

On the Integration of College Public Physical Education Curriculum and Ideological and Political Education

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Abstract: Physical education in colleges and universities has always taken moral education as an important part of its work, but in practical teaching, the moral education function of physical education is often ignored by teachers. However, the sports spirit contained in physical education teaching in quality education is an important content of ideological and political education for college students. Therefore, it is of great practical significance to infiltrate ideological and political education into physical education teaching in colleges and universities. Based on the analysis of the integration of public physical education curriculum and ideological and political education in ordinary colleges and universities, this paper analyzes the organic combination of explicit ideological education and implicit value education in college teaching. The aim is to tap the moral potential and political accomplishment of college students as much as possible and to improve the effectiveness of ideological and political education for college students.

1. Introduction

With the development and progress of the times, the update speed of knowledge is faster and faster. Many contemporary college students have become accustomed to obtaining information from the network and new media. Physical education teachers should deeply understand the spirit of the speech, have the courage to take responsibility, innovate the ideological and political education concept, and open up a new pattern of public physical education curriculum construction. They should pay attention to the formation of the pattern of full-staff, full-course and full-course education, and pursue the improvement of educational quality and effectiveness [1]. Integrating the cultivation of college students' moral education quality into the physical education curriculum is a realistic problem that should be solved in the current college physical education curriculum and is also the development direction of the physical education curriculum reform [2]. The ideological and political education will be thoroughly carried out in every corner of students' study. Through some methods, students will be guided to establish correct values and develop good habits of ideological arrival. Only when physical education teachers continuously update their teaching concepts and improve their moral qualities can they emphasize education, tap the moral potential and political qualities of college students as much as possible, and improve the effectiveness of ideological and political education for college students.

2. The Significance of Ideological and Political Education in the Integration and Infiltration of College Public Physical Education

2.1. Promoting the Reform of Physical Education in Colleges and Universities

Individual students need to overcome the physical difficulties caused by many sports in the process of sports, which can edify a person's inner quality and willpower. Through personal feelings, enhance the sense of mission and responsibility, deepen the ideological awareness. Due to the long-term influence of traditional school physical education teaching concepts, many college physical education teachers still unconsciously use the previous teaching concepts when carrying out physical education teaching. Through scientific and reasonable physical education and physical exercises, college physical education achieves the teaching objectives of strengthening physical

fitness, promoting health and improving physical literacy [3]. The teaching task of helping students to establish correct outlook on life and values and develop good behavior habits. What universities need to master is the skills they will use to make a living when they enter society, so most of them focus on the professional knowledge and skills. Sports have strict rules and regulations, and individual students must abide by the relevant rules when participating in physical exercises. The content of education cannot be limited to the traditional theoretical teaching. As we all know, the traditional ideological and political education course is hard to be loved by college students because of its lack of new ideas and uniform content.

2.2. Integrating Explicit Education with Implicit Education

Most countries in the world have integrated moral education into the whole curriculum teaching and all kinds of work in schools, striving to infiltrate moral education into the study of other subjects. Asian countries such as Singapore and Japan attach great importance to moral education. They regard all courses including physical education as channels and carriers of moral education. This traditional teaching method has penetrated into the marrow of modern teaching in our country and is difficult to change at the moment. Sports have always been known for fairness and have won respect and recognition from various countries. Therefore, we need to create public sports curriculum practice platforms inside and outside the school, such as on-campus sports museums, local sports development showrooms, off-campus practice education bases and designated sports communities [4]. However, invisible education has played very little role, which is obviously not conducive to improving the quality and effectiveness of ideological and political education in colleges and universities. This is directly caused by the difference in students. Due to the fact that the form cannot keep pace with the times, the theory is superior to preaching, and the educational content is divorced from social culture and reality. This has enabled China's higher education to continuously expand new channels and methods of ideological and political education, eventually forming a joint force to innovate the ideological and political education work in colleges and universities.

2.3. To Carry out the Spirit of the Conference on Ideological and Political Education in Colleges and Universities

The public physical education curriculum is not merely preaching, but requires the combination of theory and practice. It is also a strategic educational task in the process of quality education. However, in order to run ideological and political work through the whole process of education and teaching, and to realize the whole process and all-round education, ideological and political education must be run through the teaching activities of various disciplines in colleges and universities. There are a lot of contents in physical education teaching in the form of collective, with strong discipline and organization. The ideological and political course lacks a pre-evaluation system. Therefore, the author puts forward the suggestion that schools should permeate all education into moral education [5]. From this, we can find that sports are not only a process of exercising and learning sports skills, but also a category of people's fitness and entertainment. Only by improving the view of this education can we really carry out the integration of physical education and ideological and political education. Universities and their PE teachers should pay enough attention to this teaching. Mainly including sports skills goals, student participation goals, etc., to enhance students' physique, let students learn more special skills, develop the habit of lifelong exercise. Therefore, the effective promotion of public physical education curriculum requires managers to issue relevant policies and formulate corresponding supervision, guarantee and evaluation mechanisms, so as to attract more teachers to attach importance to the links of public physical education curriculum and fully highlight the unique functions of physical education curriculum.

3. Feasibility of Integrating Public Physical Education with Ideological and Political Education

Moral education is the soul, destination and value orientation of all school education. People have to overcome many difficulties brought about by sports when they carry out corresponding sports, especially in the process of sports. However, the sports spirit contained in physical education teaching in quality education is an important content of ideological and political education for college students. Therefore, it is of great practical significance to infiltrate ideological and political education into physical education teaching in colleges and universities. Physical education in colleges and universities is an indispensable part of the education and teaching system in colleges and universities. The goal of education is to cultivate people who abide by and safeguard the national constitution, care for and participate in public affairs, and dare to assume social responsibilities. As a practical course, different sports give students different feelings, and ideological and political education purposes are also different [6]. Some teaching activities that can meet students' actual needs and psychological characteristics should be carried out in teaching. Stimulate their self-confidence and let them work hard and find deficiencies. To further promote the teaching reform of public physical education courses in ordinary colleges and universities, so that the explicit education of ideological and political courses and the invisible education of physical education courses can be highly integrated. It is also necessary to consciously cultivate the ability to interpret the spirit of sports so as to provide guarantee for the scientific and reasonable excavation of ideological and political elements in teaching.

4. Strategies of Integrating College Public Physical Education Curriculum with Ideological and Political Education

4.1. Establish a Reasonable Moral Evaluation System in Public Physical Education Classes

Physical education in colleges and universities has always taken moral education as an important part of its work, but in practical teaching, the moral education function of physical education is often ignored by teachers. The main reason is that physical education teaching has a clear evaluation system for students' physique and skills. In order to ensure the effective excavation of ideological and political elements in college physical education curriculum, the most critical point is to pay attention to the scientific interpretation of the sports spirit [7]. However, physical education courses and extracurricular physical activities contain abundant educational materials in cultivating teenagers' personality psychological quality and promoting personality development, which cannot be replaced by mathematics, physics, chemistry and other disciplines. Therefore, in the process of training, due to the different sports items, the training methods should be reasonably selected. It is necessary to construct a sports environment for each project, so as to ensure that students' training requirements can be realized. Let students learn in a good teaching environment. Therefore, in the process of the integration of public physical education curriculum and ideological and political education in ordinary colleges and universities, a reasonable moral evaluation system must first be established.

4.2. To improve the Ideological and Political Quality of Physical Education Teachers

As a teacher, one should be responsible for one's own words and deeds, which has great influence on students. To strengthen the ideological and political education theory training for college physical education teachers, the use of party school resources at all levels, the use of please come in and go out, and constantly improve the ideological and political literacy of physical education teachers. To strengthen the practical training of physical education teachers in ideological and political aspects, so that they have the practical ability to carry out moral education for students according to the characteristics of this special project and in combination with different scenes [8]. Sports is not only a sport, but also a culture and language. These individual psychological qualities and humanistic spirit are exactly the qualities that members of modern society must have. Do a

good job in teaching evaluation, encourage teachers to carefully and effectively design classroom teaching links, and pay more attention to students' individual needs. In addition, the construction of sports cultural atmosphere cannot be separated from the support of various spiritual and cultural activities. Regular training and lectures can be adopted to strengthen the ideological and theoretical indoctrination of physical education teachers. Teachers are encouraged to organize all aspects of the curriculum vividly, effectively and meticulously, respect the needs of students' personalities, and improve teachers' ideological and political literacy with strict discipline and assessment [9].

4.3. To Realize the Effective Integration of Educational Channels

Physical education curriculum and extracurricular physical education activities have rich educational resources, which cannot be compared with other disciplines. The reform system of public physical education curriculum can promote the integration and penetration of the concept of public physical education curriculum in college physical education from teaching objectives, teaching contents, supporting teaching materials, teaching evaluation and other aspects. Therefore, when designing the moral education content of physical education, we should also guide physical education teachers to make good use of materials and incorporate various moral education resources into physical education teaching in schools from the perspective of overall education. Guide PE teachers to make good use of materials and integrate various moral education resources into school PE teaching. Try a variety of teaching, thus effectively improving students' interest in learning. Therefore, in addition to the integration of educational subjects, objectives and contents, the integration of channels is also the key content in the integration work. Building a curriculum system with ideological and political courses as the core, highlighting the important position of public physical education courses from the top-level design, etc. At the same time of improving and optimizing the physical education teaching objectives in colleges and universities, it will provide objective guidance and basic guarantee for the implementation of the public physical education curriculum concept in college physical education teaching. Optimize and integrate physical education teaching resources, fully do a good job in students' ideological and political education, and create a new situation of ideological and political education in colleges and universities.

5. Conclusion

To sum up, the integration of college public physical education curriculum and ideological and political education is a new trend in the development of college education. The scientific integration of public physical education curriculum concepts into physical education teaching in colleges and universities can realize the organic integration of physical education knowledge learning, physical education skills learning and political education. The aim is to solve the barriers of ideological and political education for college students in public physical education and to further improve the ways and means of ideological and political education for college students. Teachers should actively estimate students' participation in sports teaching activities, and infiltrate sports spirit into teaching activities, so that students can remember these sports spirit. From the perspective of overall education, tap all potentials and resources, infiltrate students' ideological and political education, and enhance the affinity and reputation of ideological and political education in colleges and universities.

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