in classroom teaching. Professor Xing Jinming of Northeast Normal University believes: "To innovate the construction methods and promote the continuous improvement of construction quality ideological and political theories teaching in P.E. course, it is necessary to embody the specific requirements of theories teaching in P.E. course in the design of teaching objectives of unit courses, so that the innovative ideas of it can be matched with the improvement needs of teaching objectives." How to achieve the optimal allocation of the construction methods and teaching objectives of that is a problem that the researchers of physical education courses and teaching should focus on. This optimal configuration needs comprehensive examination and consideration from the design requirements of teaching objectives in the curriculum syllabus to the specific design steps of classroom teaching objectives. [9]

#### 4.5. Changing Teachers' Thinking Mode in Teaching

Integrating ideological and political content into physical education course can improve the efficiency and quality of teaching classroom. In particular, under the guidance of correct thoughts, teachers should change their thinking concepts, have a high understanding of the goal of ideological and political education, and make clear the goal of ideological and political education in physical education, so that it can reach a certain expected level. Schools, for example, should formulate a series of systems to improve the ideological and political teaching ability and level of physical education teachers, and improve the teaching efficiency while carrying out physical education and moral education together, so as to enrich the design content of teaching links. [10]

#### 4.6. Fully Exploring the Ideological and Political Elements, and Promoting the Ideological and Political Concept into Teaching Materials

Teachers should be good at innovating and exploring sports culture in textbooks, and introduce ideological and political elements by using sports stars, sports events and sports diplomacy. The preparation of textbooks should increase the interest of knowledge points, so as to interest teachers first and students second. Moreover, it is necessary to integrate the cultivation orientation of emotional value and moral cultivation to cultivate students' ideas of loving the party, the country and the socialism, so that teachers can study textbooks and students can fall in love with them. [11]

### 5. Conclusions

Improving quality and increasing efficiency of ideological and political theories teaching in P.E. course is a process of exploration, innovation, accumulation and reflection. Starting from classroom teaching, the characteristics and requirements of different types of physical education courses should be highlighted, so that the process of upgrading and optimizing the construction quality of it can be closely combined with physical education classroom teaching, and professional education and ideological and political education can be unified in the process of physical education courses and teaching. Meanwhile, it is necessary to constantly summarize the high-quality experience and methods obtained in the construction process of that, and establish a regional and even national alliance of construction of that as soon as possible, so that good resources can be shared, good platforms can be built together, and good methods can be shared, and the construction quality of course can be pushed to a new level.

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