

# Research on the Path of Integrating Ideological and Political Courses into College Physical Education Courses Under the Background of Cultivating Moral Character and Cultivating People

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**Abstract:** The national education department clearly pointed out in the “Guidelines for the Construction of Ideological and Political Curriculum in Colleges and Universities” that colleges and universities need to take on the fundamental task of cultivating moral character and cultivating people in the process of education, and reasonably integrate ideological and political courses into the curriculum to promote the overall improvement of students’ ideological and political quality. This article outlines the connotation of ideological and political courses in the context of cultivating moral character and cultivating people, analyzes and summarizes the significance of integrating ideological and political courses into college physical education courses, summarizes existing problems in the construction of ideological and political courses in college physical education, and explores the path of integrating ideological and political courses into college physical education courses under the background of cultivating moral character and cultivating people, with a view to providing guidelines for teachers.

**Keywords:** Cultivating moral character; Ideological and political courses; Physical education courses; Colleges and universities

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## 1. Introduction

At present, cultivating people with moral integrity has become an important goal of higher education. To achieve this goal, teachers need to closely integrate ideological and political work into the entire education process, and carry out ideological and political courses in an all-round and whole-process manner to promote the overall improvement of students’ ideological and moral qualities. Physical education courses are an important part of the college education system. Teachers need to change their educational concepts, pay more attention to the ideological and political construction of the courses, cultivate students’ fighting spirit based on the teaching content, and strengthen traditional culture and patriotism education to achieve the educational

goals of cultivating moral character and cultivating people.

## **2. Connotation of ideological and political courses in the context of cultivating moral character and cultivating people**

Under the background of cultivating moral character and cultivating people, the main teachers of the ideological and political courses effectively integrate the teaching content with ideological and political education, strengthen the guidance of students' attitudes, emotions, and values, so that students can form correct political concepts and pursuit of value, and the construction of students' moral characters can be strengthened. Through cultivating their moral character, students can become a socialist successor with culture, ideals, and quality <sup>[1]</sup>.

## **3. Significance of integrating ideological and political courses into college physical education courses under the background of cultivating moral character and cultivating people**

In the context of cultivating moral character and cultivating people, the significance of integrating ideological and political courses into physical education in colleges and universities is mainly reflected in the following aspects. Firstly, it ensures the smooth realization of the goal of cultivating moral character and cultivating people. The main function of physical education is to train students' physical fitness, cultivate students' will and quality, and enable them to form a sound personality. Integrating ideological and political curriculum into physical education in colleges and universities can ensure the smooth realization of the above functions, and achieve the educational goal of cultivating moral character and cultivating people <sup>[2]</sup>. Secondly, it enriches the education system. In the process of integrating ideological and political courses into the physical education courses in colleges and universities, teachers can use a variety of methods in teaching, so that the ideological and political courses and teaching links are deeply integrated, thereby forming a rich and diverse education system, and ultimately promoting the overall improvement of students' comprehensive quality. Thirdly, it improves the effectiveness of talent training. In the new era, society's requirements for talents have increased significantly, and the traditional talent training model in colleges and universities can no longer meet the social needs. Integrating ideological and political courses into physical education courses can promote the coordinated development of physical education and moral education, improve students' physical fitness, cultivate students' patriotism and goodwill quality, and enable students to form a sound personality and subsequently grow into excellent talents who meet the social needs <sup>[3]</sup>.

## **4. Problems existing in the ideological and political construction of physical education courses in colleges and universities**

At present, there are many problems in the ideological and political construction of physical education courses in colleges and universities, which are specifically reflected in the following aspects. Firstly, there is insufficient attention to physical education courses. Some teachers do not pay enough attention to the construction of physical education courses in colleges and universities. They still adopt the traditional teaching model and fail to combine the ideological and political courses with the teaching of physical education majors, resulting in students' poor understanding of the course ideas, which in turn affects the educational effect of physical education courses. Secondly, there are problems with the implementation of the ideological and political curriculum. At present, some college physical education teachers face serious problems in the implementation

of ideological and political courses. They fail to accurately grasp the students' needs for ideological and political courses and physical education teaching. They select improper ideological and political education content and inappropriate teaching arrangements, which in turn leads to problems in the implementation of ideological and political curriculum, and the expected results cannot be achieved <sup>[4]</sup>. Thirdly, there are problems in the exploration and utilization of ideological and political elements. At present, some college physical education teachers encounter major problems in the process of exploring and utilizing ideological and political elements. During the teaching process, they often impose relevant content of ideological and political courses into physical education teaching, and fail to use ideological and political elements suitable for physical education teaching, which in turn affects the teaching effect of ideological and political education.

## **5. Integrating path of ideological and political curriculum into physical education courses in colleges and universities under the background of cultivating moral character and cultivating people**

### **5.1. Aiming at teaching with moral integrity and cultivating people to rationally improve the teaching methods**

In the process of physical education teaching in colleges and universities, teachers need to aim at cultivating moral character, optimize and adjust the teaching methods, reasonably integrate ideological and political courses, and formulate comprehensive ideological and political education plans based on teaching content and student characteristics to promote the overall improvement of teaching quality. Firstly, teachers need to appropriately set the goals of ideological and political education in the curriculum. In the process of integrating ideological and political courses, college physical education teachers need to determine richly structured educational goals, focusing on improving students' scientific spirit, humanistic qualities, and patriotism, and formulate educational goals for different sports to promote the improvement of students' comprehensive ideological and political quality. For example, in the process of teaching collective sports such as football and basketball, teachers can determine the educational goals as mastering basic sports skills and improving teamwork capabilities. In the process of teaching individual sports such as aerobics and martial arts, teachers can determine the teaching goals as mastering special sports skills, building self-confidence and self-esteem, and overcoming difficulties with courage <sup>[5]</sup>. Through appropriate setting of relevant goals, it can promote the improvement of students' sports ability and improve their ideological and political quality. Secondly, teachers need to dig deeper into the elements of ideological and political education. There are many elements of ideological and political education suitable for physical education courses in colleges and universities, including traditional cultural education, patriotism education, values education, moral and legal education, etc. Teachers can deeply explore such elements in combination with teaching content to achieve the best ideological and political education teaching effect. For example, when explaining about volleyball, teachers can explain the patriotism, and unity and hard work of the Chinese women's volleyball team to students. In the process of explaining about football, teachers can explain the relevant content of teamwork to students. In the process of explaining about martial arts, teachers can explain traditional Chinese culture to students and promote the spirit of martial arts. Different types of sports projects need to adopt different ideological and political education models to achieve the best educational results <sup>[6]</sup>. For example, collective sports such as football and basketball focus on the overall situation and teamwork. Teachers can focus on ideological and political education content such as patriotism and collectivism. For example, when explaining content related to basketball fast break tactics, students can be guided to conduct two-on-one training and learn about the strategy. By scoring goals through numerical advantage and teamwork, students can realize the importance of teamwork. Thirdly,

teachers need to choose the teaching model rationally. In order to improve the effect of ideological and political education, teachers need to rationally select the teaching models based on student characteristics and teaching content, improve the interest of teaching, and guide students to integrate into various teaching links. For example, when explaining content related to football tactics, teachers can play videos of the World Cup game and explain the content of the videos to students, so that students can realize the significance of teamwork. When explaining content related to middle- and long-distance running in track and field, teachers can play videos of long-distance runners surpassing their opponents at the last moment, so that students can understand the importance of tenacious fighting spirit <sup>[7]</sup>.

## **5.2. Determining appropriate teaching principles to ensure the effectiveness of ideological and political courses**

In physical education teaching in colleges and universities, teachers need to determine appropriate teaching principles to ensure the effectiveness of the ideological and political courses. The first principle is the principle of purpose. Physical education teachers in colleges and universities need to focus on the students, appropriately determine the purpose of teaching, and strengthen the guidance provided to students during the teaching process to ensure the smooth realization of the teaching purpose. For example, when explaining the content of “Duan Ji Wushu,” the teacher can set the teaching purpose as mastering the basic movements of martial arts, understanding the traditional culture related to martial arts, and establishing self-confidence and self-esteem, and design teaching links based on the teaching purpose to guide students to actively participate in all aspects in order to achieve the educational goals of the ideological and political curriculum. The second principle is the principle of regularity. In the process of carrying out ideological and political education in physical education courses in colleges and universities, teachers need to master the laws of ideological and political education and choose appropriate ideological and political education methods based on the characteristics of students, so that ideological and political education can achieve the desired results <sup>[8]</sup>. For example, college students born in the 2000s grew up in the Internet era, and their ideas and behaviors are significantly different from those of previous students. Therefore, teachers need to choose youthful sports that students are interested in as teaching content, and use the Internet platform to implement ideological and political education in sports courses to improve students’ interest in learning. The third principle is the principle of systematicity. In the process of integrating ideological and political courses into physical education in colleges and universities, teachers need to follow systematic principles and promote collaborative education within and outside the classroom, as well as inside and outside the school, in order to achieve the best ideological and political education results. For example, when explaining content related to Chang Quan, teachers can invite martial arts experts to guide students to practise related movements, preach content related to traditional Chinese culture, and guide students to watch martial arts-related movies on the Internet platform to achieve the best ideological and political education effect <sup>[9]</sup>.

## **5.3. Improving the ideological and political education environment and increasing students’ interest in learning**

In order to improve the effect of ideological and political education, teachers need to improve the educational environment and increase students’ interest in learning. Firstly, colleges and universities should create a good policy and venue for ideological and political education in physical education courses, establish a complete incentive system, and increase support for the construction of sports equipment and sports venues. They should also guide teachers to innovate ideological and political education methods, improve ideological and political education concepts, and ensure that ideological and political education achieves the best results. Secondly,

teacher-student interaction should be strengthened. In the process of carrying out ideological and political education in physical education courses, teachers should actively interact with students, regard students as the core of the classroom, guide students to actively participate in all aspects of classroom teaching, and add games and other content to the teaching process to enhance the classroom atmosphere, so that students can receive relevant content of ideological and political education in a relaxed and pleasant atmosphere, thereby achieving the best educational effect <sup>[10]</sup>.

## 6. Conclusion

In the teaching process of physical education courses in colleges and universities, teachers need to integrate ideological and political courses actively, with the aim of cultivating people with moral integrity. They should also improve the teaching methods, determine appropriate teaching principles, ensure the effectiveness of ideological and political courses, enhance the ideological and political education environment, and improve students' interest in learning, in order to achieve the best educational results.

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## Disclosure statement

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