



# Exploration on the Path of Integrating Ideological and Political Education into the Physical Education Curriculum of Higher Vocational Colleges from the Perspective of Fostering Character and Civic Virtue

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**Abstract.** With the gradual deepening of the reform of the education system, it is necessary to implement the education policy of the all-round development of morals, intelligence, physical fitness, work and aesthetics in the new era. Students with all-round development of “morals, intelligence, physical fitness, work and aesthetics” are the training goals pursued by all universities. Accordingly, ideological and political education has also become the focus of current schools. Sports are an important part of Chinese socialist culture. Physical education is an important part of the general teaching structure in colleges and universities, which can shape a healthy body and is an effective carrier to effectively improve students’ ideology and morality. In view of the new demands of the times for physical education teaching based on the current situation of physical education teaching in higher vocational colleges in China, this paper discusses the method of integrating ideological education into the physical education curriculum of higher vocational colleges, mainly expounding from the possibility, necessity and way of integrating the physical education curriculum into the ideological and political education.

**Keywords:** Fostering character and civic virtue · Ideological and political education · Physical education curriculum · Path

## 1 Introduction

Different from teaching in other disciplines, physical education is realized through physical activities and “the teaching process is always educational”. In the process of physical education, the development of activities includes target tasks, organizational methods, activity rules, movement techniques that need to be learned and mastered, and overcoming various difficulties. These are the basic elements that make up the sports environment. In the process of physical education, teachers can cultivate the collective sense of honor

of individuals, the ideology of mutual aid and cooperation, the sense of competition of hard work, the spirit of fighting on despite repeated setbacks, not giving up, perseverance and fortitude, and the volitional qualities of bravery, tenaciousness, wit and decisiveness, as well as good personalities of positivity, self-confidence and full of happiness. The content of ideological and moral education is extremely rich. Therefore, it has great advantages to carry out ideological and moral education for students. In the classroom, teachers should put ideological and moral education throughout the entire physical education teaching in a timely manner, so as to play a positive role in establishing a correct world outlook, outlook on life and values for students [7].

## **2 The Possibility of Integrating Ideological and Political Education into Physical Education Curriculum**

In college courses, physical education and ideological and political education are all activities to cultivate people. A person's emotions, moral cognition, behavior, and will can only be gradually improved through education in social life. Guiding students to establish correct life values requires ideological and political education. Improving the physical fitness of students requires physical education. Ideological and political education and physical education both play an important role in the lifelong growth and development of students [5]. Therefore, the integration of ideological and political education into physical education in colleges and universities can give full play to the advantages of the two and realize the development of the mechanism of collaborative education.

In physical education curriculum, students need to master the sports skills taught by teachers, so they need to experience repeated practice. In practice, it requires a lot of physical and mental training, and teachers need to use different measures and teaching methods to achieve the purpose of enhancing students' physical fitness. Physical education is inherently very competitive and the competitive form of physical education plays an important role in promoting students' competitive, hard-working, positive and optimistic ideological qualities [2].

In physical education, adding ideological and political education can not only help students improve their physical fitness, but also cultivate students' excellent qualities such as unity, humility, and hard work. In the teaching process of physical education, it is usually a group activity. Taking basketball as an example, through the practice of techniques and tactics, students' sports skills can be effectively improved. Basketball is a competitive sport on the same court. In the process of competition, some friction and collision behaviors are easy to occur. When students are physically tired, it is easy for them to have some negative emotions. In this case, the importance of ideological and political education is reflected. In the teaching process of colleges and universities, physical education is an important way to realize ideological and political education and it is also the carrier of ideological education.

### **3 The Necessity of Integrating Ideological and Political Education into Physical Education Curriculum**

#### **3.1 The Need for Physical Education Curriculum Objectives**

The “Physical Education Curriculum Teaching Guidelines for Common Institutes of Higher Learning in China” clearly stipulates: “The objectives of the physical education curriculum include sports participation, sports skills, physical health, mental health and social adaptability. Physical education is the main means of physical exercise for college students, through timely and appropriate physical education and scientific and reasonable exercise-load exercise process, to achieve the main goals of enhancing physical fitness, improving health and improving physical literacy”. Physical education curriculum can promote the harmonious development of body and mind, ideological and moral education, cultural science education, life and physical skills education and the organic combination of physical activity. Physical education is an important way to implement quality education and cultivate talents with all-round development. In physical education curriculum, through ideological and political education, students are guided to establish correct values, outlook on life and world outlook, which is a good foundation for improving students’ social adaptability and better integration into society.

#### **3.2 The Need for Higher Vocational Physical Education Teaching Reform**

The reform of physical education teaching in higher vocational colleges has been carried out for several years, but there are still some problems, the most obvious one of which is the excessive emphasis on sports performance. In the process of physical education, teachers can’t only emphasize the learning of curriculum content but ignore the cultivation of students’ interests and values. In physical education, teachers should pay equal attention to explicit curriculum and implicit curriculum. In order to realize the educational goal of socialism with Chinese characteristics in the new era and give full play to the advantages of physical education and ideological and political education, the reform of physical education curriculum in higher vocational colleges is imperative and the ideological and political construction of physical education courses must be promoted.

The learning of sports skills is no longer a rigid indicator of student academic performance. Students’ collective consciousness, anti-frustration ability, perseverance and other hidden indicators are also very important. Sports skills are explicit indicators that can be measured, while other implicit indicators also need to be reflected in student academic performance.

#### **3.3 The Need for Higher Vocational College Students’ Physical and Mental Development**

Most Chinese college students are in the middle stage of youth (18–24 years old). Individuals already have the physique and physiological functions of adults and have a strong sense of self, but their psychological development is not yet mature. Physical training is conducive to the healthy development of the body and a strong physique

is very important. Only with a strong physique can students maintain an enthusiastic attitude in social life.

For college students who are about to step into the society, it is very important to strengthen the training of social adaptability and the degree of mental health. In the face of this society where the pace of life is constantly accelerating, college students who enter the society from the greenhouse of the school will be under greater pressure from the social environment, and those who are not mentally strong enough can easily be eliminated when they enter the society. The social pressure faced by students coming out of school is a problem faced by all students, so it is necessary to carry out ideological and political education in the university in advance, so as to enable students to learn to face pressure, adapt to the society, and handle pressure in the right way through sports, which can be very important.

## **4 The Path of Integrating Ideological and Political Education into Physical Education Curriculum**

### **4.1 Changing Teaching Ideas and Concepts**

The integration of ideological and political education into the teaching of physical education firstly requires higher vocational colleges to strengthen the guidance of school physical education work and implement it from the top down. Under the attention of school leaders, ideological and political education should be integrated into physical education teaching, so as to effectively improve the ideological and political education ability of physical education teachers. Efforts should be made to regularly hold lectures or trainings on teachers' ideological and political teaching. Sufficient accumulation of knowledge in ideological and political education can ensure that in the process of education, teachers can combine the content of ideological and political education with the knowledge of physical education and explain to students.

Secondly, physical education teachers need to change their educational thinking. In the traditional physical education curriculum, the standard of physical education curriculum is the mastery of sports skills. There is no denying that sports skills are an important part of physical education. However, the teaching concept of "being people-oriented and taking moral education first" needs to be implemented. Students who only have athletic skills and have flaws in ideological and political abilities are not desirable. The "barrel effect" illustrates this truth. Human development is affected by the shortest plank. Students with ideological and moral problems will eventually be affected in their development [4]. In physical education, ideological and political education should be integrated into all aspects of physical education, giving full play to the role of physical education in educating people, training students to become outstanding ones who are hard-working, united, and have a sense of collective honor.

### **4.2 Methods of Reforming Teaching**

#### **4.2.1 Designing Teaching Methods According to Specialties**

According to different sports specialties, teachers should choose ideological education elements suitable for the specialties characteristics and start from the actual design of

the curriculum, so as to improve the pertinence of ideological education to students. For basketball curriculum, there is a need to develop students' collective consciousness. After the basic mastery of techniques and tactics, teachers should conduct group teaching or competitions according to the students' different technical and tactical levels. During the competition, more opportunities for communication and exchange between students and between students and teachers should be provided, and students should be guided to learn how to deal with the relationship between individuals and groups. This is very important in later social interactions. For endurance specialties, teachers should use interesting endurance running, relay race and other sports events to increase the interest of the curriculum. In addition, teachers should also create individual-to-individual communication among students and focus on exercising students' perseverance, so that they can better face the difficulties they encounter in social life and will not be overwhelmed by difficulties.

Before the physical education curriculum starts, teachers need to integrate the content of ideological education into the content of physical education in advance when preparing lessons. This requires teachers to be fully prepared before class, not only to prepare sports professional knowledge, but also to improve the level of teachers' ideological education, which requires teachers to timely supplement knowledge about ideological and political education. In addition, teachers also need to try to design new teaching methods, summarize new teaching methods through their own teaching experience, or learn the teaching methods of excellent teachers to ensure that their teaching methods are not boring and can make students feel novelty, thereby increasing interest in the curriculum. Therefore, teachers should keep pace with the times in the design and implementation of teaching methods, so as to ensure the feasibility of integrating ideological and political education into physical education.

#### **4.2.2 Teaching Students in Accordance with Their Aptitude**

There are no two identical leaves in the world, and each individual is independent. In physical education curriculum, teachers should give full consideration to students' physical and personality characteristics and carry out targeted training. Due to the uniqueness of physical quality and students' physical and psychological development, teachers should teach students according to their aptitude. In teaching, teachers should not only determine reasonable overall teaching goals according to students' own characteristics and physical conditions, but also establish different individual goals. Students in each class are different individuals. Teaching students is not a simple copy of knowledge and each student's mastery of knowledge points is also uncontrollable. Therefore, the teaching results are also different, which leads to the different grades of students taught by the same teacher. The same is true for the learning of sports skills. Every student's sensitivity, stability, flexibility, etc. are not the same, so their mastery of sports skills is also different.

In the course of teaching in higher vocational colleges, the author finds that higher vocational college students generally love to play games and do not admit defeat. Therefore, in the teaching process, the teaching method combining games and competitions is often adopted. In this way, the author can fully arouse students' enthusiasm in learning and let them experience the joy of success in games. On the basis of combining

the teaching content and students' own advantages, students can experience the fun of learning, thus creating a harmonious and pleasant teaching environment. Because each student has different strengths and weaknesses, in the teaching process, teachers should carry out targeted teaching for different students. Targeted teaching for different students requires teachers to have a higher teaching level.

### **4.3 Building a New Evaluation System Combining Physical Education and Ideological and Political Education**

The quality of physical education teaching is achieved through the important link of physical education evaluation. In physical education, students' performance is assessed through technical assessment and standard assessment. When teachers carry out physical education teaching tasks, they must first let students master sports skills, but also carry out ideological and moral education. Therefore, self-evaluation, others' evaluation, teacher evaluation, performance evaluation, attendance and other evaluation methods, questionnaires and other methods should be used to evaluate students' performance in sports activities that incorporate the content of ideological and moral education [1]. Second, according to the teaching content, teachers should introduce the teaching situation and conduct a comprehensive ideological and moral evaluation of the students by means of psychological construction and moral situation creation. Third, teachers can select and reward students by establishing reward mechanisms in the form of activists, advanced individuals, advanced groups, and advanced collectives.

The construction of a new evaluation system combining physical education and ideological and political education is an important guarantee for the integration of ideological and political education into physical education. In higher vocational colleges, there are many reasons why ideological and political education in physical education is not taken seriously, and the lack of certain evaluation standards is one of the important reasons. In addition, because of the increased employment pressure, teachers focus on the cultivation of professional skills when teaching. Only by establishing a new evaluation system can it be possible to supervise teachers or students. In the teaching process, teachers should focus on the combination of ideological and political education and physical education.

## **5 Conclusion**

In the current social environment, the level of ideology and morality can also determine a person's level of development. Integrating ideological and political education into physical education is the most effective way to improve the ideological and moral level. This method allows students to naturally improve their ideological and moral level in activities, which is simple and easy to implement. Physical education is a sport in which the body is directly involved. In the process of exercise, it is not only conducive to enhancing students' physical fitness, but also promoting the healthy development of students' ideological quality. Teachers should be good at combining students' physical activity and psychological state and educate students through various activities. The teaching system should also establish a new evaluation system that combines physical education and ideological and political education. Under the test of the new evaluation

system, higher vocational physical education will develop towards a new direction of combining ideological and political education with physical education.

**Authors' Contributions.** This paper is independently completed by Junjun Yang.

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