

# *Research on the Practical Pathways of Integrating College Physical Education Courses with Ideological and Political Education*

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**Abstract:** With the advancement of higher education reform, the integration of university physical education courses with ideological and political education has become an important issue in the current educational field. The purpose of this study is to explore the practical paths for the integration of university physical education courses with ideological and political education and to offer relevant suggestions. Mainly through literature review and case analysis methods, integrating teaching content, innovating teaching methods, and designing assessment and evaluation mechanisms are identified as key factors for promoting the integration of university physical education courses with ideological and political education. Simultaneously, specific suggestions are made, including strengthening teacher training, improving course design, and enhancing school-enterprise cooperation; future development directions and the limitations of the study are discussed to promote comprehensive student development and value cultivation. Furthermore, strengthening the construction of the teaching staff and developing assessment mechanisms are also necessary support measures. This research provides a feasible path and insights for the integration of university physical education courses with ideological and political education, which is of great significance for promoting the comprehensive development of university students.

## **1. Research Background**

In recent years, the field of higher education has emphasized the cultivation of well-rounded high-quality talents, including the development of physical and mental health, moral quality, and a sense of social responsibility. As one of the important basic courses offered by universities, university physical education courses can promote students' physical and mental health, as well as cultivate their sense of teamwork and competitive spirit. Ideological and political education is aimed at cultivating students' correct worldviews, outlooks on life, and values, improving their ideological and moral qualities, and laying the foundation for their future development. The integration of university physical education courses with ideological and political education can not only allow students to experience a strong physique and good mental state through physical activities but also cultivate their spirit of collectivism and sense of social responsibility through sports. Therefore, how to effectively

integrate university physical education courses with ideological and political education has become an urgent issue to be solved in the current educational field.

Domestic and foreign scholars have extensively explored the theoretical basis for the integration of university physical education courses with ideological and political education. Some studies focus on the relationship between physical education and ideological and political education, exploring how to cultivate students' moral qualities and sense of social responsibility through physical activities. Other studies analyze the significance and value of integrating university physical education courses with ideological and political education from the perspectives of humanistic spirit and comprehensive development. Domestic and foreign universities have begun to try integrating university physical education courses with ideological and political education and have accumulated certain practical experiences. These practical cases include Reform the curriculum setting, design physical activities guided by ideological and political education concepts, and carry out related thematic discussions and social practices, etc. These practical cases provide valuable references and insights, offering inspiration for other universities to advance work in this field. Studies on the effectiveness assessment of integrating university physical education courses with ideological and political education are also gradually being carried out. Some research assesses changes in students' moral qualities, leadership abilities, and sense of social responsibility after participating in integrated projects through questionnaires, student feedback, etc. These results help to understand the actual impact of this integration model on student growth. There are still some challenges and issues that need to be addressed, such as how to balance the relationship between physical education courses and ideological and political education, how to overcome traditional concepts and institutional constraints, and how to train professional teachers. These issues require further in-depth research and exploration.

With the advancement of higher education reform, the integration of university physical education courses with ideological and political education has become an important issue in the current educational field. This study aims to explore the practical paths for integrating university physical education courses with ideological and political education, and to propose corresponding conclusions and suggestions. Traditionally, university physical education courses mainly focus on cultivating students' physical fitness and sports skills, while ideological and political education focuses on cultivating students' moral, cultural, and ideological qualities. However, in contemporary society, cultivating well-rounded talents requires the improvement of comprehensive qualities, including physical and mental health, moral cultivation, and a sense of social responsibility. Therefore, integrating university physical education courses with ideological and political education can promote comprehensive development of students and provide them with broader development space. This integration can help students develop teamwork spirit, competitive awareness, and leadership skills during physical activities, while also guiding students to establish correct values, enhance their sense of social responsibility, and improve their identification with the country, society, and national culture. This study aims to explore the practical paths for the integration of university physical education courses with ideological and political education, in order to provide targeted guidance and implementation plans for universities. In summary, research on the integration of university physical education courses with ideological and political education has started both domestically and internationally, and has achieved certain results. However, more in-depth research is still needed to drive the development of this field and provide more operational and feasible guidance for universities.

## 2. Research Objectives

The theoretical basis and significance of integrating physical education courses and ideological and political education in universities mainly include the following aspects: firstly, integrating the

practical experience and achievements of different physical education courses and ideological and political education in universities. The second is to optimize the implementation path of integrating physical education courses and ideological and political education in universities, including curriculum design, teaching methods, and evaluation systems. The third is to promote the integration and development of physical education courses and ideological and political education in universities.

### 3. Research Significance

1) Cultivating well-rounded talents: University physical education courses focus on cultivating students' physical qualities and sports skills, while ideological and political education focuses on cultivating students' ideological morals and values. The integration of the two can promote students' all-round development, not only pay attention to students' physical health and sports ability, but also cultivate students' moral sentiment and social responsibility.

2) Strengthening patriotic education: Physical education courses are one of the important ways to cultivate students' patriotic feelings and national spirit. By incorporating patriotic education content, such as introducing and discussing knowledge related to national history, culture, outstanding athletes, and teams, students' love and identification with the motherland can be enhanced.

3) Cultivating teamwork spirit: Teamwork and collaboration are emphasized in physical activities, and teamwork is one of the core values pursued by ideological and political education. Through collective training, competitions, and other activities in physical education courses, students' team consciousness, cooperation ability, and spirit of mutual aid can be cultivated.

4) Enhancing a sense of social responsibility: The integration of physical education courses with ideological and political education can guide students to pay attention to social issues and enhance their sense of social responsibility. For example, by organizing volunteer service activities and participating in community sports promotion, students can realize their mission and responsibility in the field of sports.

5) Shaping positive values: Physical education courses emphasize values such as the competitive spirit, fair competition, and unity and friendship, while ideological and political education pursues the dissemination and practice of socialist core values. Combining the two can better cultivate students' positive, morally upright values.

### 4. Research Methods

This study will employ methods such as literature review and case analysis for data collection and analysis. By collecting relevant literature, we aim to understand the current research status and theoretical foundation of integrating university physical education courses with ideological and political education at both domestic and international levels. Through surveys, we will gather practical experiences and effectiveness from different universities in this field. Interviews with experts, scholars, and practitioners will provide deeper insights into issues and suggestions in this area. In case analysis, representative cases of the integration of university physical education courses with ideological and political education will be analyzed in depth.

### 5. Practical Pathways

Integrating university physical education courses with ideological and political education requires the integration of teaching content. (1) Ideologically guided physical activities: Design physical activities that incorporate ideological and political education concepts and content. For example, emphasize the cultivation of teamwork and leadership skills in team sports, guiding students to consider issues of morality and fair competition through games and discussions. (2) Thematic

discussions and reflections: Introduce thematic discussions in class, allowing students to debate social, ethical, or cultural issues. Through these discussions, teachers can guide students to think and form their own opinions and associate them with physical activity. (3) Social practice and volunteer service: Schools can incorporate social practice and volunteer service into physical education courses, organize students to participate in public welfare activities, community service or sports and health promotion projects, and cultivate their sense of social responsibility and civic awareness through practice. (4) Cultural inheritance and national identity: The school can promote national culture and traditional sports through sports activities, organize students to understand local traditional sports culture, participate in the study and competition of related traditional sports, and cultivate students' sense of identity to the country, society and national culture. (5) Humanistic literacy and physical and mental health: Combine humanistic literacy with physical and mental health education, improving students' physical fitness and psychological well-being through physical activities. Also, teachers should guide students to pay attention to their own emotional management, pressure release and other problems, and cultivate students' positive attitude. It is important to ensure the balance and coordination between ideological and political education and physical education courses during the integration of teaching content. Not only should the penetration of ideological and political education content be emphasized, but also the professionalism and skill training of physical education courses must be maintained. Moreover, teachers should flexibly use various teaching methods and means during the integration process, stimulating student participation and thought, and promptly assessing and providing feedback on students' learning outcomes. (6) National education reform and development strategy: Understand the national direction and goals for higher education reform and development, considering the integration of university physical education courses with ideological and political education as part of it, and implementing it in conjunction with relevant policy documents and guidance. (7) Ministry of Education policy documents: Pay attention to policy documents issued by the Ministry of Education regarding higher education, physical education, and ideological and political theory courses, understanding the requirements and guidance for integrating university physical education courses with ideological and political education, and make adjustments as necessary. (8) Ideological and political theory course reform requirements: In view of the requirements of ideological and political theory course reform, teachers can integrate college physical education courses with ideological and political education. For example, the relevant socialist core values and theories of socialism with Chinese characteristics are introduced into the physical education courses. (9) National fitness strategy planning: Combining with the national fitness strategic planning, the university can combine university physical education courses with national fitness activities, encourage students to participate in social sports activities, promote healthy lifestyle, and improve social sports literacy and sense of responsibility. (10) The school guides students to establish correct ideas, enhance personal cultivation, and cultivate students' attention and sense of responsibility for the development of the country and society.

## 6. Research Innovation

1) Project-based learning: Introduce project-based learning by setting tasks or projects with ideological and political education significance in physical activities. Let students solve problems through hands-on operation and teamwork. This method stimulates students' initiative and creativity and cultivates their abilities to apply knowledge comprehensively, analyze, and solve problems.

2) Flipped classroom: Teachers can transfer part of the classroom content online for preview, and allow more time for physical activities and practical activities related to ideological and political education. In class, teachers can organize discussions, case analysis and other interactive forms to guide students to think deeply and ask questions

3) Gamification in teaching: Teachers can use gamified elements to design sports activities or ideological and political education content to increase the interest and interactivity. For example, challenge levels, competition sessions or role-playing are set up to guide students to participate and achieve the desired educational goals.

4) Application of multimedia technology: Teachers can use multimedia technology, such as video, animation, etc., to show the relevant ideological and political education content or sports knowledge. Through the presentation of audio-visual effects, improve students' interest in learning and understanding ability.

5) Experiential teaching: Teachers can combine theoretical knowledge with practical experience and organize students to participate in activities such as social practice, volunteer service or sports health promotion projects. Through practice, the students can feel the significance and value of ideological and political education and physical education courses in practice.

6) Cooperative learning: Teachers should encourage students to study together in groups, and discuss problems, share experiences and solve problems together in the team. Through cooperative learning, cultivate students' teamwork ability and communication skills, and stimulate their innovative thinking.

## 7. Design of Assessment and Evaluation Mechanism

In the process of integrating university physical education courses with ideological and political education, it is necessary to design assessment and evaluation mechanisms to evaluate students' learning outcomes and comprehensive qualities. Here are some possible directions for designing assessment and evaluation mechanisms:

1) Diversified assessment methods: Teachers can adopt various forms of assessment methods, such as personal reports, team projects, oral speech, written homework, etc., to comprehensively evaluate students' knowledge mastery, practical ability and ideological and moral aspects. Avoid relying only on written tests or a single form of examination.

2) Comprehensive evaluation system: Establish a comprehensive evaluation system that combines theoretical knowledge with practical abilities. In addition to assessing student academic performance, a comprehensive evaluation can include participation in social practice activities, volunteer services, or sports health promotion projects.

3) Autonomous learning and reflection: Encourage students to engage in autonomous learning and reflection, requiring them to write personal growth reports or reflections. This method allows understanding students' comprehension and awareness of the integration of ideological and political education with physical education courses and assesses their ability for autonomous development.

4) Interactive evaluation and peer review: Introduce interactive evaluation and peer review, promoting students' thinking and learning growth through mutual observation, communication, and feedback. Organize group discussions, evaluations of counselors or teachers, etc.

5) Feedback and improvement: Provide students with targeted feedback, focusing not only on their scores but also on guiding them to recognize their deficiencies and propose improvement measures. Additionally, teachers and administrators should summarize and reflect on the evaluation results to further improve the assessment and evaluation mechanisms.

## 8. Case Study Analysis

### Case 1: Integration of University Badminton Courses with Socialist Core Values

By using badminton courses as an entry point, content related to socialist core values is introduced. The teaching content and objectives of the badminton course are redesigned to combine badminton techniques training with socialist core values, setting related knowledge points and teaching activities.

Teaching materials that meet the educational objectives, including professional badminton textbooks and materials promoting socialist core values, are selected. This approach allows students to understand the connotations of socialist core values while mastering badminton skills. Various innovative teaching methods are used to stimulate students' interest and participation, such as role-playing, case analysis, and group cooperation, enabling students to understand and apply socialist core values through practical operations and interactive exchanges. Students are organized to participate in badminton competitions or performances, incorporating content related to socialist core values in the promotion. Through practical projects, students integrate theoretical knowledge with practical application, deepening their understanding and comprehension of socialist core values.

Effects: (1) By incorporating content related to socialist core values, the badminton course becomes more attractive and meaningful, stimulating students' interest in physical and ideological and political education. (2) Injecting ideological and political education content into badminton technique training promotes the comprehensive improvement of students' ideological and moral qualities and cultivates their abilities in teamwork, fair competition, etc. (3) Through practical project promotional activities, socialist core values are communicated beyond the campus to society, expanding the school's influence in the community. This case demonstrates specific practices and effects of integrating university physical education courses with ideological and political education. By combining the badminton course with socialist core values, it not only enhances students' identification with physical and ideological and political education but also promotes the comprehensive development of students' ideological and moral qualities.

#### Case 2: Integration of University Basketball Courses with Ideological and Political Education

The university basketball course is an important part of university physical education, aimed at cultivating students' physical fitness, skill level, and awareness of teamwork and competition through the learning and practice of basketball. Here are some contents and teaching methods for the university basketball course: (1) Basic skills training: Training in basic basketball techniques such as passing, dribbling, shooting, and defending. Through repeated practice and guidance, students' coordination and technical level are improved. (2) Team tactics training: Organizing students for team tactics training, including offensive and defensive tactics, and cooperation. Through team collaboration and simulation of actual game scenarios, students' abilities in collective cooperation are developed. (3) Rules and refereeing knowledge: Introducing basketball game rules and refereeing essentials, enabling students to understand the rules and possess basic refereeing judgment. (4) Tactical analysis and strategy formulation: Guiding students to watch basketball game videos and analyze and evaluate the games. By analyzing the application of different tactics and strategies, students' tactical thinking and judgment abilities are cultivated. (5) Competitions and athletic practice: Organizing students for basketball games and participating in internal and external competitions. Through the experience of actual games, students improve their technical level, train their willpower, and experience the sense of achievement brought by teamwork and competition. (6) Knowledge dissemination and health education: Introducing relevant knowledge about basketball, such as its history, while emphasizing the importance of basketball for physical health and advocating active participation in sports activities. In terms of teaching methods, a combination of forms such as theoretical lectures, demonstration, and practical operation is adopted. Besides technical training, the university basketball course should also focus on cultivating students' team spirit, sense of collective honor, and a positive attitude towards team collaboration and competitive spirit.

## 9. Conclusions and suggestions

The theoretical foundation and significance of integrating university physical education courses with ideological and political education provide theoretical support for research in this field. This

study still has some limitations, such as limited data sources and sample selection. Future research could further expand the sample size, explore more influencing factors, and verify through empirical research methods. Summarizing the practical experiences and effects of different universities in integrating university physical education courses with ideological and political education can offer references for other universities. The results of this study can provide useful references for university decision-makers, teachers, and researchers, promoting better outcomes in the integration of university physical education courses with ideological and political education in practice.

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