

Research on the Construction and Reform of Ideological and Political Education in College Physical Education Track and Field Courses

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Abstract: With the proposal of the fundamental task of “fostering virtue through education”, ideological and political education in colleges and universities has ushered in new opportunities for reform. Against this backdrop, how to more effectively cultivate students’ political literacy and comprehensive abilities has become one of the teaching challenges perplexing college teachers. In response, teachers should uphold the concept of ideological and political education in courses, and integrate it into teaching according to the characteristics of the courses and students’ needs, so as to realize the organic unity of knowledge imparting and value guidance. In this regard, this paper briefly analyzes the construction of ideological and political education in college physical education track and field courses, hoping to provide some valuable references for readers.

Keywords: College physical education; Track and field; Ideological and political education in courses

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1. Introduction

In nowadays, colleges and universities are comprehensively advancing the “all-round education” and implementing the fundamental task of “fostering virtue through education”, ideological and political education in courses has received widespread attention and emphasis from colleges and universities, and has gradually become an important direction of higher education reform^[1]. As an important part of China’s higher education system, college physical education undertakes multiple tasks such as cultivating students’ sports knowledge, enhancing their physical fitness, and strengthening their will quality. The track and field course is an important component of college physical education teaching, with distinct characteristics, and has unique advantages in promoting the construction of ideological and political education in courses. Integrating ideological and political elements into track and field teaching can not only impart track and field knowledge to students, improve their sports level and physical fitness, but also help students form correct ideological concepts and value cognition, which can be described as achieving multiple goals at once. However, there are many problems in the construction of ideological and political education in college physical education track and field courses^[2]. In

this regard, college teachers should keep up with the trend of the times and actively explore effective strategies to promote the construction of ideological and political education in courses and lay a solid foundation for students' all-round development in the future.

2. Significance of ideological and political construction in university physical education track and field courses

Integrating ideological and political elements into the teaching of university physical education track and field courses holds significant practical importance. In this regard, this paper briefly elaborates on the following aspects.

2.1. An inevitable requirement for implementing the fundamental task of “moral education and talent cultivation”

“Moral education and talent cultivation” is the fundamental task of higher education. Universities should keep up with the trend of the times and cultivate socialist builders and successors with both virtue and talent^[3]. The ideological and political construction of university track and field courses can integrate ideological and political education into the entire teaching process. While imparting track and field knowledge and skills to students, it shapes their positive and progressive character, promotes the development of their sense of competition and striving spirit, and gradually guides students to establish correct ideological concepts and value perceptions. It is an effective way to implement the fundamental task of “moral education and talent cultivation”.

2.2. An effective measure to improve the teaching effect of track and field courses

In the past track and field teaching, teachers often focused on imparting sports skills and physical education knowledge, while neglecting the cultivation of students' ideology, concepts and cognition. This led to the lack of comprehensive quality improvement for students in the learning process, laying hidden dangers for their comprehensive development in the future^[4]. Actively carrying out the ideological and political construction of track and field courses can not only enrich teaching content, expand teaching forms, and effectively stimulate students' learning interest, but also inject new connotations into track and field courses. This enables physical education to break through the limitation of “physical cultivation” and realize the organic unity of “physical cultivation” and “moral cultivation”, thereby further improving the effect and quality of track and field teaching.

2.3. A key link in inheriting and promoting the spirit of sports

Track and field have a long history of development, containing rich cultural connotations and moral education elements, and is an important carrier for promoting the construction of ideological and political courses. By digging deep into the ideological and political elements in track and field teaching, students can be effectively encouraged to inherit and promote the spirit of sports^[5]. In track and field teaching, students can not only learn various sports knowledge and skills, but also deeply understand the sports connotation of never giving up and perseverance, thereby shaping excellent character, better practicing socialist core values, and laying a solid foundation for their comprehensive development in the future.

3. Problems existing in the construction of ideological and political education in track and field courses in the past

3.1. Ideological and political elements are superficially integrated and lack organic integration

In the previous construction of ideological and political education in track and field courses, some teachers failed to fully integrate ideological and political education with track and field teaching, resulting in the construction being a mere formality and the educational effect being insignificant^[6]. For example, in teaching practice, some teachers simply read out moral norms or patriotic slogans to students without deeply integrating them with the content of track and field teaching. This leads to a “stratification phenomenon” between the two, which not only seriously affects students’ learning of sports knowledge but also hinders the cultivation of their political literacy.

3.2. Insufficient ideological and political literacy of the teaching staff and lack of professional training

Teachers are not only important organizers and participants in course teaching but also the main force in promoting the construction of ideological and political education in courses^[7]. However, some track and field teachers have weak ideological and political literacy themselves and lack professional and effective training. In the process of constructing ideological and political education in courses, they often feel inadequate and struggle to integrate ideological and political elements into track and field teaching, thus affecting the improvement of educational effects. In this regard, colleges and universities should strengthen the construction of the teaching staff and continuously improve their ideological and political literacy to lay a solid foundation for promoting the construction of ideological and political education in courses.

3.3. Single teaching methods and lack of innovation

In the construction of ideological and political education in track and field courses, some teachers still adhere to the traditional teaching mode, mainly focusing on “teacher demonstration + student practice”. The lack of innovation in teaching methods makes ideological and political education less attractive and fails to stimulate students’ learning interest. As a result, students are prone to feelings of boredom and tediousness in the learning process, which has a certain impact on the educational effect of ideological and political education in courses^[8]. In response, teachers should keep up with the trend of the times, actively explore diversified teaching modes, optimize course content, and design more interesting classroom activities to lay the foundation for promoting the construction of ideological and political education in courses.

3.4. Imperfect evaluation system and lack of scientific basis

At present, the evaluation system of some college physical education track and field courses is not perfect. It mainly takes students’ sports scores and sports skill assessments as evaluation indicators, lacking an evaluation mechanism for students’ political literacy^[9]. Due to the lack of a scientific and perfect evaluation system, the evaluation results are not comprehensive, making it difficult to measure the effect of ideological and political education construction in courses. At the same time, it is also difficult to effectively feedback and guide teachers’ teaching behaviors and students’ learning effects, which to a certain extent affects the progress of the construction of ideological and political education in courses.

4. Innovative strategies for the ideological and political construction of university physical education track and field courses

4.1. Deeply excavate ideological and political elements to achieve in-depth integration

4.1.1. Excavate patriotic elements to cultivate students' patriotic feelings

Track and field are not only an important part of international sports events, but also a key window for China to demonstrate its national sports strength^[10]. In this regard, during the ideological and political construction of track and field courses, teachers can combine the development history of China's track and field, such as telling students the historical stories of track and field athletes who strived for national glory, like Liu Changchun, who traveled across the ocean to compete alone; Liu Xiang, who broke the world record in the 110-meter hurdles; and Su Bingtian, who achieved historic accomplishments in the 100-meter race. These stories help cultivate students' patriotic feelings and strengthen their national pride and sense of mission.

4.1.2. Excavate teamwork elements to cultivate students' collective honor

In track and field teaching, teachers can organize and carry out interesting team projects according to the teaching content and students' needs, such as tug-of-war, fun relays, and three-person two-leg races. This approach not only stimulates students' interest in participation and mobilizes their enthusiasm and initiative, but also strengthens their cognition and effectively cultivates their teamwork ability and collective sense of honor.

4.1.3. Excavate will quality elements to shape students' excellent character

Track and field have high requirements and standards for students' physical fitness and will quality, requiring them to have a tenacious and unyielding spirit. To this end, teachers can tell students stories of track and field athletes who overcame their own difficulties and persisted in training and competitions. This guides students to establish correct ideological concepts and value perceptions, thereby shaping their excellent character.

4.2. Strengthen the construction of teaching staff to improve teachers' ideological and political competence

4.2.1. Conduct regular special training

Colleges and universities can regularly organize physical education teachers to participate in special training on ideological and political course construction, inviting renowned experts and outstanding peers to give training. This helps improve physical education teachers' political literacy and teaching level, laying a foundation for promoting the construction of ideological and political courses.

4.2.2. Encourage teachers to carry out ideological and political research

Colleges and universities should encourage teachers to conduct research related to ideological and political course construction, set up research projects, and encourage teachers to carry out ideological and political education research based on the characteristics of track and field teaching and the actual situation of college students. This way, innovative paths suitable for the ideological and political construction of track and field courses can be explored, thereby improving teachers' research capabilities in ideological and political education.

4.2.3. Build an efficient communication platform

Colleges and universities can also leverage the advantages of information technology to build a communication platform for physical education teachers' ideological and political course construction, such as WeChat groups and QQ groups. This provides a platform for teachers to share teaching experiences and exchange educational

insights. At the same time, colleges and universities can regularly organize teachers to participate in teaching seminars, where they share the problems encountered in the construction of ideological and political courses and jointly explore effective solutions, thereby improving physical education teachers' ideological and political literacy and teaching level.

4.3. Optimize teaching methods and innovate teaching means

4.3.1. Adopt case teaching method

In track and field teaching, teachers can select cases of outstanding track and field athletes such as their training methods, dietary plans, and competition strategies based on the teaching content and students' actual athletic levels. These cases should be analyzed and explained in combination with ideological and political education goals. This approach strengthens students' cognition, enables them to gain a deeper understanding of the ideological and political connotations in track and field, thereby stimulating their learning interest and promoting the integration of ideological and political education into the curriculum.

4.3.2. Apply artificial intelligence technology

Due to the advancement of science and technology, artificial intelligence has already been widely and extensively applied in multiple sectors, and in our field, teachers can introduce AI technology into track and field courses to improve teaching effectiveness. For example, by having students wear smart devices to monitor sports data such as heart rate, step count, and calories burned, teachers can accurately grasp each student's athletic level and physical condition, and adjust teaching plans accordingly. In addition, teachers can use virtual reality technology to create virtual scenarios. This not only helps students better understand the rules and tactical applications of track and field competitions but also stimulates their learning interest and further enhances the educational effect of the course. Furthermore, big data technology can be integrated into teaching to improve the pertinence of track and field instruction. A large amount of sports data is generated during students' track and field training; by utilizing the data collection and analysis functions of big data, coaches can develop personalized training plans for students. This not only effectively improves the quality of track and field teaching and students' training levels but also enhances their learning efficiency.

4.3.3. Carry out practical teaching activities

Practical activities are an effective carrier for promoting the integration of ideological and political education into the curriculum. In this regard, college teachers can actively organize and carry out various types of practical activities, such as track and field competitions and fun running events. This not only stimulates students' interest in participation and cultivates their sense of competition but also strengthens their teamwork and communication skills. During their participation in these sports activities, students have the opportunity to improve their physical fitness and track and field training levels, while also learning to cope with various difficulties and challenges in practice, helping them develop a resolute and brave character. Moreover, these activities are conducive to students' all-round development, including the improvement of physical and mental health as well as social skills. They also enhance class cohesion and promote mutual understanding and friendship among students. By participating in these activities together, students will establish closer connections, laying a solid foundation for them to enter society and face more complex interpersonal relationships and work challenges in the future.

4.4. Improve the evaluation system and establish a scientific mechanism

The previous evaluation system for track and field courses was incomplete and could hardly effectively promote the integration of ideological and political education into courses. In this regard, in the new era, colleges and universities should actively improve the evaluation system and build a scientific feedback mechanism to lay a solid foundation for students' all-round development in the future.

4.4.1. Build a diversified evaluation system

A diversified index evaluation system should be constructed, which not only focuses on students' physical education scores and sports skill assessments but also evaluates their ideological and political literacy. The evaluation content includes but is not limited to teamwork ability, innovation ability, will quality, and patriotic feelings. At the same time, the evaluation methods should also be diversified, adopting a combination of teacher evaluation, student self-evaluation, and peer evaluation to ensure the objectivity and fairness of the evaluation results.

4.4.2. Establish a feedback mechanism

Based on the evaluation results, timely feedback on the problems and shortcomings in ideological and political education should be provided to students and teachers. For the problems existing in students, targeted counseling and education should be carried out; for the problems existing in teachers, improvement opinions and suggestions should be put forward to promote the continuous improvement and development of the integration of ideological and political education into courses.

5. Conclusion

In conclusion, promoting the integration of ideological and political education into track and field courses is of great practical significance for students' all-round development in the future. In this regard, colleges and universities as well as physical education teachers should fully recognize the important value of integrating ideological and political education into courses, and according to the characteristics of track and field courses and students' learning situation, use various methods and means to more effectively improve the teaching effect of the course, give full play to the educational role of integrating ideological and political education into courses, and thus lay a foundation for students' all-round development in the future.

Disclosure statement

The author declares no conflict of interest.

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