

On the Ways of Integrating Ideological and Political Education into Physical Teaching in Universities in the New Era

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Abstract - Sports teaching in the new era has been given a new mission and significance. This paper focuses on the combination of college physical education and college students' ideological and political education, and probes into the current situation of college physical teaching and the problems of ideological and political education under the background of the new era. This paper analyses the characteristics of Integrating ideological and political education into physical education from four aspects, including optimizing teaching design, improving teachers' abilities and stimulating students' interests, it also analyses the methods of integrating physical education with ideological and political education in colleges and universities in order to find an effective way to realize the organic integration of ideological and political content with physical education content.

Key words: *new era; college physical teaching; ideological and political education*

I INTRODUCTION

At this stage, China has entered a new era of building a well-off society in an all-round way and opening a new journey of building a strong socialist modernization country in an entire way.

Under the background of the new era, the report of the Nineteenth National Congress of the Communist Party of China puts forward that "we should fully implement the Party's educational policy, carry out the fundamental task of establishing morality and cultivating people, develop quality education, promote educational equity, and train socialist builders and successors with all-round development of morality, intelligence, physical fitness and beauty".

The basic goal of physical education and ideological and political education is to educate people and promote the healthy and stable development of students' physical and mental health, but the form and content depend on each other [1]. Sports, intellectual education and aesthetic education are the three cornerstones of implementing the educational policy

of our country [2]. They exist and are closely related to each other [3].

The infiltration of ideological and political education into physical teaching in colleges and universities is a relatively new teaching mode [4], and also an effective way to improve students' physical and psychological quality [5]. In this sense, it is necessary to explore the effective ways of ideological and political education in physical teaching in universities in the new times [6].

II PRESENT SITUATION OF IDEOLOGICAL AND POLITICAL EDUCATION IN PHYSICAL EDUCATION TEACHING IN UNIVERSITIES

A. *The Current Situation of Physical Education in Universities and Colleges*

1) *Insufficiency of Teaching Resources*

China is a populous country with a total population of 1.39 billion in 2018, but the per capita resource share is obviously very small.

In the field of education, the Party Central Committee has always regarded the priority development of education, accelerating the modernization of education and building a strong educational country as the national and party's major plans [7]. According to the data of the Report on the Quality of Undergraduate Education in China, by 2016, the number of students in colleges and universities in China had exceeded 35.59 million, and the number of full-time teachers in universities was 1.57 million. The ratio of teachers to students was about 1:22.6, which is far from 1:6 to 1:13.6, the ratio of world's top universities [8].

It can be seen that at this stage, the human resources of colleges and universities in China are relatively scarce, and so are physical education teachers. In some universities which do not attach importance to physical education, the proportion of physical education teachers and students is lower, and the teaching workload of teachers will be greater. Their limited energy and physical strength is definitely difficult to guarantee

the teaching quality of each lesson [9].

Meanwhile, the time and opportunity for teachers to update knowledge and teaching methods are less, the time for communication with students is reduced, and the time for guiding students' after-school sports training is insufficient, resulting in serious imbalance in the effect of college Students' sports learning [10].

On the other hand, the venues and funds of ordinary universities are also insufficient. China Mass Sports Development Report (2018) published the national per capita stadium area of 1.66 square meters, compared with many years ago has been greatly improved. However, compared with 16 square meters per capita stadium in the United States and 19 square meters in Japan, there is a serious shortage of stadiums in China.

In colleges and universities where students are highly concentrated, sports venues per capita occupy a lower area. Every year, colleges and universities are short of funds for the maintenance and renewal of sports facilities and equipment. All these will affect the quality of physical education teaching.

2) *The traditional teaching methods and forms are still the main teaching methods.*

Unlike other disciplines, college students receive knowledge in the process of sports learning through a large number of practical exercises [11]. In addition to forming a memory of sports knowledge in the brain, they also acquire the ontological feeling of sports knowledge through physical exercises (body recognition), so as to improve their skills [12].

Over the years, although there have been many teaching reforms, the traditional teaching method, i.e. teaching project skills as the main teaching mode, has been used in the physical education courses of colleges and universities [13]. Although there are many optional items in college physical education, in the process of classroom teaching, the relevant skills are acquired through teachers' demonstration, students' observation and imitation, and teachers' guidance to students' repeated practice [14]. This passive learning mode, together with the difference of students' physical quality and comprehension ability, results in the uneven teaching effect.

For the teaching of basic physical education theory courses, teachers usually dictate on the site, which is easily affected by the open space or indoor echoes, so that students miss or cannot hear the key content clearly [15]. Moreover, due to the limitation of class time and teachers' knowledge level, most of the theoretical courses are based on technology, and it is difficult to involve other higher-level theoretical content.

B. Problems in Ideological and Political Education of College Students

1) Analysis from the aspect of students

Firstly, there are some deviations in college students' understanding of Ideological and political education [16]. They think that ideological and political education should be aimed at students with ideological problems [17]. Most students think that their thoughts are "no problem", so it is not

necessary to carry out ideological and political education, resulting in low learning efficiency.

Secondly, the content of Ideological and political education itself is rather dull and tedious. The monotonous teaching methods make students less active in class, and students are not interested in the process of ideological and political education.

Thirdly, with the continuous expansion of enrollment in colleges and universities, the entrance threshold has been lowered. It is difficult to guarantee the quality of students. There is also a certain gap in the ideological and political level of college students, and the general teaching methods also lead to the misunderstanding of the students.

2) Research on the teachers side

First of all, most teachers are not deeply aware of the importance of Ideological and political education to students, only to complete the teaching workload as a driving force, lack of responsibility, teaching enthusiasm is not high.

Next, in the ideological and political education, the traditional way of preaching is still used to transfer some theoretical knowledge to students, which is not in line with the characteristics of contemporary society, and the teaching effect is not good [18]. Besides, the lack of scientific concept of activity design makes the activities entertaining and educational, so that students cannot get educational significance from the activities.

Finally, teachers lack the awareness of teaching evaluation, cannot make scientific and reasonable evaluation according to students' learning situation, is not able to timely understand students' ideological dynamics and then formulate correct preventive measures.

III THE CHARACTERISTICS OF INTEGRATING IDEOLOGICAL EDUCATION INTO PHYSICAL EDUCATION TEACHING IN UNIVERSITIES

Combining the practical experience of physical education teaching and students' ideological and political education, this paper summarizes the methods and characteristics of Integrating Ideological and political education into physical education teaching in Colleges and universities, and elaborates as follows.

A. Enhance Concentration

Physical education is a regular fitness activity in a fixed sports venue, which requires students to concentrate on their ideas. Some researchers have found that exercise can alleviate people's psychological problems such as stress, anxiety and depression. There are also many experiments that show that exercise can improve attention deficit, hyperactivity disorder and the concentration of young people.

In sport class, students should revise their actions quickly according to the instructions of teachers, communication between peers or changes of opponents, so as to complete the corresponding tasks or achieve the set goals. Otherwise, it will lose the ability of action and cooperation or lead to task failure.

It is undeniable that in the indoor teaching of other courses, it is difficult for teachers to find out whether the students in the seats are in the mood [19]. However, in the physical education class, whether the students receive the information effectively or not, their behavior is reflected immediate.

B. Experience Social Roles

Physical education teaching can meet the needs of students at different levels. It is easier for students to find their own shortcomings and weakness in physical, technical, emotional, will and other aspects, as well as their own strengths.

Teachers can teach students in different levels according to their performance in class, so that students can improve themselves on the original basis and enter a higher level of studying and training. This kind of learning is open and fair, so it is easier for students to understand their roles and change their situation [20]. Especially in the collective project, each person will play different roles according to his position, task and behavior, and at the same time improve the ability to change roles.

C. Enhancing Aesthetic Consciousness and Creating Ability

Marx once pointed out that "beauty is the objectification of human's essential strength", and the beauty of sports is expressed by human's natural entity. As a course of imparting sports skills to college students, physical education in colleges and universities can easily realize the display of beauty and the improvement of aesthetic consciousness of the students.

On the one hand, College students, as authorities, imitate beautiful sports movements and practice hard in order to show the same beauty. On the other hand, college students as spectators, under the guidance of teachers, appreciate the posture of beauty, appreciate the action of goodness.

D. Be brave to fight for and be good at using the right of speech

A country with its unique power can have a voice in the forest of the world. For a person, strong physique is also the basis of his daring to speak. College students are the future of the motherland and the backbone of society.

In the face of adverse phenomena and even criminal acts, whether they are brave and good at vocalization will be an important indicator to judge whether they are qualified personnel. Physical education in colleges and universities shoulders the task of improving college students' physical quality and aesthetic consciousness, which lay a good foundation for their future.

IV WAYS TO COMBINE IDEOLOGICAL EDUCATION IN PHYSICAL EDUCATION COURSE OF UNIVERSITIES

The Method of Combining Ideological and Political Education in Physical Education

A. Optimizing Teaching Design

Firstly, the teaching objectives should be clearly defined. In the process of physical education, the teaching goal should be set reasonably. It is necessary not only pay attention to the

students' mastery of sports skills and basic sports knowledge, but also to the cultivation of students' emotions and values.

It is essential to take patriotism, competition, cooperation, rule awareness and willpower quality as the goals of physical education, consciously cultivate the ideological quality of college students, and realize the role of physical education in the ideological and political education of the students. For example, in basketball teaching, it is needful to make clear the legitimate competition, avoid the use of "bad" actions, to make unequivocal of watching the ball and the game in a civilized manner.

Secondly, deepen the teaching content. In order to improve the ideological quality of college students, different sports should be set up in physical education class. In traditional competitive sports, individual events can more temper students' will quality, while collective events can improve students' cooperative spirit and attitude. Chinese traditional sports can deepen patriotism. The school's characteristic sports can make students have a sense of belonging and love their school.

Third, improve teaching methods. New media forms such as multimedia, Internet and social platform can be used to improve teaching methods and effectiveness. During the break or when the students are tired, the teacher can share a video of related items in the Wechat group. Through the teacher's explanation and the discussion of the students, the students' aesthetic view can be cultivated and the phenomenon of "ugly judgment" and "cross dresser" in the society can be resisted.

B. Enhancing Teachers' Ability

The so-called "virtue as a teacher and integrity as a model" means that a teacher who is highly respected by students will get the trust and cooperation of his students. At the same time, a teacher with good ideological and political literacy will exert a subtle influence on students.

Physical education teachers have strong physique and courage to say no to evil forces, which can lead students to re-recognize the importance of sense of justice and physical fitness. The law of physical education teaching shows that an excellent physical teacher has a tremendous guiding power in his words and deeds, and his views on current affairs and politics are often more influential than those of teachers in other disciplines.

C. Arouse Students' Interest

Only by accepting the physical and mental development level, personality characteristics, basic quality of physical education, and the degree of love for physical education before teaching, can college students participate in physical education actively [21]. In reality, some students do not like sports activities, and some have entered the misunderstanding of excluding sports activities.

To arouse this part of College Students' love for sports, it is obliged to understand the reasons why they don't like sports and prescribe the right "medicine" to cure the "disease". If it is due to its own inertia, we need to strengthen external supervision;

If it is due to lack of self-control, it needs to strengthen self-demand; if it is because of physical weakness, it is more necessary to encourage participation and enhance physical fitness; if it is simply not like, it should try to choose more appropriate sports.

Only by actively participating in sports activities can they acquire the most real and direct psychological feelings, gain more and deeper insights, understand more deeply the meaning of competition, cooperation, willpower, and patriotism and so on, and reach the goal of ideological and political education.

V POINTS FOR ATTENTION IN IDEOLOGICAL EDUCATION IN PHYSICAL EDUCATION TEACHING OF UNIVERSITIES

To integrate ideological and political education into college physical education, the following aspects need special attention.

A. *Attention should be paid to the compatibility of the goals of physical education and ideological and Political Education*

In the Opinions on Further Strengthening and Improving the Ideological and Political Education of College Students, the State Council of the Central Committee of the Communist Party of China clearly stated that it is significant to vigorously strengthen the students' cultural quality education and integrate moral education, physical education and aesthetic education into cultural activities.

As all know, physical education is based on physical activity and intelligence, which can promote the healthy development of college students. The functions of fitness, education, guidance and spiritual culture contained in the process of physical education can promote the cultivation of college students' noble qualities such as patriotism, unity and cooperation, and strong will.

With the help of sports, the ideological and moral level of college students can be improved to a certain extent. Colleges and universities should pay close attention to the compatibility of the goals of physical education and ideological and political education, promote the integration and interaction of the two, and improve the effectiveness of education by tapping the resources of Ideological and political education in physical education.

B. *Pay attention to the organic integration of Ideological and political content and physical education teaching content*

Ideological and political education cannot be rigidly inserted into college physical education, but should be organically integrated into the content of physical education. Different sports have different contents and characteristics. The infiltration of Ideological and political education should be combined with the teaching contents and specific characteristics of each project.

College students have a strong sense of independence and a certain ability to judge. It is vital to guide college students to distinguish beauty from ugliness, good from evil, and cultivate

their sense of justice and courage in physical education teaching.

When Integrating ideological and political education into physical education, we should not adopt mechanized preaching methods, but constantly enrich the content of ideological and political education. For example, Chinese martial arts and other teaching courses can be used to explain the excellent Chinese traditional culture to students, stimulate students' patriotism, and establish national pride, self-esteem and self-confidence.

C. *Focus on Improving Teachers' Ideological Quality and Political Level*

The integration of Ideological and political teaching in physical education requires that physical education teachers not only have good organizational ability, but also have a solid ideological and political foundation. Physical education teachers should pay attention to improving their professional accomplishment and political level, have the ability to develop new projects and new ideological and political content, and make them combine organically.

Physical education teachers should not rigidly implant the ideological and political content into sport teaching, nor avoid the ideological and political teaching, but should find the best time to transmit the knowledge of political thought to students. Teachers should develop a good habit of watching real-time news and gradually improve their political accomplishment in daily accumulation.

Teachers should also take the initiative to receive continuing education, while improving their professional quality and skills, grasp some effective ways and means of communication with students, and ensure effective language and ideological communication with students in physical education classes, so as to increase the chances of infiltrating ideological and political knowledge and help the development of Ideological and political teaching in physical education.

VI CONCLUSION

The shortage of teaching resources and the relative backwardness of teaching methods make the physical education teaching in Colleges and universities in our country have many shortcomings, and there are still some problems in the ideological and political aspects of College students. On the one hand, students are not interested in Ideological and political education. On the other hand, teachers lack scientific concept of activity design and awareness and methods of teaching evaluation.

In order to integrate the content of Ideological and political education into physical education teaching in colleges and universities in the new era, it is necessary to explore the ways of integration of physical education and ideological education from such aspects as prompting concentration, experiencing social roles, improving aesthetic consciousness and ability to create beauty, being brave and good at fighting for the right to speak.

Optimizing teaching design, improving teachers' ability and arousing students' interest are all important contents. On this

basis, to explore the fitness of the objectives of physical education and ideological and political education, and pay attention to improving the ideological quality and political level of teachers, can effectively promote the organic integration of Ideological and political content and physical education teaching.

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