

Construction of Quality Improvement System of PE Education in Colleges and Universities from the Perspective of Curriculum Ideology and Politics

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ABSTRACT

The teaching goal of physical education curriculum in colleges and universities has always been to strengthen students' physique and cultivate their sports skills, but the educational function of the curriculum is insufficient. Under the current background of curriculum ideological and political ideas, the integration of curriculum ideological and political ideas into the physical education curriculum not only promotes the unification of the value of the physical education curriculum, promotes the innovation of the physical education curriculum system, but also improves the teaching quality of college physical education curriculum. Colleges and universities sports curriculum educational quality promotion system construction should follow the principle of integration, adaptation and sustainable, and uniform curriculum goal, the integration of curriculum content, improving teaching methods, so as to better the construction of college sports curriculum educational quality improvement system, play to educational function of physical education curriculum, cultivate the talents of having both ability and political integrity.

Keywords: curriculum ideology and politics; College physical education curriculum; Quality of education; System building

1. INTRODUCTION

Since the concept of "curriculum ideological and political education" was put forward in 2014, curriculum teaching in China has continuously explored and practiced the path of integrating different disciplines with ideological and political courses, explored the educational function of different disciplines, and continuously broadened the scope of ideological and political education. The physical education curriculum in colleges and universities should not only cultivate students' professional sports skills and improve their physical quality, but also strengthen students' moral education. Under the background of ideological and political education, physical education curriculum should assume the responsibility of educating people, and form a joint force with ideological and political education curriculum, so as to cultivate professional talents with both moral ability and good physical quality for the development of physical education in China. Education is not a simple superposition of physical education curriculum and physical education curriculum education courses, but on the basis of the original

physical education curriculum teaching contents, organic some ideological elements, cleverly will of socialist core values guide to all aspects of physical education curriculum teaching, realize the sports skills and values lead to pay equal attention to, build a PE education quality improvement system, we will ensure that the fundamental task of lide is fulfilled.

2. RESEARCH STATUS OF THE THEORY AND PRACTICE OF "CURRICULUM IDEOLOGY AND POLITICS" IN UNIVERSITIES

In recent years, many domestic experts and scholars have carried out theoretical research on "curriculum ideological and political", which has promoted the reform and innovation of "curriculum ideological and political" and provided theoretical results for ideological and political education of other disciplines. Some scholars start from the factors affecting the implementation of "curriculum ideological and political", and explain the influence of teacher team construction, discipline teaching innovation, and the integration of

different disciplines and ideological and political subjects on "curriculum ideological and political". Starting from the current situation that other subjects are separated from ideological and political courses, some scholars point out that we should start from the aspects of teacher team coordination and education mode coordination to build the mechanism of co-educational and strengthen the integration of ideological and political courses of other subjects. Some colleges and universities have begun to combine the actual development of their own schools, and on the basis of relevant research theories, exploratively promote the integration of professional courses and ideological and political courses, and create a batch of high-quality online courses, providing reference for the development of "curriculum ideological and political" in other colleges and universities [1]. In short, the concept of "curriculum thinking and politics" has been implemented in colleges and universities and achieved initial results. Coupled with the continuous research and practice of experts and scholars, the curriculum reform of more disciplines has been driven, and the system of curriculum education has gradually become perfect, providing important theoretical support for the curriculum reform and development of colleges and universities in China.

3. The significance of integrating the concept of "curriculum ideology and politics" into college PHYSICAL education curriculum

3.1 Promote the unification of PE curriculum value

In traditional PE teaching, strengthening students' physique and inheriting sports culture are regarded as the main value of the curriculum. From this point of view, the ideological and political function of sports is weakened or even ignored. In recent years, the value tendency of college PHYSICAL education curriculum has been changing with the development of The Times. At the beginning, the goal of physical education curriculum was to improve students' physique, and the basic goal was to strengthen their physical fitness. At that time, the view was physique theory. Later, with the development of society, the value of physical education curriculum was not only reflected in enhancing students' physique, but also highlighted the function of education [2]. Under the current background of "ideological and political curriculum", the value of physical education curriculum should naturally coexist with ideological and political curriculum, and assume the responsibility of constructing the three-integrity education system. From a wide range, moral education is not only the value orientation of the society, but also an important guiding ideology for the development of education in China, which provides a theoretical basis for the value

reconstruction of college PHYSICAL education curriculum. Therefore, the value of physical education courses in colleges and universities should be based on the fundamental task of cultivating people through virtue, dig out ideological and political elements in physical education courses, enrich educational resources, organically integrate sports skills education and value guidance, and give full play to the educational function of physical education courses in a more standardized and effective way.

3.2 Promote the innovation of physical education curriculum system

The physical education curriculum system of colleges and universities is an organic whole, which needs to be constructed from the aspects of curriculum setting, teaching management and teaching evaluation. The integration of the concept of "curriculum ideological and political" in physical education curriculum is to carry out the important task of establishing morality and cultivating people. On the basis of the training of sports skills, the curriculum should have a big ideological and political view. In each link of physical education course teaching activities, whether the integration of teaching resources, or the application of teaching methods, should be integrated into the element of education, including in theoretical and practical teaching, in sports events, in the process of student management should be ideological and political education concept throughout. The integration of the concept of "curriculum ideology and politics" into physical education requires that the goal of physical education curriculum should put moral education in the first place, give full play to the function of physical education curriculum to improve students' physique and cultivate students' cooperation consciousness, hone students' will, and cultivate students' collective sense of honor and social responsibility [3]. In the aspect of curriculum evaluation, we should change the traditional teaching evaluation based on competition and return to the essence of education. We should include the indexes of students' physical quality, psychological quality and ideological morality in the evaluation system, and evaluate students through multiple and comprehensive evaluation methods. Therefore, the integration of curriculum ideology and politics has restructured the physical education curriculum system, which always focuses on the fundamental basis of education and keeps innovating to meet the needs of talent cultivation.

4. CONSTRUCTION PRINCIPLES OF EDUCATION QUALITY IMPROVEMENT SYSTEM FOR PE COURSES IN COLLEGES AND UNIVERSITIES

4.1 Principle of convergence

The essence of the integration of physical education and ideological and political education is to integrate ideological and political elements into the whole teaching process of physical education. It is the integration of physical education and ideological and political education, and the integration of online and offline education. Only by strengthening the integration of physical education skills training with physical and mental health education and ideological and moral education, can the integrated teaching design be carried out in the specific teaching process and the function of educating people be truly realized. Not only should we change the current situation that the ideological and political function of traditional PE curriculum is weakened, but also we should avoid ideological and political for ideological and political sake, so that the PE curriculum is neither fish nor fish. The integration of online and offline education means that online teaching resources should be scientifically mined and organically integrated on the basis of offline teaching resources. After all, the update of physical education curriculum materials is relatively slow, and the concept of "curriculum ideological and political" has not been put forward for a long time, and the relevant theoretical research has not been fully mature, and the textbooks lack ideological and political elements. Therefore, with the integration of online and offline education, rich Internet resources can be used to make up for the lack of ideological and political elements in textbooks. In addition to providing educational resources, the combination of online and offline provides students with novel educational methods.

4.2 Adaptability Principles

The process of education is not only a process of skill upgrading, but also a process of spiritual growth. The principle of adaptability is to build an education quality improvement system that meets the needs of students' growth and social development based on the fact that physical education courses enhance students' physique and cultivate students' sports skills [4]. "Course education" concept into in the physical education curriculum, indicate the direction of the reform of physical education curriculum, stop the essence of physical education curriculum is given priority to with simple movement skills, but on the basis of sports skills increased on the cultivation of the spirit of sports, ideological and moral cultivation, so as to promote the development of students better and more comprehensive. Education quality improvement system,

therefore, should not only emphasize professional skills training, and to develop the educational function of physical education curriculum, in full according to the development of school and society on the basis of the demand for talent, let the ideological education and physical education curriculum, but also through constant practice, constantly improve the fusion strategy, in order to achieve the optimal effect of fusion, Build a quality improvement system that meets the reality and constantly points to the new reality.

4.3 Principle of Continuity

The principle of sustainability is that the construction of education quality improvement system should be dynamically adjusted and improved along with the actual teaching situation, so that it can meet the changing needs of student development and social development. The education process is a dynamic process of change, and there are many factors affecting the education quality. If the education quality improvement system is not flexibly adjusted according to the actual situation, it is impossible to meet the changing education needs by relying on a constant system [5]. Therefore, the construction of education quality improvement system should be flexibly adjusted with the actual situation, so as to achieve the purpose of sustainable play. On the basis of the combination of student development and social demand, the physical education curriculum should be unified and sustainable planning and setting. Colleges and universities should actively integrate internal and external resources, expand modern sports projects, and strengthen students' physical quality improvement, sports skills training, mental health education and ideological value guidance under the target of physical education. According to the actual situation, the factors affecting the development of the system are improved and optimized to make it continue to play a role.

5. CONSTRUCTION STRATEGY OF EDUCATION QUALITY IMPROVEMENT SYSTEM OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF CURRICULUM IDEOLOGY AND POLITICS

5.1 Unified curriculum objectives

Curriculum objectives are an important basis for the construction of the curriculum system. Only by designing educational activities according to the curriculum objectives can the objectives be gradually realized. Without the guidance of objectives, educational activities have no direction, and the final result of the development is far from the educational objectives. Therefore, the goal of the curriculum should be

scientific, unified and comprehensive, which should transform knowledge into virtue and wisdom, so as to achieve the common development of knowledge imparting and value guiding. The educational objectives of physical education in colleges and universities can be basically divided into sports cognition, sports ability, healthy behavior and sports morality. Sports cognition mainly includes students' scientific understanding of sports and the role of sports in building a healthy body and shaping a healthy character. In carrying out sports, I can master the movement essentials and technical points of relevant sports items, understand the knowledge of sports nutrition and protection, and have sports thinking. Sports ability is the ability of students to master and use sports skills. Through the learning of physical education courses, students can master one or more sports skills, can apply their own sports skills in the future work and life, can actively participate in sports activities or competitions related to their own sports skills, to have a sense of competition, fighting spirit, spirit of cooperation. Healthy behavior requires students to internalize sports in mind and externalize sports in practice. Students should not only actively participate in physical exercise, to master scientific exercise methods, form the good habit of exercise, and self-health management, can adjust their own bad psychological, maintain a healthy emotional stability, also has the very good social adaptation ability, in both sports and diet, etc., should have a healthy lifestyle, have the concept of lifetime sports [6]. Sports moral character is to train students' sports spirit, moral behavior and so on. Let the student through education, physical education curriculum can understand sportsmanship in sports activities, and to experience the cooperation and confrontation in the sports activities, to share, specifications and other different situation, can have the collective sense of honor, have the consciousness of rules, to follow the rules in the sports activities, be indomitable, respect for others, fair competition, And use these good sportsmanship behavior to restrain themselves, regulate their daily behavior.

5.2 Integration of course content

Once the curriculum goal is unified, it is necessary to integrate the curriculum content according to the goal. The curriculum content is the basis of educational activities. The content of physical education courses in colleges and universities in China covers many sports, such as basketball, volleyball, badminton, tennis, track and field, martial arts and so on. These classified physical education courses provide more choices to meet the learning interests and needs of different students. Some people believe that no matter what kind of sports, as long as it can achieve the purpose of physical fitness, but different physical education courses have different educational functions, although they can exercise, but some projects focus on entertainment,

some focus on competition, some focus on cooperation, etc. [7]. For example, table tennis (singles) mostly focuses on individual competition, while basketball focuses on the cooperation of teammates. Different sports have different educational values for students. Therefore, the integration of curriculum content needs to be organically integrated from the perspective of the different educational value of different sports items for students. It can be divided into different categories such as fitness, competition and entertainment. Each category has a number of corresponding sports items. Students can choose sports items according to their hobbies and specialties. In order to encourage students to study actively participate in physical education curriculum, each project can set up the elementary, intermediate and advanced, are interested in but lack of ability to students from beginner to learn basic sports skills and main point, through constant practice, gradually raise the level of their own, such as after reaching a certain level and evaluation through into the middle class, and so on. Let students choose their favorite projects and have the motivation to continue to participate in a project. At the same time, in addition to practical training, but also to strengthen health education theoretical knowledge learning, according to different projects to set the corresponding theoretical learning standards, for students to better master sports skills, improve the level of sports lay a theoretical foundation.

5.3 Improve teaching methods

The educational goal of physical education curriculum is determined and the educational resources are integrated. Advanced teaching methods are needed to promote the implementation. The traditional PE curriculum teaching mainly focuses on practice, takes the technical movement as the main teaching content, through the teacher's demonstration, then lets the student repeatedly practice to master the technical movement of the sports item, but pays insufficient attention to the education function of PE curriculum, cannot give full play to the moral education function of PE curriculum. Therefore, in the context of ideological and political curriculum, ideological and political ideas and spiritual pursuit should be integrated into physical education curriculum [8]. In the teaching of theory course, we should combine the teaching content and choose corresponding ideological and political cases to carry out ideological education for students. Can be combined with some major sporting events, such as, just ended in the Beijing Olympics, our country of ice and snow sports athletes on the field of indomitable spirit, in order to national honor and years of relentless pursuit of spirit, to give up personal honor of national honor of selflessness, etc., including the women's volleyball team spirit, women's spirit and so on, these are all very good ideological elements. With the spirit of these athletes as the breakthrough point, patriotic education for students,

to cultivate students' national pride. In sports practice, we should not only explain the key points of technical movements, but also carry out the concept of not fearing hardship and difficulties for students, and train students to have the courage to overcome difficulties, not afraid of losing and not giving up. Before the start of sports activities, students are required to be united and tenacious, but also to compete fairly and abide by the rules of the competition. Physical education teachers should support student associations to organize some sports events after class and encourage students to actively participate in them. Through sports activities, students can not only exercise their skills, but also cultivate their spirit of unity, cooperation and intrepid struggle.

5.4 Improve teacher literacy

As the main undertaker of educational tasks and the main executor of educational activities, teachers' quality has an important influence on the educational effect. In the context of ideological and political curriculum, to improve the quality of education, physical education teachers not only need to change the traditional way of education, the most important thing is how to skillfully integrate ideological and political elements in the process of carrying out educational activities, which is a great challenge for physical education teachers. Course education system has not been formed the perfect theoretical system, is now in the physical education teachers in the process of its accept the education are not exposed to course of ideological concept, or just to have a preliminary understanding of this concept, their education experiences of knowledge about sports and education integration experience less, cause to the teaching position, I do not know how to implement the integration of physical education and ideological and political courses. In view of this situation, the school should formulate perfect strategies to improve the comprehensive quality of physical education teachers, especially the quality of curriculum ideological and political aspects. Relevant training can be carried out regularly, so that PE teachers can master the skills of integrating PE courses with ideological and political courses and the knowledge of exploring ideological and political elements of the course through training, and gradually improve the ideological and political ability of the course. Regularly organize ideological and political course teachers and physical education teachers to carry out curriculum ideological and political exchange meetings, so that physical education teachers can master how to integrate some ideological and political elements in daily life into educational activities, so as to achieve silent ideological and political education. Teachers themselves in addition to actively participate in related knowledge training, strengthen self learning, learning more knowledge about ideological and political education, raise their ideological quality, strengthen the

communication with colleagues, how to self-teaching reflection, more listen to the students' feedback, continuously improve self-quality, improve the effect of education.

6. CONCLUSION

From the perspective of "curriculum ideology and politics", the construction of the quality improvement system of physical education in colleges and universities needs to be carried out according to the actual needs of students on the basis of combining the characteristics of physical education and the social demand for talents. Among them, curriculum objectives, curriculum content, teaching methods and so on play an important role, we need to start from these aspects, overall planning, systematic promotion, the construction of physical education curriculum with the characteristics of the school quality improvement system.

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