

# Research on the Cultivation of Socialist Core Values in Higher Vocational Physical Education Teaching

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**Abstract:** In the current education system of our country, higher vocational education occupies a crucial position. It can not only teach students professional knowledge, but also foster students' professional skills. It is a crucial path to foster practical and professional talents for the society. As a concept that students must follow, socialist core values are greatly crucial to the formation and development of students' outlook on life, values and world outlook. Therefore, from the perspective of physical education teaching, this paper deeply analyzes how vocational colleges use physical education to foster students' socialist core values.

## 1. Introduction

Practicing socialist core values in physical education teaching can effectively enhance students' comprehensive quality and is a crucial way to push students' all-round progress. At present, in order to better comply with the deepening reform in the field of education and the trend of social progress, colleges begin to focus on the significance and role of physical education in higher education, and enhance the quality of physical education through teaching reform. The students in the period of higher vocational education are the key period for the formation and development of ideas and life concepts. Therefore, colleges should guide students positively in physical education teaching, push students to form positive socialist values, and foster qualified successors and builders for socialist construction.

## 2. Teaching Principles of Fostering Socialist Core Values in PE Teaching in Higher Vocational Colleges

### 2.1 Principle of Integrating Theory with Practice

To foster students to form socialist core values in physical education teaching activities, we need to follow the principle of integrating theory with practice, which refers to the organic combination of the values contained in the socialist core values with the actual teaching content and students' learning ability. Only in this way can we ensure that the physical education teaching activities meet the actual progress needs of students, and then guide students to form correct values, foster and enhance students' comprehensive quality and political awareness<sup>[1]</sup>. Only by following the principle of integrating theory with practice can the maximum value and advantages of socialist core values be fully displayed and brought into play in physical education teaching activities. Meanwhile, it is also helpful for students to strengthen their recognition and mastery of socialist core values through specific teaching contents. Only when students recognize and master the specific contents of socialist core values can they form correct cognitive concepts and political consciousness. Therefore, when fostering socialist core values in the actual physical education teaching, teachers should strictly follow the principle of integrating theory with practice, and then strengthen the integration between the two, so as to better foster students' comprehensive quality.

### 2.2 Student-Oriented Principle

To help students to form socialist core values in physical education teaching should also follow

the principle of student orientation. Students are the main participants in all teaching activities. Giving play to the main role of students in teaching activities can effectively inspire students' interest and enthusiasm in studying and push students' participation in the classroom. Although many vocational schools have developed physical education teaching activities, they have not innovated in the teaching mode and still use the indoctrination teaching method<sup>[2]</sup>. In this process, PE teachers are in the leading position, while the students are in a passive acceptance position. This will not only fail to achieve good teaching results, but also reduce students' interest and enthusiasm for sports teaching activities, which is not conducive to the cultivation and progress of socialist core values. Therefore, when fostering students to form socialist values in physical education teaching, teachers should follow the principle of students' subjectivity, integrate socialist core values and teaching content organically on the basis of recognizing and mastering students' learning ability and learning needs, thus enhancing the pertinence of physical education teaching activities and effectively enhancing students' comprehensive quality and political awareness.

### **3. Cultivation Strategy of Socialist Core Values in Higher Vocational Physical Education Teaching**

#### **3.1 Develop Targeted Teaching in Combination with the Characteristics of Physical Education Teaching**

Currently, the main aim of physical education in higher vocational education is to strengthen students' physique, enhance their physical quality, and push students to exercise themselves by sports correctly<sup>[3]</sup>. Therefore, in actual physical education teaching activities, teachers should focus on enhancing students' cooperation ability, pushing students to help each other, and effectively strengthening students' sense and ability of team cooperation. In addition, teachers can also explain the personal deeds of national athletes to students, guide students to correct their learning attitude, strengthen their patriotic feelings, so as to push students to form a good spiritual quality of being brave in struggle and not giving up easily. Teachers can also develop physical education teaching by developing sports games to push students to form a collective sense of honor in sports games.

The cultivation methods of socialist core values are rich and varied in physical education teaching. Teachers can use multiple teaching methods to positively guide students' values and ideology<sup>[4]</sup>. For instance, in the actual teaching process, teachers can consciously foster students' positive thoughts through diversified teaching aids, and then help students form correct outlook on life and values. The classroom is a crucial platform for students to accept physical education learning and exercise. Teachers should use teaching time to explain the meaning and role of the core values of socialism to students, so as to push students to better enhance their ideological and moral quality.

#### **3.2 Standardize Students' Learning Behavior**

In the actual physical education teaching activities, teachers should not only focus on the cultivation and education guidance of socialist core values, but also focus on students' learning feedback and behavior. This is a crucial way to effectively reflect the psychological characteristics of students. Norming students' learning behavior can effectively enhance their ideological and moral character and comprehensive quality. For instance, students should respect classroom discipline, respect teachers and earnestly complete the tasks assigned by teachers in the physical education teaching class, which are crucial expressions of socialist core values and ways to enhance the efficiency of physical education teaching.

Therefore, in the physical education teaching activities, teachers should constantly create a good learning atmosphere, give students more space for independent learning and thinking, and then encourage students to consciously observe classroom discipline, form good habits from the perspective of ideology, so as to enhance the ideological quality of students<sup>[5]</sup>. In the face of students with good classroom performance, PE teachers should give encouragement and recognition. In the face of students with poor classroom performance, PE teachers should focus on "influence

with love” to encourage students to follow the classroom rules.

### **3.3 Strengthen Ideological and Moral Construction**

Due to the limited social experience and young age of vocational college students, they are vulnerable to the wrong influence of bad ideas under the Internet environment, thus hindering the construction and progress of ideology and morality. Therefore, as participants and directors of physical education teaching activities, physical education teachers should effectively play the role of education effectiveness, strengthen ideological and moral construction and foster socialist core values in teaching activities. First of all, teachers can use the Internet to query stories about patriotism, and then in physical education teaching activities, they can infiltrate students, strengthen communication and interaction between teachers and students, so that students can be fostered and promoted in a happy teaching atmosphere. Secondly, physical education teachers can also strengthen ideological and moral construction by developing online and offline teaching models, observe students’ learning behavior, psychological characteristics, etc. in the offline classroom, and conduct effective education and guidance online<sup>[6]</sup>. Through WeChat, QQ and other online communication platforms, teachers can communicate with students in a timely manner, and answer questions about students’ cultivation of socialist core values. To the maximum degree, the cultivation of socialist core values is carried out smoothly, and students are encouraged to form correct ideas and attitudes towards life in physical education teaching.

For instance, while learning table tennis, students need to fully recognize and master the game rules, scoring standards and sports skills of table tennis, so as to enhance their recognition of table tennis. At this time, physical education teachers can organize students to watch the video of table tennis matches and organize group table tennis matches to enhance students’ collective sense of honor and teamwork ability. While leading students to watch the competition, teachers can tell students that these national athletes fight for their country for honor, push students to form a sense of pride in sports, strengthen students’ ideological and moral construction, and foster students’ patriotism.

### **3.4 Create a Good Teaching Atmosphere**

For a long time, to enhance teaching efficiency and ensure teaching discipline, many PE teachers have always firmly grasped the teaching initiative and classroom rhythm in their PE teaching activities. The participation of students is not strong, and there are few opportunities for independent play. Under the influence of this teaching atmosphere, students will gradually lose their interest in learning sports knowledge and have certain limitations on students’ ideological progress<sup>[7]</sup>. Therefore, physical education teachers should focus on the construction of a relaxed and pleasant teaching atmosphere in practical teaching activities, and push students to devote themselves to physical education learning. The classroom teaching integrated with the relevant contents of socialist core values can enhance the efficiency of physical education teaching and strengthen students’ ideological awareness.

For instance, in daily physical exercise, teachers should encourage students to express their doubts boldly after explaining the teaching content, push students to form the consciousness of daring to ask questions, guide students to communicate and think, fully play the main role of students, and attract students to foster socialist core values voluntarily.

## **4. Conclusion**

To sum up, fostering students to form socialist core values in physical education teaching is conducive to the overall progress of students and the educational reform of colleges. Although there are many shortcomings in physical education teaching, there are still many advantages and values in fostering students’ socialist core values. Colleges should carry forward these advantages, constantly develop physical education reform, foster students to form socialist core values, and push students’ better progress.

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