

Research on the Practice Path of Public Physical Education Courses in Private Universities under the Concept of Ideological and Political Education in the New Era Curriculum

Fangzhou Shen*, Haiyan Yang

Communication University of China, Nanjing 211100, China

*Corresponding author: Fangzhou Shen, shenfangzhou_1988@163.com

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Abstract: With the continuous improvement of China's education system, private higher education has also entered a period of rapid development. The number and quality of private universities are significantly increasing. This article explores the development of physical education in private universities against the background of their rapid development. This article first explores the policy documents of physical education in universities, analyzes the key points of public physical education curriculum reform in universities, and finally analyzes the effective paths of physical education curriculum reform in universities. It is hoped that through text analysis and research, some reference can be provided for the reform of public physical education curriculum in private universities under the new era of curriculum ideological and political concepts.

Keywords: Private universities; Public physical education; Teaching reform; Operational research

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1. Introduction

Currently, with the continuous expansion of the number and scale of private universities, improving the quality of private university education has become a hot topic of social concern. In order to promote the high-quality development of higher education, the Ministry of Education has conducted an analysis of the disciplines in universities, clarified the quality standards of higher education and put forward new requirements for talent cultivation and related curriculum construction. Public Physical Education is a compulsory course for general education, and the construction of this course directly affects the physical fitness and development level of college students. Based on the concept of curriculum ideological and political reform, Public Physical Education courses in universities have also undergone another transformation. Guided by the ideology of ideological and political education in the curriculum, Public Physical Education is paying more and more attention to the infiltration of sports spirit into it^[1]. By integrating sports spirit, shaping students' inner spiritual

strength, mobilizing their interest in participating in sports and effectively realizing the educational value of physical education courses.

2. Theoretical basis for the reform of physical education curriculum in private universities

2.1. Policies related to physical education

In 1999, the Central Committee of the Chinese Communist Party and the State Council issued the “Decision on Deepening Education Reform and Comprehensively Promoting Quality Education,” in which physical education was regarded as an important content of quality education reform ^[1]. It proposed to “strengthen physical education work effectively, enable students to master basic sports skills and cultivate good habits of exercising.” This provides direction and guidance for the construction and development of physical education work in private universities in China, which clearly requires “strategic, forward-looking, and applied project research aimed at improving students’ physical health, teaching quality, extracurricular training and sports cultural level through multiple channels, to promote the overall level of physical education work in schools.” The document provided a more detailed reference for physical education work in private universities. At the 2016 National Conference on Ideological and Political Work in Higher Education Institutions and the National Education Conference, it was emphasized multiple times that moral education should be integrated into all aspects of education, and the concept of “Curriculum ideological and political education” was proposed. Here, private university physical education courses have once again begun an educational reform trend as a hot topic. In October 2020, the Central Committee of the Communist Party of China and the State Council issued the “Overall Plan for Deepening the Reform of Education Evaluation in the New Era”, which further instructed schools to cultivate good exercise habits and healthy lifestyles, temper strong willpower and cultivate a spirit of cooperation. This document reflects the dual evaluation of sports knowledge and skills, as well as sports spirit and connotation in physical education, and further points out the direction for deepening public physical education in private universities in the new era ^[2].

2.2. Ideological and political policy course guidance

Ideological and political education is an important measure to implement the fundamental task of moral education, and its role is irreplaceable, which requires all universities and disciplines across the country to comprehensively promote the construction of ideological and political education in courses, fully reflecting the urgency of promoting ideological and political education in courses. Ideological and political research has become an important pillar of current university curriculum construction.

Sports and ideological and political education are closely related, and the profound humanistic value of sports has a subtle impact on people’s spiritual quality and value orientation. The moral ethics, sports thinking and sports values contained in sports all reflect the humanistic spirit required for the development of modern society and have objective conditions for real-time curriculum ideological and political education.

Based on the guidance of the above documents, private universities should integrate the “student-oriented” educational concept in the process of physical education teaching, that is, design physical education teaching scientifically and reasonably from the actual situation of students. Taking college students as the main body, fully exerting their subjective initiative, stimulating their desire to learn, effectively improving their physical fitness, enabling them to master necessary sports skills, cultivate good sports exercise habits, and truly discover that physical education classroom teaching stimulates the interests of college students ^[3].

3. The practice path of Public Physical Education courses in private universities under the concept of ideology and politics

3.1. Enrich sports projects and improve the construction of sports venues

Research has shown that sports activities can promote the production of polyphenols in the body, relieving tension and releasing happiness. Therefore, long-term participation in sports activities can make people more confident, cheerful and passionate. It can be seen that sports naturally have good value in ideological and political education. By arranging sports activities reasonably, promoting the secretion of hormones in students' bodies and guiding them to enjoy a healthy and happy life. Private colleges and universities can add sports programs, provide multiple learning options for sports courses, provide fitness dance, various ball games, mountaineering activities, hiking activities, etc., and create campus-featured sports, such as fashion sports (darts, waist flag rugby, etc.), as well as folk ethnic sports such as Loong Boat and traditional martial arts so that students can fully release their energy and feel the enthusiasm and joy of sports ^[4]. Diversified sports programs can also meet the personalized learning needs of students.

Private colleges and universities should continue to promote the construction of sports venues and facilities. Compared to public colleges and universities, private colleges and universities are relatively tight on construction funds. Therefore, private colleges and universities can explore cooperation mechanisms with social institutions to build and share sports venues and facilities jointly. Communication University, China, is currently planning to build an outdoor sports hall, which is low-cost, energy-saving and can beautify the campus environment with a unique appearance. Private universities should continue to promote the digital construction of sports venues, introduce virtual simulation technology into sports venue construction and create a virtual learning environment. Colleges and universities can actively cooperate with Internet sports companies to develop mobile learning apps to provide technical support for sports education innovation. In addition, private universities should strengthen the digital reform of physical education, promote the construction of digital sports education resources, create online course platforms and video databases, integrate richer physical education resources through interschool physical education teaching resource sharing, use digital education platforms and diverse physical education resources to create an immersive virtual teaching environment, provide intelligent support for physical education work, promote students to explore sports knowledge and stimulate their learning interest ^[5].

3.2. Create a sports spirit atmosphere and cultivate a lifelong fitness concept

Sports activities not only enhance the physical fitness of college students but also promote the spirit of sports, cooperation, hard work, perseverance and other excellent sportsmanship. School leaders and teachers should actively promote the spirit of sports ^[6]. In physical education teaching, teachers can reflect the value of sports in spiritual education by organizing campus sports events and sports competitions ^[6]. Sports competitions emphasize the spirit of cooperation and competition, allowing students to experience teamwork and competition personally. They create a spirit of hard work, progress, unity and cooperation in schools, innovate campus sports competitions through targeted competitions, interschool joint sports games, etc., expand the space of school sports teaching content and activities, add new elements to campus sports culture and promote students to generate the correct sports spirit.

A healthy physique is the cornerstone for a person to engage in all other activities. The cultivation of lifelong sports awareness is of great significance for personal development. The concept of physical education is based on the human life cycle to discuss sports issues. Private universities also need to promote the cultivation of lifelong sports awareness as one of the teaching objectives of Physical Education courses. Private universities should pay full respect to the subjective wishes of students and fully consider their personalities so that they can

enjoy sports, consciously develop sports habits and establish a lifelong awareness of sports ^[7].

3.3. Adopting diversified teaching to promote the personalized development of students

College students are in a stage of physical strength and youthful vitality, during which their various physical systems are still developing where their skeletal muscles, athletic abilities and various functions still have strong plasticity. Therefore, in the new era, the reform of Public Physical Education courses in private universities should focus on the physical development of students, scientifically design physical education exercises, set up scientific and reasonable course content, innovate physical education teaching methods, implement personalized physical education concepts, use college physical education documents as guidance, adopt flexible and diverse teaching methods. This is to activate students' learning interests, improve their physical knowledge structure, strengthen their physical skills and literacy, guide students to participate in sports actively and cultivate healthy living habits ^[8].

Teachers can enrich the content of physical education courses by introducing the history of sports development, classic sports competitions, showcasing dynamic music and other methods to activate students' interest in sports, create sports scenarios and immerse students in sports. It is necessary for teachers to conduct in-depth research on the textbook outline, comprehensively stimulate students' learning interests and cleverly design scenarios closely related to teaching content based on their current sports abilities in order to enhance students' classroom participation and activity ^[9].

3.4. Strengthen the regular discipline in physical education classrooms and cultivate awareness of rules through penetration

Students are at a critical stage of physical and skeletal development with unhealthy lifestyle, posture and other factors that can all affect their skeletal development. Bad postures are formed by intentional imitation. Teachers should strengthen guidance in the classroom, cultivate good behavior habits and posture, enhance health awareness, fix bad posture, and promote healthy growth. In order to cultivate good learning habits among students, teachers should strengthen their guidance, strictly focus on daily training and establish a reasonable and effective classroom routine system ^[10]. Physical education classroom routines can be jointly formulated by teachers and students and it can be run through each lesson. Before each class, the teacher will arrive 15 minutes in advance to prepare for teaching. Each class is organized by the sports committee first, followed by physical activities. Strengthening classroom routine construction can promote the formation of good behavior habits among students.

College students are open-minded and innovative. Therefore, in physical education teaching, on the one hand, it is necessary to unleash students' innovative thinking, and on the other hand, it is necessary to reflect the discipline of physical education classrooms. The awareness of rules can be penetrated into students' minds through sports activities. In school sports training, encourage students to design innovative sports projects and exercise methods in the self-directed training process and improve the fun of sports training ^[11]. This not only fully respects the subjective wishes of students but also takes into account their personalities, allowing them to receive the best exercise and develop the correct sports awareness. The success or failure of ideological and political education courses depends on students' interest in physical education classes, as everyone's actual condition and level are different. Therefore, physical education teaching should be carried out according to the needs of each student to promote their development of physical abilities.

3.5. Building a high-quality teaching staff and strengthening supervision of the reform process

The construction of teaching staff requires dynamic planning and private universities can continuously optimize their teaching staff through introduction and training.

The leader group for teaching reform in universities must regularly provide professional teaching method training for physical education teachers. The teacher development centers of private universities should develop a teacher team plan to achieve 80% full-time physical education teachers. Hiring professional team coaches with rich practical experience from sports training institutions is also necessary to provide professional teaching method training for physical education teachers in universities and improve their teaching abilities^[12]. Private universities should encourage teachers to conduct research on curriculum ideological and political issues, publish papers and pursue further education, improve their professional quality and research ability, and establish a learning-oriented teaching team. Besides, private universities can also establish a quality monitoring and evaluation mechanism for the implementation of ideological and political education in courses, conduct regular diagnosis and evaluation in the construction of ideological and political education in courses, create a good organizational environment, promote the improvement of teachers' professional quality, and ensure the reform of public physical education courses in universities under the concept of ideological and political education in courses^[13].

Teachers should be able to design targeted physical education methods based on the development of students, choose teaching methods with a humanistic atmosphere and care and integrate ideological and political education into physical education, forming a positive interaction between teachers and students, allowing students to feel care, gratitude and love in the interaction, crossing the barriers of identity and status between teachers and students, achieving emotional commonality and establishing harmonious teacher-student relationships through spiritual communication, thereby promoting the improvement of teaching quality^[14]. Physical education teachers' personal characteristics and professional skills can effectively promote college students' mental health development, prevent psychological diseases, and help students actively face the current situation and grow up healthy. Physical education teachers should teach students to respect others, cheer for others, guide students to form social adaptability and lay a psychological foundation for future learning and work^[15].

4. Epilogue

In summary, in the new era, with the deepening of higher education reform and the continuous improvement of the higher education system, private higher education has developed rapidly and various types of private universities have surged. Under the guidance of physical education policies and documents, the work of physical education in universities has also been continuously reformed, continuously improving the problems existing in physical education work and promoting the continuous deepening of physical education work. This article mainly explores the construction and development of Physical Education courses in private universities under the concept of ideological and political education in the curriculum. Based on the characteristics of private universities, it focuses on the problems existing in the current physical education work in private universities, deeply explores the ideological and political elements of physical education and promotes the deepening of physical education curriculum reform in private universities. This article starts with strengthening top-level design, enriching educational resources and advancing reforms in a sequential manner. This paper also promotes the construction of teaching staff, improves resources, and provides some reference and inspiration for the reform of physical education teaching in private universities.

Disclosure statement

The authors declare no conflict of interest.

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