

The Endogenous Mechanism and Implementation Path of "Sports+Moral Education" in Universities

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Abstract: In order to achieve the goal of "sports+moral education" in universities, it has become a consensus in the education industry to provide comprehensive and comprehensive moral education for young students, and to firmly establish socialist core values. The moral education of physical education curriculum has its own unique characteristics of collaborative education in completing the fundamental task of cultivating morality and cultivating people, and in the educational pattern of combining five educations. Its basic feature is to fully leverage the advantages of the curriculum, and achieve the teaching purpose of collaborative education through the teaching concept of incorporating morality into the curriculum and the combination of explicit and implicit thinking methods. At the same time, the implementation path of collaborative education in physical education courses requires the school party committee, university faculty, ideological and political courses, and physical education course teachers to have a unified understanding, unity, and cooperation. On the basis of resource sharing, inclusiveness, and integration, the fundamental task of cultivating morality and talent is to be achieved.

1. Introduction

Since the beginning of the 21st century, the degree of reform and opening up in China has been continuously increasing, and the social environment has become increasingly complex. Decadent ideas such as materialism and the supremacy of interests are constantly eroding young people ^[1]. The environment for moral education in universities is constantly deteriorating, and moral education work is facing severe challenges. And college physical education, with its unique educational methods, provides students with an environment for moral practice and moral reinforcement. We can fully utilize the characteristics of sports to provide moral education to students, in order to promote their moral growth and achieve a win-win situation in sports and moral education. Moral education is a purposeful activity for teachers to cultivate students' moral character. Chinese school moral education roughly consists of three components: Moral quality education, political education, and ideological education. From primary school to university, moral education remains basically unchanged, and each stage of education has its own characteristics. The focus of moral education work in universities should be to standardize the behavior of college students, establish a good and perfect moral awareness, and form moral abilities, in order to better adapt to the requirements of social life, be competent for work needs, and achieve self-worth ^[2].

2. The Basic Characteristics of Moral Education in College Physical Education Curriculum

The purpose of moral education in physical education courses is not to transform physical education into ideological and political courses, but to integrate the unique cultural genes and value paradigms in physical education courses into various links and aspects of curriculum teaching and reform^[3-5]. Physical education subject resources and academic resources are used as vivid and effective carriers to carry the socialist core values, and the curriculum goal of integrating knowledge transmission and value guidance is built to build a comprehensive education personality bureau^[6]. The basic characteristics of moral education in physical education courses are mainly reflected in the following three aspects. Figure 1 shows the basic characteristics of moral education in physical education courses in universities.

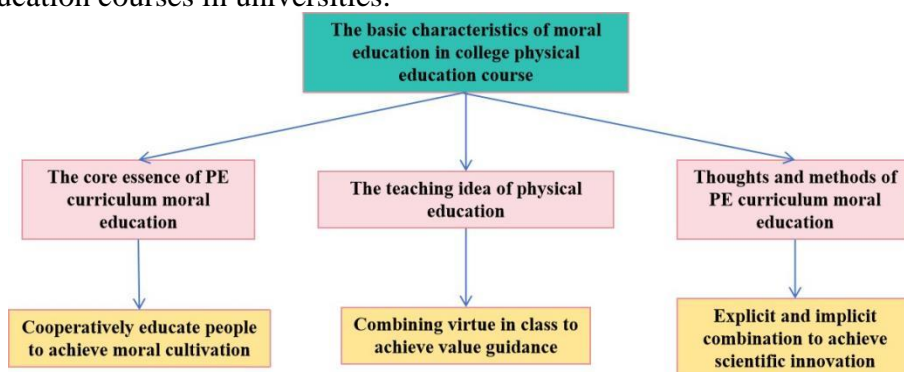


Figure 1: Basic characteristics of moral education in physical education courses in universities

2.1 The core essence of moral education in physical education courses is collaborative education, achieving moral education and cultivating people

The purpose of moral education in physical education courses in higher education institutions is to make Marxist positions and viewpoints more penetrating, and its core essence is collaborative education^[7]. The goal of sports participation in college physical education courses is to require students to develop good exercise habits and consider sports as a healthy lifestyle. The social adaptation goal of physical education courses in universities is to require students to form good behavioral habits, have a sense of social responsibility and rules, possess sports ethics, and be able to reasonably handle the relationship between competition and cooperation. Therefore, from the perspective of the basic objectives of physical education curriculum, physical education curriculum is a process of learning based on morality. The process of achieving the goals of sports participation and social adaptation is not only the result of moral education, but also a necessary condition in the process of moral education. Its fundamental purpose is to return the humanistic value of holistic education and higher education.

2.2 The teaching philosophy of moral education in physical education courses is to integrate morality into the class and achieve value guidance

The secretary pointed out that "we must adhere to the central link of moral education and talent cultivation, and integrate ideological and political work throughout the entire process of education and teaching, to achieve full and all-round education, and strive to create a new situation for the development of China's higher education industry^[8]. Physical education curriculum is an important foundation for overall education, and a healthy physique and strong will are the carriers of morality and intelligence. Good sports intelligence and morality are demonstrated through sports activities,

while sports activities also nurture the development of intelligence and stimulate the sublimation of moral cultivation. The teaching philosophy of moral education in physical education curriculum is to cultivate morality in class, learn sports skills through physical exercise, promote physical and mental health education, and ultimately achieve the goal of personality shaping.

2.3 The thinking method of moral education in physical education courses is to combine explicit and implicit methods to achieve scientific innovation

The secretary proposed the "Eight Unifications" principle at the school's ideological and political theory course teacher symposium, one of which is to adhere to the unity of explicit and implicit education, explore the ideological and political education resources contained in other courses and teaching methods, and achieve all-round education for all staff. In the era of mixed information resources and rampant ideological and political views, it is difficult to achieve the ideal effect of comprehensive education solely relying on ideological and political theory courses in the classroom. Physical education courses can adopt a combination of explicit and implicit thinking methods, boldly innovate educational methods, comprehensively develop teaching resources of physical education courses, start from the core values of the curriculum, fully utilize the practical characteristics of physical education courses, and transfer the implicit core values of physical education to the explicit values of ideological and political courses, integrating ideological and political education into textbooks, curriculum design, teaching methods, and teacher ethics.

3. The Implementation Path of Moral Education in College Physical Education Curriculum

Physical education curriculum moral education is a new field of moral education work in universities, and its implementation path requires comprehensive cooperation and cooperation from all departments of the school to achieve maximum effectiveness. Figure 2 shows the implementation path of moral education in physical education courses in universities [9].

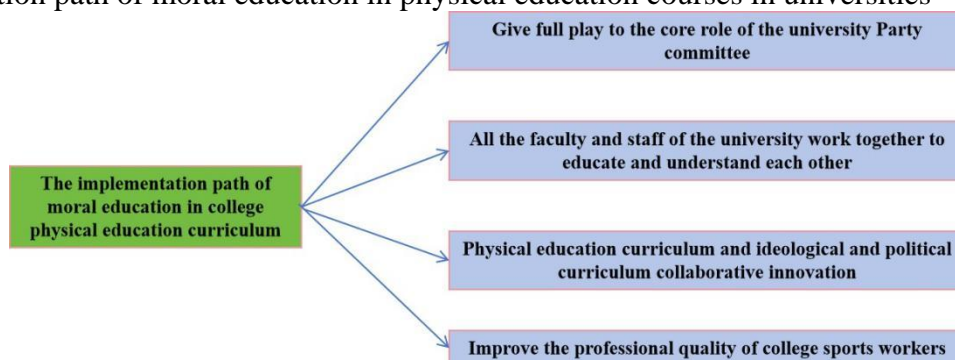


Figure 2: Implementation Path of Moral Education in College Physical Education Curriculum

3.1 Fully leverage the core role of the school party committee

Since the establishment of the People's Republic of China, the country has issued more than 160 documents related to sports, which fully demonstrates the high importance that the Party and the state attach to sports work. The comprehensive development of physical education work in universities urgently requires the leadership core role of the school party committee. The standard for talent cultivation in universities is to adhere to cultivating talents for the Party and the country, and to cultivate socialist builders and successors with comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor. The school party committee should promote the moral education work of physical education courses and play its core role, and should pay close

attention to and implement the following aspects of work. The school should establish and improve the annual joint meeting system for sports work, establish a school sports committee, supervise sports work, and reasonably arrange the construction, management, and maintenance of school sports venues and facilities. According to the actual situation on campus, we will coordinate and arrange annual sports work, including course teaching, competitions at all levels, sports training, physical fitness testing, scientific research, teaching and research, and sports venue equipment management and maintenance.

3.2 Understanding of unified collaborative education among all faculty and staff in universities

In the fight against COVID-19 in China in 2020, Academician Zhong Nanshan said that sports can directly and effectively promote our health and vitality. Every decade is not only persistence, but also a pursuit, which is a down-to-earth pursuit of the sun. Exercise for one hour every day, work healthily for fifty years, and live happily for a lifetime. The entire school staff needs to set an example and teach by example in order to form a positive campus sports culture atmosphere.

3.3 Collaborative Innovation of Physical Education Curriculum and Ideological and Political Curriculum

In the moral education practice of school physical education courses, physical education courses excel in practice and are good at allowing students to gain from practical activities. The so-called practice leads to true knowledge, which is a process of externalization in action. Ideological and political courses excel in theory and are good at enlightening students in the contemplation and exploration of relevant philosophical theories, which is an internalized process. The "Dao" of sports is a universal value, where morality and wisdom are both embodied in the body. The two should collaborate and innovate, preserve the "way" of sports, and showcase the "virtue" of ideological and political education. Schools can improve the ideological and political qualities and theoretical foundation of physical education teachers through special lectures, theoretical learning, teaching and research seminars, and other means.

3.4 Improving the Professional Literacy of University Sports Workers

The Basic Standards for Physical Education Work in Higher Education Institutions endow college sports workers with numerous responsibilities and missions, influencing and shaping students from the perspective of personality and consciousness, making them a true sports group and consumer, cultivating lifelong physical exercise habits, which is the ultimate goal of college physical education work^[10]. The acquisition of motor skills, improvement of physical fitness, and physical health are only effective applications that arise in the process of promoting this ultimate goal. Secondly, we need to arm our minds with Marxist ideas, methods, and positions, carefully study and comprehend the socialist ideology with Chinese characteristics in the new era, and achieve true learning and practical application. Only by possessing profound theoretical literacy and rich knowledge structure can teachers lead and infect students in the teaching process. Finally, we should actively explore ways and methods to integrate ideological and political education with physical education curriculum teaching, achieving flexible application and moistening things silently.

4. Conclusion

The author first describes the basic characteristics of moral education in physical education courses in universities as follows: The core essence of moral education in physical education curriculum is collaborative education, achieving moral education and cultivating people; The teaching philosophy of moral education in physical education courses is to incorporate morality into the curriculum and achieve value guidance; The thinking method of moral education in physical education courses is to combine explicit and implicit methods to achieve scientific innovation; Secondly, research will be conducted on the implementation path of moral education in physical education courses in universities. Moral education in physical education courses is a new field of moral education work in universities, and its implementation path requires comprehensive cooperation and cooperation from all departments in the school to achieve maximum effectiveness.

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