

# *The Construction and Practice Exploration of "Golden Course" of Scientific Research Methods and Thesis Writing in Physical Education with Ideological and Political Elements*

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**Abstract:** The text discusses the theme of integrating elements of ideological and political education into the construction of a "Golden Course" on research methods and thesis writing in physical education. It utilizes methods such as literature review, content analysis, and logical induction, based on the core socialist values, the guiding principles for ideological and political education in higher education institutions, and the training objectives and specifications of physical education majors to conduct research. It explores how to integrate ideological and political education with research methods and thesis writing in physical education to improve students' comprehensive quality and moral character. The research finds that the construction of the "Golden Course" on research methods and thesis writing in physical education, integrating ideological and political elements, can effectively promote the cultivation of students' thinking ability, innovation ability, and practical ability. It enhances students' research ability and thesis writing level, while also strengthening their ideological and moral education, cultivating their sense of social responsibility and spirit of teamwork.

## 1. Introduction

In 2014, the importance of "developing the country through science and promoting sports through science" was proposed, emphasizing the significance of research for sports development. Research methods and thesis writing in physical education are compulsory courses for students majoring in physical education, aimed at cultivating their research ability and thesis writing skills. However, the lack of integration of ideological and political elements in traditional curriculum design and teaching practices has neglected the cultivation of students' ideological and moral education and their sense of social responsibility. It has also failed to effectively guide students in establishing correct worldviews, outlooks on life, and values through course teaching. Therefore, the urgent issue in the current construction and reform of the "Golden Course" on research methods

and thesis writing in physical education is how to integrate values education while imparting knowledge of research methods and thesis writing skills. Additionally, guiding students to integrate their personal ideals with the development of the nation and the concrete practice of realizing the "Chinese Dream" of becoming a sports powerhouse is essential for enhancing their sense of responsibility and mission.

The "Guidelines for the Construction of Ideological and Political Education in Higher Education Courses," issued by the Ministry of Education in May 2020, provide clear directions and requirements for promoting ideological and political education in professional courses. According to the guidelines, efforts should be made to promote classroom teaching reforms aimed at ideological and political education goals. This involves identifying the ideological and political education elements inherent in professional courses and incorporating them into various aspects of classroom teaching to achieve an organic integration of ideological and political education with a knowledge system education<sup>[1]</sup>. Therefore, based on these guidelines, it is imperative to delve deeper into the ideological and political elements and the profound "educational" values of the "Golden Course" on research methods and thesis writing in physical education. Educators should consciously integrate the educational responsibility of "cultivating virtue and nurturing people" into every aspect of teaching, guiding students to establish and practice the core socialist values, and thus introducing the educational function of the "Golden Course" on research methods and thesis writing in physical education.

## **2. The Establishment of Ideological and Political Elements in the "Golden Course" of Sports Research Methods and Thesis Writing**

Curriculum ideological construction refers to the process of cultivating students' ideological and moral qualities and their sense of social responsibility through a curriculum design and teaching practices. Its exploration process also represents a re-development of specialized courses<sup>[2][3]</sup>. Building on this premise, the textbook "Research Methods in Sports (Third Edition)," edited by Professor Huang Hansheng and published by Higher Education Press, serves as the blueprint. Drawing from socialist core values and the "Outline of Building a Sports Power," the ideological and political elements of sports research methods and thesis writing are thoroughly explored. This integration aims to seamlessly infuse ideological and political education into the practical teaching of specialized courses, achieving a subtle yet profound impact<sup>[4]</sup>.

### **2.1 Theoretical Basis for the Establishment of Ideological and Political Elements**

#### **2.1.1 Guided by the Core Socialist Values**

The establishment of ideological and political elements in the "Golden Course" of sports research methods and thesis writing should be guided by the core socialist values<sup>[5][6]</sup>. These values constitute the ideological framework of socialism with Chinese characteristics, encompassing prosperity, democracy, civility, harmony, freedom, equality, justice, rule of law, patriotism, dedication, integrity, and friendliness. The "Outline" emphasizes that the foundation for every course should be built by integrating the characteristics and values of sports courses, fully manifesting ideological and political elements at the national, societal, and individual levels. In the context of sports research methods and thesis writing, it is essential to uphold the core socialist values, guiding students to form correct worldviews, life philosophies, and values, while nurturing their sense of social responsibility and mission<sup>[7]</sup>.

### **2.1.2 Guided by the "Guidelines for the Construction of Ideological and Political Education in Higher Education Courses"**

The "Guidelines for the Construction of Ideological and Political Education in Higher Education Curriculum" is an important document issued by the Ministry of Education regarding the construction of ideological and political education in higher education institutions. It provides guidance for the establishment of ideological and political elements in "Golden Course" such as sports research methods and thesis writing. These guidelines clearly outline the objectives, principles, content, and methods of ideological and political education in higher education curriculum, emphasizing the integration of ideological and political education into various courses to cultivate students' moral integrity and social responsibility. In the context of sports research methods and thesis writing, instructors can refer to these guidelines to integrate elements of ideological and political education into teaching content and methods. Through scientific teaching and the rational application of methods, students' national identity and sportsmanship can be nurtured, enhancing their ideological and political qualities and molding them into socialist builders and successors with both moral integrity and talent<sup>[8]</sup>. Moreover, incorporating important discourses on sports seamlessly into the entire process of ideological and political education in the sports curriculum holds significant value in meeting the unique needs of theoretical foundations, materials, content, and resources for sports curriculum construction<sup>[9]</sup>. Comprehensively advancing the construction of ideological and political education in university sports curriculum, and leveraging the educative role of each course, is not only a practical requirement to implement important discourses on ideological and political education but also an inevitable demand to fulfill the fundamental task of moral education and talent cultivation<sup>[10]</sup>."

### **2.1.3 Orienting towards the goals and standards of physical education disciplines**

Establishing the ideological and political elements in the "Golden Course" of sports research methods and thesis writing needs to be oriented towards the goals and standards of physical education disciplines. The training objectives of physical education disciplines aim to cultivate advanced professionals with solid knowledge of physical education disciplines and research methods, as well as innovative and practical abilities. In the process of sports research methods and thesis writing, which can be prolonged, intricate, and complex, the rational use of research methods is crucial for achieving optimal results. Therefore, emphasis should be placed on cultivating students' scientific research and innovation capabilities, guiding them to conduct scientific, systematic, and standardized research, and enhancing their academic literacy and level<sup>[11]</sup>. As the saying goes, "To do a good job, an artisan needs the best tools." Scientific methods are essential for sports thesis writing, while the construction of "Golden Course" requires the advancement of talents who integrate learning, training, and research, as well as the promotion of first-class disciplines in sports studies. Therefore, the construction of "Golden Course" should adhere to the principles of high-level, challenging, and innovative teaching, using research-oriented, applied, cutting-edge, ethical, spiritual, speculative, humanistic, and vital aspects as benchmarks. Only then can the balance between the scientific and humanistic aspects be maintained throughout the writing and research process<sup>[12]</sup>. Therefore, in addition to exploring ideological and political elements, scientific research methods in physical education should enhance students' initiative in learning, improve their knowledge reserves, cultivate their sense of social responsibility and mission, and guide them to integrate sports research achievements with social practices to contribute to the development of the nation and society.

## 2.2 Connotations of Ideological and Political Elements

Based on the theoretical foundation established by the aforementioned ideological and political elements, combined with the characteristics, objectives, and requirements of the "Golden Course" in sports research methods and thesis writing, we can explore ideological and political elements. First, patriotism. Sports scientific research is a sacred and noble undertaking that carries the responsibility bestowed by the times. It involves fostering national self-esteem and confidence, being open-minded to learning from abroad without being arrogant or self-deprecating. Cultivating students' love and loyalty to their country and guiding them to closely integrate sports research with national development contribute to the country's sports endeavors. Moreover, guiding students to research national sports policies, the development of sports, and international sports competitions can cultivate their patriotism and sense of responsibility. Second, critical thinking. Sports scientific research is a complex and challenging combination of intellectual and operational labor. It requires students to invest considerable effort and time in topic selection, a research design, literature review, observation, surveys, experiments, data organization, analysis, and evaluation. Therefore, students need to possess critical thinking skills and higher-order thinking abilities to discern the essence from the dross. Activities such as literature reviews, academic discussions, and debates can guide students to deeply reflect on and evaluate sports research findings, enhance their academic level, and cultivate their critical thinking and academic reasoning abilities. Third, academic integrity. Basic academic ethical norms should be observed in scientific research, with "integrity" being the core of academic standards. Research findings are the result of repeated research and verification, thus requiring respect for the labor of others and the integrity of researchers. Teachers can guide students in conducting academic research and thesis writing with integrity by teaching academic norms and ethics to prevent academic misconduct. Fourth, innovation spirit. Scientific research itself is an innovative process. Students can engage in critical analysis and independent thinking in sports research, using their rich knowledge, rigorous thinking, and imagination to propose new ideas, viewpoints, and theories based on existing fundamental theories<sup>[13]</sup>. Fifth, scientific spirit. Sports scientific research methods explore research methods yet to be mastered in sports science, revealing the laws of research methods. In sports research design, it is necessary to process and organize sports phenomena and materials, transitioning from perceptual understanding to rational understanding, and identify the dialectical unity of essence and change in the development process of sports. The teaching process should emphasize the scientific and reliability of sports research methods, guiding students to conduct scientific, systematic, and standardized research to enhance their scientific literacy and academic level. Sixth, practical awareness. Practice serves as the intermediary and bridge for the transformation of moral awareness into moral behavior<sup>[14]</sup>. The purpose of sports scientific research is to promote the development of sports and the physical and mental health of people. Research topics in sports scientific research mainly originate from sports practice. Through scientific research on sports training, physical education, and exercise behaviors, students can analyze specific problems and derive corresponding research results, laying a solid practical foundation for improving sports training levels, physical education, and exercise effects. Teachers can guide students to integrate sports research findings with practical problems, promote students' practical abilities and problem-solving skills through case studies, field surveys, and experimental research. Seventh, sense of responsibility. In the process of sports scientific research, privacy protection for test subjects should be ensured. While considering the rights of test subjects, it is essential to adhere to the principle of voluntariness, establish a trusting relationship with test subjects, take responsibility for test subjects, and cultivate students' sense of responsibility, avoiding disputes. By guiding students to focus on social issues and social needs, teachers can cultivate students' sense of responsibility and social responsibility, guiding students to serve society with

sports research findings and contribute to social development. Eighth, teamwork. In today's environment where scientific research results are abundant, the difficulty of scientific research is increasing, and scientific research often involves interdisciplinary and cross-domain collaboration. It is difficult for individuals to solve research problems alone, requiring researchers from various fields to form teams, cooperate closely, overcome difficulties together, and jointly overcome challenges. Teachers can cultivate students' teamwork and collaboration spirit through activities such as group discussions and team project research, promoting the formation of a good collaborative atmosphere in sports scientific research. Ninth, keeping pace with the times. Although competitive sports and school sports have always been the focus of sports scientific research, with the improvement of people's living standards and the rapid development of modern science, technology, and digitalization, mass sports such as recreational sports and community sports are gradually developing, attracting the attention of researchers. Today, the key issues that need to be addressed in constructing 'gold-standard' courses include students' lack of engagement with current concepts, failure to explore materials, failure to update methods, and failure to keep pace with the times<sup>[15]</sup>. Therefore, teachers can guide students to keep up with the pace of the times, delve into research topics related to current affairs, explore ideological and political elements from different social strata and fields, and focus on hot issues in the current sports field to ensure that research content aligns with the development of the times, enriching the themes and levels of sports scientific research and contributing to the development of the discipline.

These ideological and political elements can run through the "Golden Course" of sports research methods and thesis writing. Through the design and implementation of teaching content and methods, they can cultivate students' moral integrity and sense of social responsibility.

### **3. Practical Exploration of Integrating Ideological and Political Elements into the Construction of "Golden Course" in Sports Research Methods and Thesis Writing**

The integration of ideological and political elements into the construction of "Golden Course" in sports research methods and thesis writing should adhere to the teaching philosophy of "emphasizing guidance, practice, application, while minimizing instruction and indoctrination." Exploration should be conducted from four aspects: course objectives, teaching content, teaching methods, and evaluation systems. The focus should be on creating "Golden Course" in sports research methods that integrate ideological and political elements, aiming to achieve the integrated goals of knowledge impartation, skill development, and values guidance. This approach aims to enhance students' comprehensive abilities and higher-order thinking skills, thereby nurturing versatile talents required in the field of sports<sup>[16]</sup>.

#### **3.1 Setting Course Objectives**

The establishment of course objectives for constructing "Golden Course" should revolve around the research functions and characteristics of "Sports Research Methods and Thesis Writing," while also embodying the principle of "integrating ideology and politics with academic pursuits." This highlights the nurturing functions of education, talent, morality, and physicality, enabling students to correctly choose sports research methods and pursue research goals<sup>[17]</sup>.

The setting of course objectives for "Golden Course" that integrate ideological and political elements in "Sports Research Methods and Thesis Writing" includes several aspects:

First, cultivating students' research and thesis writing abilities. It should be student-centered, with teachers and students jointly setting course objectives<sup>[18]</sup>. Teachers should conduct scientific analysis of students' research and thesis writing abilities and establish challenging course objectives in the students' "zone of proximal development." For instance, in selecting topics, teachers can

guide students to focus on social phenomena, especially novel, recurring, and dense ones, integrating ideological and political elements such as socialist core values, patriotism, and cultural confidence into the "Golden Course". This helps cultivate students' observation and critical thinking abilities, enabling them to independently conduct scientific research and write papers in a standardized, accurate, and logical manner. This approach integrates research knowledge with ideological and political elements, fostering students' research capabilities and mastery of basic scientific research methods and techniques, as well as improving their skills and abilities in writing papers.

Second, fostering students' innovation awareness and practical abilities. The establishment of objectives for "Golden Course" in sports research methods should integrate ideological and political elements such as innovation spirit, scientific spirit, and practical awareness. By combining the overall outline of the course objectives, innovation and practice can be incorporated into topic selection and thesis writing. For instance, introducing innovative research methods such as interdisciplinary approach, reverse thinking, and questioning methods advocated by renowned Chinese chemist Academician Xu Guangxian can encourage students to innovate and practice<sup>[19]</sup>. Therefore, students should approach academic writing and systematic design pragmatically, analyzing problems from different perspectives to enhance problem-solving abilities and cultivate innovation, scientific spirit, and practical awareness.

Third, cultivating students' moral and ethical qualities and sense of social responsibility. Emphasizing the importance of integrity and responsibility in setting course objectives, and integrating ideological and political elements to guide students to adhere to moral standards, follow academic ethics, and enhance their awareness of academic integrity and responsibility. This nurtures students' moral and ethical qualities and fosters their sense of social responsibility and commitment by encouraging them to focus on social issues and the social impact of sports development.

Fourth, improving students' comprehensive qualities. By integrating ideological and political elements, students are guided to think comprehensively, enhancing their comprehensive qualities so that they can better apply their knowledge in research and thesis writing. This integration of knowledge, abilities, qualities, and moral and ethical values plays a subtle yet significant role in the learning process, meeting the requirements of high-level education and cultivating students' higher-order thinking and abilities<sup>[20]</sup>.

By setting the above objectives, "Golden Course" in sports research methods and thesis writing that integrates ideological and political elements can comprehensively cultivate students' research abilities, thesis writing abilities, and moral and ethical qualities, improve their comprehensive qualities and practical abilities, enabling them to achieve better results in their future academic and professional development.

### **3.2 Designing Teaching Content**

The design of teaching content for "Golden Course" in "Sports Research Methods and Thesis Writing" that integrates ideological and political elements includes several aspects:

Firstly, learn research methods. The basic concepts and classifications of research methods introduced by the author, including experimental research, survey research, and literature review, guide students to understand the characteristics and applicability of different research methods. Secondly, literature review and comprehensive writing. He teaches students how to conduct literature reviews, including the use of library resources and database searches, and guides them in writing comprehensive articles, including constructing comprehensive articles and selecting and organizing content. Thirdly, data analysis and statistical methods. The author introduces commonly used data analysis and statistical methods, including descriptive statistics and inferential

statistics, guiding students to apply appropriate methods to analyze and interpret data. Fourth, the basic norms for paper writing. He introduces the basic structure and writing requirements of academic papers, including abstracts, introductions, methods, results, discussions, and references, while guiding students in logical thinking and argumentation. Fifth, academic ethics and academic conduct. He guides students to understand the importance of academic ethics, including academic integrity and intellectual property protection, and teaches them how to comply with academic ethical standards and correctly cite the research results of others. Sixth, social issues and sports development. He encourages students to pay attention to social issues such as sports equity and sports ethics, helps them understand the impact of sports development on society, and cultivates their sense of social responsibility and commitment. Seventh, case analysis and discussion. Through case studies, he encourages students to engage in analysis and discussion, cultivating their comprehensive thinking and problem-solving abilities. The eighth is group activities and practical projects. While designing practical projects, he organizes students to participate in group discussions and demonstrations, allowing them to apply their knowledge to solve practical problems, improve their practical abilities and innovative awareness. The teaching content of sports research methods not only involves theoretical and practical knowledge but also students' personal knowledge levels. Teachers should introduce suitable research methods to students based on individual differences, integrating ideological and political elements into the research process, activating students' higher-order thinking and effective learning criteria, enhancing their adaptive abilities to face challenging situations, promoting active learning and exploration, leveraging students' individual characteristics, and stimulating their innovation. The teaching content of sports research methods not only involves theoretical and practical knowledge but also students' personal knowledge levels. Teachers should introduce suitable research methods to students based on individual differences, integrating ideological and political elements into the research process, activating students' higher-order thinking and effective learning criteria, enhancing their adaptive abilities to face challenging situations, promoting active learning and exploration, leveraging students' individual characteristics, and stimulating their innovation.

Through the design of the above teaching content, "Golden Course" in "Sports Research Methods and Thesis Writing" that integrates ideological and political elements can comprehensively cultivate students' research abilities, thesis writing abilities, and moral and ethical qualities, improve their comprehensive qualities and practical abilities, enabling them to achieve better results in future academic and professional development.

### **3.3 Innovative Teaching Methods**

With the development of higher education, ideological and political education has become increasingly important in university education. To better integrate ideological and political elements and improve students' ideological and political literacy and research capabilities, innovative teaching methods can be introduced into the "Sports Research Methods and Thesis Writing" course.

Firstly, by introducing content related to ideological and political education, students can learn about national policies, social development, and moral ethics while studying research methods and thesis writing. For example, when explaining research methods, national science and technology policies and research ethics can be combined to guide students to understand the social significance and responsibilities of research. Secondly, through case analysis, students can contemplate the relationship between sports research and social issues. For instance, selecting some hot social events related to sports, students can analyze research problems and propose solutions. This approach not only cultivates students' research abilities but also enhances their sense of social responsibility and ideological and political literacy. Moreover, organizing students to participate in

social practice activities allows them to experience the practical application and social impact of sports research. For example, organizing students to participate in surveys and experiments related to sports research projects enables them to experience the difficulties and challenges of research firsthand and understand the contributions of research results to society. Lastly, conducting discussions and debates can cultivate students' critical thinking and spirit of inquiry. For example, organizing debates on certain research issues in class allows students to consider problems from different perspectives and present their own viewpoints and reasons. This method can cultivate students' thinking abilities and innovation spirit, improve their academic literacy, and enhance their ideological and political levels.

By embedding and integrating ideological and political education elements into every aspect and throughout the entire process of teaching sports research methods, the seamless integration of knowledge and skills, theory and practice, emotional attitudes, and values can be achieved. This subtle effect facilitates the cultivation of students' moral character and promotes the construction of "Golden Course" in sports research methods<sup>[21]</sup>.

### **3.4 Establishment of Evaluation System**

The establishment of an evaluation system for "Golden Course" in "Sports Research Methods and Thesis Writing" that integrates ideological and political elements aims to inject the concepts and requirements of ideological and political education into sports research education and cultivate students' moral and intellectual qualities. When developing "Golden Course", teachers should establish a diverse evaluation system to comprehensively assess students' learning processes and outcomes.

Firstly, the evaluation system should include assessment content related to ideological and political elements. For example, evaluations can be set up to assess students' ideological and political performance, including their understanding of ideological and political theories, attitudes, and values. Additionally, it can examine students' understanding and adherence to ethical and moral requirements in sports research methods and thesis writing. Secondly, the evaluation system should emphasize the integration of ideological and political elements. Throughout the course teaching process, ideological and political elements should be integrated into various aspects, such as classroom lectures, case analyses, and practical operations, to cultivate students' ideological and political awareness and abilities. The evaluation system should also reflect this integration by providing comprehensive assessments of students' ideological and political performance in different aspects. Thirdly, the evaluation system should focus on the practicality of ideological and political elements. Sports research methods and thesis writing are highly practical courses, so the evaluation system should emphasize students' ideological and political performance in practice. For instance, practical tasks can be set up to require students to adhere to ethical and moral requirements in research practices, and their performance can be evaluated accordingly. Lastly, the evaluation system should emphasize the comprehensiveness of ideological and political elements. Ideological and political education aims to comprehensively cultivate students' moral and intellectual qualities and research capabilities. Therefore, the evaluation system should comprehensively assess students' performance in ideological and political aspects as well as research capabilities. For example, comprehensive evaluation indicators can be set up to assess students' ideological performance and research abilities.

In the evaluation of classes integrating ideological and political elements, encouraging peer assessment and self-reflection, analyzing strengths and weaknesses, and combining teachers' feedback, students' learning of research methods, mastery of knowledge, and thesis writing abilities can be summarized and evaluated. This helps students understand their areas of improvement.

Active learning of research methods in class, summarizing during evaluation, experiencing patriotism and understanding ideological and political elements during research are essential for constructing a "gold-standard" teaching model and promoting the sustainable development of "gold-standard" course construction.

#### **4. Evaluation of the Effects of Integrating Ideological and Political Elements into "Sports Research Methods and Thesis Writing" "Gold-standard" Course Construction**

##### **4.1 Improvement of Students' Comprehensive Qualities**

Integrating ideological and political elements into the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" can promote the improvement of students' comprehensive qualities. Firstly, ideological and political education emphasizes cultivating students' moral and intellectual qualities. By introducing ideological and political elements into the course, students' moral character and ethical cultivation can be enhanced. This will equip students with correct values and moral concepts, strengthening their sense of social responsibility and civic consciousness. Secondly, the learning process of research methods and thesis writing requires students to conduct extensive information gathering, analysis, and organization, which will cultivate their information literacy and scientific literacy. Additionally, students need to engage in practical operations and teamwork, which will cultivate their practical abilities and spirit of teamwork. Against the background of ideological and political education, students can integrate theory and practice to achieve the effect of "Virtue and Physical Training in Equal Measure"<sup>[22]</sup>. Overall, integrating ideological and political elements into the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" can comprehensively enhance students' comprehensive qualities.

##### **4.2 Enhancement of Students' Research Abilities and Thesis Writing Level**

Integrating ideological and political elements into the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" can improve students' research abilities and thesis writing level. Firstly, ideological and political education emphasizes cultivating students' innovation spirit and practical abilities. By introducing ideological and political elements into the course, students' research interests and innovation awareness can be stimulated. Secondly, the learning of research methods and thesis writing in the course will enable students to master scientific research methods and thesis writing skills, thereby enhancing their research abilities and thesis writing level. Moreover, practical operations and teamwork in the course will cultivate students' practical abilities and spirit of teamwork, further improving their research abilities and thesis writing level. Overall, integrating ideological and political elements into the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" can significantly enhance students' research abilities and thesis writing level.

##### **4.3 Improvement of Students' Ideological and Moral Levels**

Integrating ideological and political elements into the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" can improve students' ideological and moral levels. Firstly, ideological and political education emphasizes cultivating students' moral character and ethical cultivation. By introducing ideological and political elements into the course, students' ideological and moral education can be strengthened. Students will learn correct values and moral concepts, enhancing their sense of social responsibility and civic consciousness. Secondly, in the

learning process of research methods and thesis writing in the course, students need to adhere to ethical and moral requirements, such as respecting intellectual property rights and being honest and trustworthy. This will cultivate students' ethical awareness and behavioral norms, enhancing their ideological and moral levels. Overall, integrating ideological and political elements into the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" can effectively improve students' ideological and moral levels.

## 5. Conclusions

Through the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" integrating ideological and political elements, students' comprehensive qualities and ideological and moral levels can be effectively improved, and their research abilities and thesis writing level can be cultivated. On the one hand, the integration of sports research methods knowledge, abilities, qualities, and ideological and moral elements can cultivate students' higher-order thinking and abilities. On the other hand, the teaching content of research methods itself has the characteristics of being cutting-edge and timely, and the research results fully reflect exploratory and personalized aspects, with data collection and analysis having a certain degree of difficulty, achieving innovation and challenge. However, research on the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" integrating ideological and political elements is relatively limited at present and requires further in-depth exploration and improvement. Future research can focus on teacher training, textbook writing, and course evaluation, adhere to the basic principle of "Dual Circulation", to further improve the quality and effectiveness of the construction of "Golden Course" in "Sports Research Methods and Thesis Writing" integrating ideological and political elements.

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