

Exploration of the Integration of Physical Education and Ideological and Political Education for College Students

Feifei Wang^a, Jianping Xiao^b, Yuke Shi^c

Liaoning Communication University, Shenyang, 110000, Liaoning, China

^a443146301@qq.com, ^bxshanshan_1225@163.com, ^c1249450848@qq.com

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Abstract: The integration of physical education (PE) courses and ideological and political education (IPE) in universities is an important measure to promote the comprehensive development of students. In PE courses, students can not only learn sports knowledge and skills, but also feel the power of sports spirit, stimulate patriotism and a sense of collective honor. This integration is not only related to the selection of talent cultivation goals in schools, but also has strategic significance for the reform of PE curriculum in the new era. The integration of PE curriculum and IPE in terms of educational goals can break down disciplinary barriers, enhance the content and quality of the curriculum, and provide a practical platform for IPE. However, there are deficiencies in cultivating students' physical exercise habits and intrinsic motivation in current university PE courses, and the lack of IPE in PE courses also limits its educational function. Therefore, it is necessary to strengthen top-level design, optimize curriculum settings, innovate teaching methods, and enhance the ideological and political literacy of teachers to promote effective integration of the two. By exploring the ideological and political elements in PE courses, we can organically combine sports spirit with IPE, and contribute to the comprehensive development of university students in the new era.

1. Introduction

The integration of PE courses and IPE in universities is an important innovation in China's higher education system [1]. This integration not only helps to achieve the comprehensive educational goals of higher education, but also cultivates students' socialist core values in practice. As an indispensable part of higher education, PE courses have unique advantages in IPE due to their physical participation and practicality [2].

The rich IPE elements contained in sports, such as teamwork, fair competition, and perseverance, are all qualities that students need to learn and cultivate in their growth process [3]. By participating in sports, students can personally experience the connotations of these spiritual qualities, which can then be internalized into their own values and behavioral norms [4]. Therefore, fully exploring and utilizing the IPE elements in sports is of great significance for improving the ideological and moral level of students. In order to achieve effective integration of PE courses and IPE in universities, we need to design a systematic implementation plan for PE courses [5]. This includes optimizing course offerings, enriching teaching content, and innovating teaching methods. At the same time, we also need to focus on improving the ideological and political literacy of PE teachers. PE teachers are not only transmitters of PE knowledge, but also guides in the ideological and moral education of students [6]. They need to improve their ideological and political theoretical level and practical ability through continuous learning and practice, in order to better integrate IPE elements into PE teaching. We should also actively explore the evaluation mechanism of IPE in PE courses in universities. Through scientific and reasonable evaluation, we can timely understand the effectiveness of course implementation, identify problems, and make improvements. This can not only improve the effectiveness of IPE in college PE courses, but also provide strong guarantees for the improvement of talent cultivation quality [7].

The integration of PE courses and IPE in universities is a work of great significance. By fully

exploring and utilizing the IPE elements in sports, systematically designing PE curriculum implementation plans, and improving the ideological and political literacy of PE teachers, we can contribute to the cultivation of high-quality talents.

2. Reasons for the Integration of College PE Curriculum and IPE

PE curriculum, as a key link in the school education system, carries the important mission of cultivating students' core competencies in PE [8]. In the education pattern of combining moral, intellectual, physical, artistic, and labor education, PE courses not only focus on students' physical exercise, but also play a crucial role in IPE. This integration not only helps to improve the physical fitness of students, but also cultivates their moral qualities, teamwork spirit, and patriotism through the practice of sports activities, thus playing a key role in the comprehensive development of university students in the new era [9].

The integration of PE curriculum and IPE reflects the educational philosophy and value pursuit of cultivating morality and nurturing talents. Through practical activities in PE courses, students can personally experience the power of teamwork, the significance of fair competition, and the spirit of perseverance. These experiences not only enhance students' physical fitness, but also cultivate their moral qualities, enhance their sense of social responsibility and civic consciousness.

The IPE in PE courses is also a key path for the coordinated development of physical literacy and IPE among university students. In PE courses, students can not only learn sports knowledge and skills, but also feel the power of sports spirit in practice. This power can inspire students' patriotism and collective sense of honor, promoting their comprehensive development.

As an important part of school education, IPE in PE courses is also related to the selection of talent cultivation goals and road design in schools [10]. By optimizing the PE curriculum, innovating PE teaching methods, and enhancing the ideological and political literacy of PE teachers, we can better leverage the educational function of college PE and provide strong support for talent cultivation in the new era.

The integration of PE curriculum and IPE is a systematic project and a strategic project that influences the reform of PE curriculum in the new era. We should fully recognize the importance of IPE in PE courses, strengthen the integration and innovation of PE courses and IPE, and contribute to the comprehensive development of university students in the new era.

3. The necessity and difficulties of integrating college PE courses with IPE

3.1. The necessity of integrating college PE courses with IPE

The PE curriculum in universities and IPE have unity in the educational goals, which is reflected in the cultivation of students' comprehensive qualities. PE courses improve students' physical fitness, coordination, and responsiveness through physical exercise, while IPE cultivates students' moral qualities, social responsibility, and civic consciousness through theoretical teaching and practical activities. The two work together on the growth process of students, complement each other, and jointly achieve the goal of higher education.

The integration of PE courses and IPE in universities has complementarity in promoting the development of disciplines and majors. As a practical course, PE emphasizes the cultivation of students' physical exercise and sports skills, while IPE focuses more on the improvement of students' theoretical literacy and ideological qualities. By integrating the two, disciplinary barriers can be broken down, resource sharing and complementary advantages can be achieved, and interdisciplinary integration and common development can be promoted.

This integration can not only enhance the connotation and quality of PE courses in universities, making them more educational and socially valuable, but also provide richer teaching materials and practical platforms for IPE, making them more targeted and effective. Through practical activities in PE courses, students can personally experience the theoretical content of IPE, thereby deepening their understanding and recognition of it; Meanwhile, through the theoretical teaching of IPE,

students can better understand and grasp the profound significance and value of PE courses.

The integration of PE courses and IPE in universities is a work of profound significance. It can not only promote the comprehensive development of students and enhance their overall quality, but also promote the cross integration and common development of disciplines and majors. Therefore, we should actively explore and practice this integration model, injecting new vitality and momentum into the education work of universities.

3.2. The Difficulties of Integrating PE Curriculum with IPE in Universities

Cultivating students' physical exercise habits is indeed a challenging task, which requires not only active participation and persistence from students, but also careful guidance and reasonable design from educators. At present, PE courses in universities mainly focus on imparting sports skills or exercise methods, and strengthen students' learning effectiveness through indicators such as sports skill assessment and classroom attendance rate. However, this approach relies more on external motivation rather than stimulating students' internal motivation to exercise.

The tendency of emphasizing skills over teaching in college PE courses does exist. The so-called "technique" refers to motor skills and exercise methods; And "Dao" refers to the profound significance of sports spirit, sports morality, and sports exercise. Currently, many PE courses overly focus on imparting and assessing skills, while neglecting the cultivation of students' sportsmanship and moral qualities. This leads to students only mechanically learning skills in PE courses, without truly experiencing the joy and value of physical exercise.

The absence and absence of IPE in college PE courses are quite prominent. As an important component of school education, PE courses should undertake the important task of cultivating students' moral qualities and social responsibility. In actual teaching, PE courses often only focus on students' physical exercise, while neglecting the guidance and shaping of their ideological concepts. This has caused PE courses to lose their rightful educational value and also limited the possibility of students' comprehensive development.

College PE courses should pay more attention to motivating intrinsic motivation, and stimulate students' interest and initiative in learning by designing diverse teaching content and methods. At the same time, PE courses should also strengthen IPE, integrate the cultivation of sports spirit and moral qualities into teaching, so that students can improve themselves and improve their character through physical exercise. Table 1 clearly lists the difficulties and suggestions for integrating PE courses with IPE in universities.

Table 1 Difficulties and Suggestions for the Integration of PE Curriculum and IPE in Universities

Content Description	Status	Recommended measure
The cultivation of physical exercise habits	Difficult tasks require active participation and persistence from students, and guidance and design from educators	Strengthen the stimulation of students' intrinsic exercise motivation, design diverse teaching content and methods
Key Points of PE Courses in Universities	Emphasis on imparting sports skills or exercise methods, relying on external motivation to supervise	Balancing the teaching of "technique" and "way", focusing on the cultivation of sports spirit and moral qualities
The embodiment of IPE in PE curriculum	The phenomenon of absence and dislocation is prominent, only focusing on physical exercise	Strengthen IPE in PE courses, guide students to form correct values
The Development Direction of PE Curriculum	More emphasis should be placed on intrinsic motivation incentives to enhance educational value	Deepen the integration of PE curriculum and IPE, and promote the comprehensive development of students

4. Ways to integrate college PE courses with IPE

Strengthening top-level design is a key link in ensuring the effective integration of PE

curriculum teaching and IPE. By establishing a sound institutional system, we can provide strong support and guarantee for the integration of the two. This includes establishing clear policy guidance to ensure the synergy and coordination between PE curriculum and IPE in terms of curriculum design, teaching content, teaching methods, etc; At the same time, it is necessary to establish a sound assessment mechanism and conduct regular evaluations of the integration effect in order to adjust and optimize the integration strategy in a timely manner.

In the process of PE curriculum teaching, exploring ideological and political elements is an important way to achieve integration. The teaching themes and focuses of different types of PE courses vary, but elements that are compatible with IPE can be found in them. For example, in team sports, the importance of teamwork and collective honor can be emphasized; In competitive competitions, students can be guided to have a correct understanding of victory and defeat, and to cultivate resilient willpower. By delving deeper into these ideological and political elements, we can not only enrich the connotation of PE courses, but also enable students to receive IPE unconsciously during the process of participating in sports activities.

Integrating effective resources is an important means to achieve the integration of PE curriculum and IPE. In the process of course teaching, we should make full use of existing teaching resources, such as teacher teams, teaching facilities, course content, etc., and integrate ideological and political elements into innovative teaching methods, such as case teaching, scenario simulation, group discussion, etc. At the same time, we can also use modern information technology means, such as multimedia teaching, online courses, etc., to expand teaching space and improve teaching effectiveness.

Objective and comprehensive evaluation is an important link in ensuring the role of IPE in PE courses. By regularly evaluating the learning situation and ideological changes of students, we can timely understand the effectiveness of integration, identify problems, and make improvements. At the same time, evaluation can also help students enhance their confidence in PE learning, stimulate their enthusiasm for learning, and better play the role of IPE in PE courses.

Strengthening top-level design, exploring ideological and political elements, integrating effective resources, and conducting objective and comprehensive evaluations are important guarantees for achieving the effective integration of PE curriculum teaching and IPE. We should start from these aspects, continuously innovate and improve the integration mechanism, and contribute to cultivating new era university students with comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor. Table 2 clearly shows the effective integration of PE curriculum teaching and IPE.

Table 2 Effective ways to integrate PE curriculum teaching with IPE

Content	Describe	Implementation method
Strengthen top-level design	The key link to ensure the effective integration of PE curriculum teaching and IPE	Establish a sound institutional system, formulate clear policy guidance, and ensure collaborative cooperation
Explore ideological and political elements	An important way to achieve the integration of PE curriculum and IPE	Explore elements that are compatible with IPE in different types of PE courses, such as teamwork, collective honor, and a correct understanding of victory and defeat
Integrate effective resources	An important means to achieve the integration of PE curriculum and IPE	Fully utilize existing teaching resources, innovate teaching methods, utilize modern information technology means, and expand teaching space
Conduct an objective and comprehensive evaluation	An Important Link in Ensuring the Role of IPE in PE Curriculum	Regularly evaluate students' learning situation and ideological changes, identify problems and make improvements, help students enhance learning confidence, and stimulate learning enthusiasm

5. Conclusions

The integration of PE courses and IPE in universities is a far-reaching educational reform

measure. It is not only a key path to cultivate students' comprehensive qualities, but also an important way to promote interdisciplinary integration and common development. Through the integration of PE courses and IPE, students can personally experience the power of sports spirit in sports activities, stimulate patriotism and collective sense of honor, and promote comprehensive personal development.

In the process of integration, we need to fully recognize the importance of IPE in PE courses, strengthen top-level design, optimize curriculum settings, innovate teaching methods, and enhance the ideological and political literacy of PE teachers. By exploring the ideological and political elements contained in PE courses, we can integrate sports spirit, moral qualities, etc. into teaching, making PE courses more educational and social value.

The integration of PE courses and IPE in universities also faces some difficulties and challenges. Among them, it is urgent to cultivate students' habits of physical exercise, overcome the tendency of emphasizing skills over morality, and strengthen the role of PE courses in IPE. To address these issues, we need to focus on stimulating students' intrinsic motivation, designing diverse teaching content and methods, and strengthening the organic combination of PE courses and IPE, so that students can not only improve their physical fitness and skills, but also cultivate moral qualities and social responsibility through physical exercise.

The integration of PE courses and IPE in universities is a systematic project that requires us to start from multiple aspects, strengthen research and practice. By continuously exploring and innovating integration models, we can inject new vitality and motivation into the education work of universities, and cultivate more new era university students with healthy physique and sound personality.

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