

The paths research of the integration of "curriculum ideology and politics" concepts into college physical education teaching

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Abstract: With the continuous reform and development of China's education, people are paying more and more attention to physical education in college, and in the daily course process, it is not only necessary to cultivate students' physical fitness, but also need to integrate curriculum ideology and politics concepts into daily classroom teaching, so as to play a good educational effect. This article is discussed, analysed and centered on the paths of integration of curriculum ideological and political concepts into college physical education teaching.

1. Introduction

In the process of physical education in college, teachers need to fully explore some ideological and political concepts contained in the physical education teaching process, so that they can be integrated into daily classroom teaching as much as possible, rather than simply integrating the two effectively. Or teachers can add some ideological and political discourse on top of the original teaching model, so that they can also be integrated into the daily classroom, and fully publicize and influence the core socialist values for students, so that they can fully cultivate students' knowledge and skills, and at the same time guide the formation of students' values^[1].

2. Characteristics of Ideological and Political Education Courses in College

2.1. Combine Morality with PE

If the physical education courses of college want to integrate some ideological and political connotations into the process of development, they need to make full use of the medium of teaching, not only need to teach sports knowledge to students in the classroom, but also need to integrate virtue cultivation into it. The all-round development of people is inseparable from the training and sports of sports, so the full integration of curriculum ideology and politics into the physical education classroom can effectively temper and shape the spirit and quality of students^[1]. For example, when students run and train on the track and field, they will experience an extreme torture, and in this

process, they can exercise the quality and tenacity of students, and through continuous physical training, students can have a more tenacious and persevering quality, so that they can win in any activity or competition, or in the process of defeat, they can also have a certain dignity and decency.

2.2. Humanities Course

Physical education course ideological and political is mainly to be able to further the students' physical and mental health to a certain positive guidance and development, in order to better help students establish the correct awareness and literacy, it is necessary to integrate ideological and political concepts in the ordinary physical education classroom, so that students in the process of learning and training, not only can exercise physical fitness, but also can have a firmer belief, which is also a very important part of the health education process. Therefore, when teachers carry out daily teaching, they need to make certain judgments and research on the cultural knowledge of sports, clarify the current situation and state of student development, observe whether the values contained in some sports culture are in line with the current social development environment and trend, and integrate some practical significance and modern social development content into the process of physical education, so as to further ensure the quality of education. When physical education teachers carry out ideological and political teaching, they also need to strictly follow the principles of humanities courses, pay attention to the guidance of core values, so that they can better explore some cultural connotations in the process of physical education, so that students have some awareness of fair competition in the process of conducting some sports competitions, so that they can better work as a team and develop the spirit of bearing hardships and standing hard work.

2.3. Value Leading

In the physical education classroom of college, it is necessary to actively guide students to develop the correct core values. First of all, teachers need to effectively integrate the teaching content and value of physical education, so that they can fully integrate it into daily training and teaching, which is also the value and connotation of carrying out some physical activities. Second, teachers can also start from the design aspect, standardize the teaching of knowledge and values, and then prepare for the lesson in the process of combining specific teaching content to determine the corresponding value content, and can enrich the form and content of teaching through some guidance. Third, when teachers conduct physical education, they can also choose some appropriate ideological and political elements, carry out activities according to the original teaching progress and mode, and at the same time, let students fully perceive the classroom, so as to better promote the all-round development of students.

3. The Dilemma of the Concept of "Curriculum Ideology and Politics" and College Physical Education Teaching Integration

3.1. From the Perspective of Curriculum Construction, it is Difficult to Integrate Professional Knowledge with Ideological and Political Education

In the design and construction of college physical education classrooms, the most critical content is to reasonably integrate ideological and political concepts into the usual classroom, and it is a difficult point to achieve the integration between the two^[2]. From the current development of physical education, cultivating the professional knowledge and skills of sports need to be down-to-earth, that is, a truth-seeking process, need to strictly abide by the corresponding rules and skills and methods, and in the curriculum ideological and political concept, there will also be a certain amount of truth, goodness, beauty and demand, so the two can be well integrated. At present, some physical education

teachers have gradually realized the importance of curriculum ideology and politics, but due to their own insufficient understanding of this aspect, they cannot fully integrate it into the classroom and cannot play a good application role. Only in the classroom actively encourage students to participate in sports and competitions, according to the original way to complete the teaching task, there is no good grasp of the integration between professional skills and truth, goodness and beauty, so it is difficult to infiltrate some core values into the physical education classroom ^[2].

3.2. From the Perspective of Teachers, it is Difficult for Physical Education Teachers to Play a Leading Role

However, in the physical education link, if the teacher does not fully understand the connotation of the curriculum and ideology and politics, then it is difficult to integrate the teaching content and ideology and politics well, and how to further improve the ideological and political awareness of physical education teachers requires active publicity and cultivation in daily work. Teachers also need to combine the current trend of social development and the reform of education to correctly understand the importance of ideological and political teaching, strengthen the cultivation of ability and the integration of knowledge transfer, not only to educate people, but also to reach the height of educate talents. The difficulty is that it may not be possible to accurately explore some ideological and political elements contained in the content of physical education, unable to effectively integrate and process the two, and unable to directly express to students, students may only receive some sports culture education, and do not feel some practical or brave and persevering qualities.

3.3. From the Perspective of Classroom Teaching, it is Difficult to Integrate Classroom Teaching and Ideological and Political Education

Physical education courses in college will have a certain depth and connotation compared with middle schools, so teachers should correctly grasp the relationship between physical training and educating talents, so that they can better achieve the goals and requirements of ideological and political education, and fully explore the four elements of physical activities. At present, many physical education teachers only teach students according to the form and process in the process of class, and do not have a certain impact and guidance on students' values. From the perspective of teaching mode, there is also a lack of innovation in teaching methods and content, so students may feel a certain boredom, if only to carry out some regular physical activities, then it is difficult to attract students' attention and interest, which will also affect the teaching effect of physical education courses, resulting in physical activities in form.

4. The Path of Integration of the "Curriculum Ideology and Politics" Concepts and College Physical Education Teaching

4.1. Integrate Professional Knowledge and Ideological and Political Resources to Build PE Ideological and Political Content System of Education and Teaching Courses

Sports is a very important part of the teaching process of college, and first-class universities need to fully realize the importance of physical education courses in the process of education, actively exercise and cultivate students' physical fitness, and also need to let students deeply understand sportsmanship. First of all, the school can build a corresponding ideological and political system, take the core values as the main integration content in the teaching process, so as to combine the specific teaching content to carry out a certain design, so that students can feel the commonality of values in the process of learning sports knowledge. Secondly, in the process of college education, it is also

necessary to be fully aware of the individual needs of students in the process of growth, and actively encourage and cultivate each student, so that students can establish the correct awareness and quality.

4.2. Give Play to the Leading Role of Physical Education Teachers, and Deepen the Concept of Integrating Sports Ideology and Politics into Education

In order to effectively improve the application value of curriculum ideology and politics in college sports, it is necessary to continuously improve the professional level and theoretical literacy of teachers themselves, to be fully aware of the direction and needs of the current educational reform, and actively explore the content of teaching materials, so as to better guide students in terms of values, to have a strong sense of professional pride and mission, to ensure the teaching efficiency and quality of the classroom^[3]. Therefore, teachers can integrate the concept of curriculum ideology and politics into physical education, which will also play a great role in the development of students, so that students can fully realize the correct national concept and revolutionary culture, so that they can better understand the spirit of sports. In other words, teachers need to actively learn new concepts and teaching methods, strengthen the improvement of political literacy, and also need to cooperate with schools and the Academic Affairs Office to a certain extent, schools should reasonably grasp the development direction of the entire education, formulate a more complete ideological and political construction plan, and provide a more perfect guarantee for teachers' teaching work^[3]. Teachers can concentrate on studying teaching content and excavating ideological and political elements in the daily teaching process, so as to implement the concept of curriculum ideology and politics into every classroom.

4.3. Deeply Explore the Ideological and Political Functions of Physical Education Courses

The main task of the development of physical education is to enable students to have a healthier body and mind, improve students' physical fitness, and let students have a good sportsmanship. The integration of ideological and political concepts can also better improve the quality of physical education, and when implementing teaching, it is also necessary to fully consider the differences between physical education and other courses. This course is mainly about teaching some skills and sports culture, so students need to practice and activities in the classroom. Secondly, this course requires frequent interaction and communication with students in actual teaching, so teachers can more accurately understand the current physical state and thought dynamics of students, which can provide more accurate information for subsequent ideological and political education. Therefore, when designing the curriculum, the physical education teacher can fully consider the physical and mental characteristics of the current students, as well as the direction of students' interests, so that they can better play the effect of ideological and political concepts, so that students can develop a more tenacious will, and can take the initiative to adjust the students' own psychological state. In terms of morality, it can also make students fully aware of the importance of cooperation, so that students can deeply feel patriotism, and let students directly experience and feel by watching large-scale competitions.

5. Conclusions

All in all, in the development process of today's education, the physical education courses of college are also very important for the growth and development of students, so teachers need to actively explore some ideological and political connotations contained in sports culture in the daily teaching process, and effectively integrate the two to bring some positive effects on the growth of students. The integration of the concept of curriculum ideology and politics into physical education

teaching is the current trend of educational development, and it can also have a positive impact on the comprehensive development of students, fully play some hidden values and functions contained in the process of physical education, and influence and cultivate students' morality and values, which can also better promote the development of China's education.

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