

Theoretical Framework and Promotion Path of Ideological and Political Construction of Public Physical Education Courses in Colleges and Universities

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Abstract: With the proposal of the fundamental task of fostering virtue through education, public physical education in colleges and universities has ushered in a new opportunity for reform. In this context, how to more effectively cultivate students' political literacy and comprehensive abilities has become one of the teaching challenges perplexing public physical education teachers in colleges and universities. In response to this, this paper first elaborates on the significance and theoretical framework of the ideological and political construction in college public physical education courses. Finally, it puts forward effective promotion paths for the ideological and political construction of public physical education courses, hoping to lay a solid foundation for promoting the reform of public physical education teaching in colleges and universities and advancing the ideological and political construction of courses.

Keywords: Colleges and universities; Public physical education; Curriculum-based ideological and political education; Theoretical framework; Promotion path

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1. Introduction

Curriculum-based ideological and political education is an innovative educational concept that mainly refers to integrating ideological and political education into the curriculum teaching. While imparting professional knowledge and skills to students, it also cultivates their political literacy, thereby realizing the organic unity of knowledge transmission and value guidance. The construction of curriculum-based ideological and political education has received extensive attention and emphasis. In May 2020, China's education authorities issued the Guidelines for the Construction of Curriculum-based Ideological and Political Education in Colleges and Universities, which clearly stated: "Colleges and universities, as well as their teachers, should comprehensively

promote the integration of ideological and political education with physical education. By aligning with professional teaching, they should fully exert the educational effectiveness of curriculum-based ideological and political education, better reflect the philosophical context, and thus achieve the dialectical unity of the educational practice of cultivating people through education and the theoretical logic”^[1]. Against this backdrop, colleges and universities, along with their teachers, should fully recognize the important value of constructing curriculum-based ideological and political education, actively respond to the call of education authorities, and vigorously promote such construction through various methods and means. This will help create a new situation in college public physical education and lay a solid foundation for students’ all-round development in the future.

2. Overview of “curriculum-based ideological and political education”

2.1. Meaning

Curriculum-based ideological and political education is a new educational concept advocated in China in recent years. It is more inclined to reform the public physical education teaching in colleges and universities, and plays an important role in breaking through the traditional educational model and improving the effectiveness of education^[2]. Under the guidance of this concept, colleges, universities, and teachers should actively explore the ideological and political, as well as moral education elements contained in public physical education teaching. While teaching students sports knowledge, they should imperceptibly infiltrate ideological and political education into students, helping them establish correct ideological concepts and value cognition, so as to become compound talents meeting the future development needs of society and enterprises.

2.2. Significance

2.2.1. An important way to implement the fundamental task of fostering virtue through education

For college public physical education courses, they carry important missions such as imparting sports knowledge to students, improving their character, tempering their will, and having significant advantages in implementing the fundamental task of fostering virtue through education. In public physical education teaching, in the teaching of sports such as basketball and football, it can effectively strengthen students’ sense of honor, cultivate their teamwork ability and communication skills, help them form a collective consciousness, and understand the importance of collective interests^[3]. At the same time, sports contain strong competitive attributes, and the principle of fairness and justice is also one of the important contents in ideological and political education. By integrating curriculum-based ideological and political education into public physical education, students can develop a sense of rules in participating in sports competitions, deeply understand the connotation of fairness and justice, and thus promote the shaping of their excellent character. In addition, sports training is often a process full of hardships and challenges. Sports training can enable students to successfully overcome various physical and mental pressures, help them form the spiritual qualities of perseverance and courage to move forward, thereby providing a strong impetus for their future employment and development^[4].

2.2.2. An effective measure to improve the quality of talent training

At present, China has entered a deep-water zone of industrial transformation and technological upgrading, and the requirements for college talents are increasingly high. They are required not only to have solid professional knowledge, but also to have lofty social responsibility and a sense of mission, and good moral character. Integrating curriculum-based ideological and political education into college public physical education courses

can not only impart sports knowledge to students, but also shape their excellent character, strengthen their sense of social responsibility and mission, and further improve the quality of talent training. For example, in the teaching of gymnastics, through the guidance of teachers, it can help students form a rigorous and serious learning attitude, strengthen their sense of rules and responsibility, so that they can strictly demand themselves with high requirements and standards in their future work and life, better perform their duties, and further lay a solid foundation for their future employment and development ^[5].

2.3. Theoretical framework for the integration of ideological and political education into courses

2.3.1. Value concept: Making full use of the Marxist theory of all-round development

The integration of ideological and political education into public physical education courses in colleges and universities is guided by the Marxist theory of all-round development. This theory emphasizes that college students should achieve all-round development in aspects such as physical fitness, intelligence, and morality ^[6]. Therefore, in the teaching of public physical education courses, educators should be guided by the theory of all-round development. While imparting sports knowledge to students and improving their physical fitness, educators should also pay attention to their development in morality, psychology, and ideology. Through the integration of ideological and political education into public physical education courses, educators can help students establish correct ideological concepts and value perceptions, strengthen their sense of collectivism and teamwork ability, and enable them to achieve all-round development morally, intellectually, physically, aesthetically, and laboriously.

2.3.2. Long-Term mechanism: promoting the construction of the “Three-All Education” mechanism

“Three-All Education” is a new educational concept that emphasizes education involving all staff, throughout the whole process, and in an all-round way. In the integration of ideological and political education into public physical education courses in colleges and universities, we should also promote the construction of the “Three-All Education” mechanism ^[7]. Education involving all staff requires all staff in colleges and universities to participate in the integration of ideological and political education into courses, forming a joint force for education. Education throughout the whole process requires that ideological and political education be integrated into all links of public physical education courses, from curriculum design and implementation to evaluation. All-round education requires colleges, universities, and teachers to make full use of various educational resources and create a good campus environment through various means such as classroom teaching and practical activities, providing students with a positive and uplifting educational environment.

2.3.3. Practical path: Integration of explicit education and implicit education

The integration of explicit education and implicit education is the main practical path for integrating ideological and political education into public physical education courses in colleges and universities ^[8]. Among them, explicit education refers to imparting ideological and political knowledge to students and cultivating their political literacy through clear teaching content and targeted teaching methods. Implicit education, on the other hand, refers to imperceptibly infiltrating ideological and political education into students through relevant means, enabling them to learn ideological and political knowledge and shape excellent character unconsciously. In the integration of ideological and political education into public physical education courses in colleges and universities, educators should adopt a combination of explicit and implicit methods to promote the integration more effectively.

3. Practical approaches to integrating ideological and political education into public physical education courses in colleges and universities

3.1. Strengthen leadership and improve top-level design for construction

To successfully promote the integration of ideological and political education into courses and better fulfill the fundamental task of fostering virtue through education, colleges and universities should strengthen top-level design, make overall plans from a macro perspective, and formulate scientific and reasonable plans for integrating ideological and political education into public physical education courses based on the actual situation of the university and the characteristics of public physical education courses^[9]. Firstly, a special leading group for integrating ideological and political education into courses can be established. The group members should include university leaders, college/department heads, leaders in the physical education discipline, and experts in ideological and political education. This group will be responsible for planning, guiding, and supervising the work of integrating ideological and political education into courses. The leading group should conduct a comprehensive study on the characteristics of public physical education courses and students' learning situation, and clarify the goals and steps of integrating ideological and political education into courses in combination with the university's talent training objectives and actual conditions.

Secondly, improve the curriculum system design. In terms of the setup of public physical education courses, it is necessary to keep up with the development trend of the times, and fully consider the integration points of ideological and political education according to the characteristics of the courses and students' learning situation^[10]. For example, some theoretical courses can be appropriately added, such as courses on national sports culture and sports spirit, so that students can deeply understand the historical culture and values behind sports events and learn about their development process. At the same time, in the teaching process of various sports events, dig out the ideological and political elements contained in them, such as the spirit of struggle, sense of competition, and teamwork spirit, so as to realize the organic unity of knowledge imparting and value guidance.

Thirdly, strengthen the construction of the teaching staff. Teachers are not only important organizers and participants in course teaching, but also the core force in promoting the integration of ideological and political education into courses^[11]. In this regard, to more effectively promote the integration of ideological and political education into courses, colleges and universities should strengthen the construction of the teaching staff, and continuously improve their quality and ability through various methods and means, laying a foundation for enhancing the effect of ideological and political education. Colleges and universities can regularly organize teachers to participate in special training activities on integrating ideological and political education into courses. The training content includes methods of integrating physical education with ideological and political education, theories on integrating ideological and political education into courses, etc., so as to update teachers' concepts and enable them to master advanced teaching methods and models. At the same time, experts in ideological and political education and outstanding front-line teachers can be invited to give special lectures, sharing advanced teaching experience and typical cases, so that teachers can deeply understand the integration of ideological and political education into courses and master effective ways to promote it; colleges and universities should also do a good job in talent introduction, hiring a group of teachers who have both rich physical education knowledge and rich experience in integrating ideological and political education into courses, so as to reform the structure of the teaching staff and improve the overall level of ideological and political education in colleges and universities; in addition, colleges and universities can establish and improve incentive mechanisms, giving rewards to physical education teachers who have performed well in promoting the integration of ideological and political education

into courses, so as to mobilize their enthusiasm and initiative.

Finally, establish and improve the evaluation system. In the context of integrating ideological and political education into courses, the traditional evaluation system can no longer meet the needs of students' development. In this regard, colleges and universities should keep up with the development trend of the times and build a scientific and comprehensive evaluation system to lay a foundation for promoting the all-round development of students. On the one hand, it is necessary to improve the evaluation standards for integrating ideological and political education into courses, and include the implementation and effect of integrating ideological and political education into courses into the course evaluation and teacher assessment system, so as to urge teachers to not only pay attention to students' physical education grades, but also attach importance to the cultivation of their ideological and moral qualities, willpower, and character^[12]. On the other hand, adopt diversified evaluation methods, such as student self-evaluation and peer evaluation, to improve the accuracy of the evaluation results of integrating ideological and political education into courses. Through scientific evaluation feedback, teachers can timely find problems in the process of integrating ideological and political education into courses and take effective measures to correct them, thus laying a foundation for promoting the integration of ideological and political education into courses and improving the effectiveness of education.

3.2. Integration of explicit and implicit education to enhance educational effectiveness

The integration of explicit and implicit education is an important path to promoting the ideological and political construction of public physical education courses in colleges and universities. In terms of explicit education, colleges and universities can actively organize and carry out special lectures related to ideological and political education, inviting ideological and political education experts, excellent teachers, etc., to conduct in-depth analysis for students on the connection between physical education and ideological and political education. At the same time, teachers should also repeatedly emphasize the importance of integrating ideological and political education into physical education courses in teaching, so that students can clearly recognize the existence of ideological and political elements in physical education teaching^[13]. In terms of implicit education, colleges and universities should actively create a good sports culture atmosphere. They can regularly organize and carry out national sports culture festivals, showing students the historical development process, folk culture, and historical stories of various national sports events, so that they can establish national cultural confidence and strengthen national cultural pride in the process of participating in activities. At the same time, various sports competitions, such as basketball competitions and football matches, can also be organized, so that students can temper their strong and striving character by participating in competitions. In addition, social practice activities, such as volunteer service activities, can be organized to strengthen students' sense of social mission and responsibility^[14].

The integration of explicit and implicit education should also focus on the innovation of teaching methods and models. A variety of teaching methods can be adopted according to the teaching content and students' learning situation. For example, the case teaching method can be used to share some typical cases in the sports world with students, so as to implement implicit ideological and political education. For instance, the story of Cristiano Ronaldo, a Portuguese star, can be shared to arouse students' interest, make them resonate emotionally, and encourage them to form a resolute character. At the same time, information technology can be used to build an online teaching platform, integrate a large number of educational resources, so that students can learn independently in their spare time, and further enhance the educational effectiveness of the integration of explicit and implicit education. In addition, in the process of implementing the integration of explicit and implicit

education, teachers should fully respect the differences among students. According to students' personality characteristics and interests, targeted implementation of the integration of explicit and implicit education can be carried out to improve the effectiveness of education ^[15].

4. Conclusion

To sum up, curriculum-based ideological and political education is of great practical significance to college students' future study and development. In this regard, colleges and universities should fully recognize the value of curriculum-based ideological and political education construction, and promote it through various methods and means, so as to lay a foundation for students' all-round development in the future.

Disclosure statement

The author declares no conflict of interest.

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