

Exploration on Course-Based Ideological and Political Education in Public Physical Education in Higher Vocational Schools

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Keywords: Higher Vocational Schools; Public Physical Education; Course-Based Ideological and Political Education

Abstract: Physical education and ideological and political education belong to two different directions, but the physical spirit contained in the actual physical education for the students of higher vocational schools is an important part of ideological and political education which can also improve the enthusiasm of students' physical education learning. The physical education and course-based ideological and political education in higher vocational schools have their own characteristics. The integration of physical education and course-based ideological and political education has become the focus of teachers' exploration. The integration effect is directly related to the development of quality-oriented education in higher vocational schools. This paper mainly explores the course-based ideological and political education in public physical education in higher vocational schools.

Graduates from higher vocational schools belong to an important group in social work. The ideological and moral level of students in higher vocational schools will directly affect the development of society. Meanwhile, the personal life of students is closely related to their own ideological and moral level. Therefore, higher vocational colleges need to strengthen ideological and moral teaching, which is implemented in every content and every stage of students' learning, and guide students to establish correct values through effective methods [1]. Public physical education is a course with active thinking of students. The integration of ideological and political education in public physical education can effectively guide students to cultivate a good ideological and moral level, which is of great significance. At the same time, it can also correctly play the role of public physical education. The integration of Ideological and political education in public physical education requires the support of schools, the implementation of teachers and the cooperation of students. Only by the cooperation of these three aspects can good results be achieved. Therefore, it is necessary to explore the course-based ideological and political education in public physical education in higher vocational colleges.

1. The Necessity of the Integration of Public Physical Education and Ideological and Political Courses in Higher Vocational Colleges

In physical education, students are required to carry out according to the rules, which is conducive to the cultivation of students' legal concept and rule awareness. The diversity of teaching contents and methods of public physical education provides a solid foundation for improving students' willing quality and social adaptability, which is conducive to the development of society and students themselves. The personal quality of students is closely related to the level of social adaptation, which is complementary to each other and promotes each other. It is also the common goal of traditional public physical education and ideological and political education. Many of the contents of physical education are able to reflect the importance of the collective. Due to strong discipline and organization, students can be collective in physical education and their valuable qualities of initiative, solidarity and cooperation can be cultivated. At the same time, to cultivate qualities and spirits of students is one of the key tasks to be completed in ideological and political education [2]. Therefore, it is necessary to integrate the public physical education and ideological

and political courses, which is of great significance to cultivate students' good quality.

2. The Feasibility of Course-Based Ideological and Political Education in Public Physical Education in Higher Vocational Colleges

At present, many countries attach great importance to the penetration of moral education. Various courses in schools can serve as platforms and carriers for carrying out moral education. In addition to specialized moral education courses, they can also promote the moral development of students, no exception for public physical education. In higher vocational colleges, there is also a certain degree of emphasis on public physical education. The physical spirit reflected in physical education is also an important part of students' ideological and political education. Therefore, it is extremely important to integrate ideological and political courses in physical education in higher vocational colleges. Public physical education and ideological and political courses have the same goals that are to improve the personality of students and to cultivate the quality of students. At the same time, public physical education and ideological and political education can also influence each other. With the help of these correlations, it is important to explore the integration of public physical education and course-based ideological and political education. It can promote the healthy development of higher vocational colleges and improve the comprehensive quality of college students, and meet the requirements of ideological and political education reform and the requirements of physical education^[3].

3. Exploring the Countermeasures of Course-Based Ideological and Political Education in Public Physical Education in Higher Vocational Colleges

3.1 To Pay More Attention to Public Physical Education

Higher vocational colleges are different from other colleges and universities and do not consider how to combine physical education and ideological and political education. Some schools do not attach much importance to public physical education. At present, most vocational colleges are in a state of teaching that emphasizes technology and culture and ignores physical education. And students have not developed the habit of actively participating in public physical education. In addition, teachers also believe that students need to master the skills they need to earn a living in the future. More attention is paid to whether students grasp professional knowledge and related skills, but not to enhance the comprehensive ability of students in sports, nor to the integration of ideological and moral training in the teaching process. These traditional teaching ideas and methods have restricted the teaching of physical education teachers, and neglected the training of ideological concepts and sports sentiment of students^[4-5]. Therefore, it is necessary for teachers and students to adjust the understanding of ideological and political education in public physical education and curriculum, and increase the importance of ideological and moral teaching in public physical education, so as to provide a basis for the integration of public physical education and ideological and political education, and to further guide students to establish a sense of sports spirit in public physical education. The school can include this content in the plan of teaching reform, and relevant teachers discuss the teaching integration method together. The school provides material support to continuously promote the implementation of ideological and political education in the physical education curriculum, and teachers guide students to participate in the classroom to achieve the effect of teaching reform.

3.2 To Attach Importance to the Innovation of Channels for Physical Education

One of the main reasons for not being able to effectively penetrate ideological and political education in public physical education is that the channels for physical education are relatively simple, and students cannot develop their own thinking during the learning process and cannot expand into the direction of ideological and political education. Teachers also do not have enough space to play the full role of teaching in the teaching. Therefore, teachers should not be limited to traditional teaching methods when developing classroom teaching. Teachers need innovative

teaching channels to improve students' self-literacy in combination with the development of the times [6]. The spiritual elements of sports reflected in the teaching of public physical education are related to the spiritual connotations emphasized by ideological and political education. Teachers can use these spiritual elements as a starting point to continuously innovate educational methods and content. At the same time, in actual physical education teaching, teachers can properly meet the needs of students, improve the fun of physical education activities, and allow students to participate in the classroom, so as to guide students to form their own learning spirit and moral quality. Furthermore, teachers can infiltrate ideological and political knowledge in the teaching of physical exercise, which will virtually affect the cultivation of students' thinking. Finally, the ideological and political quality of students will also be improved.

3.3 To Focus on the Cultural Construction in Physical Education

In the teaching of physical education, we need to pay attention to the construction of physical culture to develop the physical spirit. The construction of physical culture can be used as the carrier of ideological and political teaching, but it is necessary for schools to take into account the objective conditions such as sports equipment and venues to create a cultural atmosphere, and to build a sports environment for each item of physical education class to meet the training requirements of students and enable students to study in a good environment [7]. In addition, the school also needs to vigorously support various kinds of rich sports and cultural activities. When students participate in sports and cultural activities, their physical exercise ability can be improved, and their sports spirit can be further improved. When cultivating sports spirit, their audiences are relatively wide, which will have a certain social foundation and can provide a good platform for ideological and political education. And teachers can quickly find a connection point, truly implement spiritual education in physical education, continuously enrich sports activities, and cultivate students' physical spirit in various activities, and students will form their own habits in a long time. In carrying out these activities, teachers can rely on the community as well as new media technology, keep up with the pace of the times, and timely transfer positive knowledge to students to further improve the ideological and political quality of students.

3.4 To Fully Reflect the Ideological and Political Content in Teaching through the Situation

The inheritance of sports spirit and the existing moral education resources can provide students with the situation of ideological and moral education. The teaching of physical education is a process of cultivating students' ideology and morality unconsciously. Most students need to participate in or watch all kinds of sports activities. One of the objects that students like and adore is athletes. In all kinds of sports competitions and activities, there is a warm and vivid atmosphere, which can improve students' sense of participation. Therefore, making full use of moral education resources in physical education can better stimulate students' emotions. It is an effective channel for developing students' ideological and political quality through emotional factors [8]. Elaborately designing the educational situation to teach students can open the door of emotion, make students obtain deep inner experience, and train their rational education and emotion in the exercise. What's more, it can make students get enlightenment in the happy physical culture experience, and implement the concrete ideological and moral education in the strong emotional education.

4. Summary

Higher vocational colleges and other colleges have certain differences, and the methods of cultivating and managing students are also different. Students in higher vocational colleges have unique personality, and it needs to strengthen education and management in terms of ideological and moral levels in order to ensure that students can master professional knowledge and improve their quality. In the public physical education, it requires the joint efforts of teachers and students to ensure the true combination of physical education and ideological and political education, it also needs the strong support of the school to constantly open and innovate channels for physical education and enhance students' interest in spiritual learning. In addition, the school should pay

attention to the construction of physical culture, and vigorously improve the physical spirit embodied in public physical education. These reform methods can't just be superficial; we must deeply explore feasible teaching methods so that students can truly improve their spiritual and cultural accomplishments in physical education. Teachers should actively encourage students to participate in physical education activities, and infiltrate the spirit of sports in teaching activities, so that students keep in mind these sports spirits, and influence students' ideological and moral quality through these spirits to improve their quality.

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