

The Status and Responsibility of "Curriculum Thought and Politics" in College Physical Education

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Abstract: College physical education is an important teaching content in the curriculum system of colleges and universities. It is an important course to improve the physical literacy of college students, cultivate college students to form good ideological quality, and promote the development of college students' physical and mental health. College physical education curriculum has rich ideological and political education resources, has the influence ideological and political education and ideological dissemination function, combined with the concept of "curriculum ideological and political ", teachers can combine it with college physical education teaching activities, fully explore the ideological and political elements in physical education teaching, clearly put forward the education goal "of physical education curriculum, which can not only strengthen the educational effect of college physical education, but also provide help for the construction of college" great ideological and political "system. This paper briefly expounds the ideological and political development of curriculum, analyzes the status and responsibility of "ideological and political curriculum" in college physical education teaching, and probes into the practice path of "ideological and political curriculum" in college physical education teaching.

1. Introduction

In the Nineteenth National Congress, General Secretary Xi Jinping once again put forward the strategic ideas of "ideological and political education of curriculum ", "strengthening ideological and political education of college students" and "integrating ideological and political education with subject curriculum ". Based on this, physical education teachers in colleges and universities integrate "ideological and political ideas" into the existing curriculum teaching system, construct "physical education curriculum ideological and political" system, grasp the pattern and development trend of "great ideological and political ", and cooperate with the educational measures of " great ideological and political "in colleges and universities.[1].

2. Curriculum Ideology and Development

Curriculum ideological and political means to construct the educational pattern of "all-staff, whole course and whole course ", to combine different courses of different majors with ideological and political theory courses, to promote them to " walk in the same direction ", to construct "great ideological and political" mechanism, and to regard "moral education" as one of the fundamental tasks of all kinds of curriculum teaching in colleges and universities, which is a comprehensive educational idea in line with the development trend of the times.

Since 2014, the education department of our country has brought "moral education" into the important system of educational reform, gradually explored the route from "ideological and political curriculum" to "curriculum ideological and political ", and put forward the " comprehensive education reform plan (2014-2020)" and other documents. promote the physical and mental health development of contemporary college students.

In this process of exploration and development, colleges and universities have gradually formed the educational pattern of "great ideological and political ", combined with the specific curriculum

teaching content, to explore the ideological and political resources and potential in the curriculum, adhere to the essence of "educating people", in teaching activities to achieve the purpose of "educating people", the implementation of teachers' duties of educating people[2].

3. The Status and Responsibility of "Curriculum Thought and Politics" in College Physical Education Teaching

"Curriculum Thought and Politics" is the demand for the reform and development of physical education in colleges and universities under the background of the new period. Physical education in colleges and universities is an important part of the teaching system. The traditional physical education curriculum focuses on the improvement of students' physical quality and the cultivation of sports skills. After the "new curriculum reform", the physical education curriculum of colleges and universities bears the burden of "sports power". At this time, "ideological and political curriculum", fully explore the "education" resources in the physical education curriculum after the "new curriculum reform", can further promote the development of college physical education in the cultivation of students to form a good ideological quality, in line with the needs of college physical education curriculum reform and development[3].

The development of "ideological and political curriculum" can further implement the goal of physical education teaching in colleges and universities. In the teaching of physical education curriculum in colleges and universities, its main goal is to promote the harmonious development of students' physical and mental health. It is a teaching process of integrating moral education, cultural and scientific education, life and health education and physical education skills education, which is an important link in the cultivation of students' all-round development. In the physical education curriculum of colleges and universities, teaching activities include: sports activities, physical health education activities, sports skills teaching activities, mental health and social adaptation education activities, physical education activities, etc. Among them, the main teaching objectives of mental health, social adaptation and physical education are to cultivate students to form good psychological quality and promote students to produce good social consciousness, collective consciousness (Fig .2), family feelings and sense of responsibility. Therefore, the development of "ideological and political curriculum" in physical education in colleges and universities can not only help to achieve the teaching goal of physical education curriculum, but also strengthen the achievement of "educating people" in physical education curriculum.



Figure 1 Sports collective activities in colleges and universities (cultivating students' collective consciousness and cooperative consciousness)

4. The Practice Path of "Curriculum Thought and Politics" in College Physical Education Teaching

4.1. Improve Teachers' Ideological Awareness and Create a Good Atmosphere for Educating People

In order to practice the "ideological and political curriculum" of physical education teaching in colleges and universities, colleges and universities should optimize the top-level design, realize the influence of physical education teachers' own ideological and ideological level on the effect of "ideological and political curriculum", focus on cultivating physical education teachers' ideological

consciousness and moral quality, and promote physical education teachers' political consciousness. In the course of "thinking and politics" of physical education, teachers should not only pay attention to students' mastery of physical education health knowledge and application skills, but also focus on propagating advanced ideology and culture and socialist core values, which is a test for the ideological and moral literacy of physical education teachers in colleges and universities. Therefore, colleges and universities should carry out regular ideological education and training for all kinds of curriculum teachers according to the construction process of "great ideological and political" pattern and the construction goal of "curriculum ideological and political" in physical education, focusing on the Party's principles and policies, domestic and foreign situations and the embodiment of the current socialist core values under different periods of time, and introduce successful cases of "curriculum ideological and political" in other colleges and universities to improve teachers' ability of educating people[4].

In addition, colleges and universities should actively carry out regular meetings on the integration and development of all kinds of courses and "ideological and political" (figure 2), put forward specific "curriculum ideological and political" path, stage division, progress of goal realization, exchange "curriculum ideological and political" experience and achievements, formulate "curriculum ideological and political" management system, strengthen the coordination between various specialties, courses and "great ideological and political" pattern, realize coordinated management, give full play to the "educational" function of all kinds of courses, and achieve educational goals in all aspects.



Figure 2 Ideological and political exchanges in university curricula

4.2. Master the Pattern of "Great Thought and Politics" and Optimize the Design of Physical Education Teaching Programs in Colleges and Universities

In order to practice the "curriculum thought politics" of physical education teaching in colleges and universities, physical education teachers in colleges and universities should master the pattern of "great thought politics" in colleges and universities, make clear the important significance of "curriculum thought politics", combine the goal and demand of physical education curriculum reform, optimize the design of physical education teaching plan in an all-round way, and integrate socialist core values into the whole process of physical education teaching. In this process, teachers can combine specific sports activities to explore the "ideological and political resources", such as "persistent spirit" in marathon running, "patriotic spirit" in competitive sports, and so on.

4.3. Enrich the Process of Teaching Activities, Strengthen the Ideological and Political Education Effect of the Curriculum

In order to practice the "curriculum thought and politics" of physical education teaching in colleges and universities, physical education teachers in colleges and universities should optimize the teaching content of physical education courses in an all-round way, innovate the form of classroom teaching activities, stimulate students' interest in independent participation, so as to improve the educational effect of "curriculum thought and politics" in physical education. In the actual process, teachers can combine different sports, such as volleyball, basketball, tennis, football, aerobics, Chinese martial arts and so on. According to the actual situation of school students, teachers can integrate ideological and political education with curriculum teaching. Cultivate students to form good values and promote the development of students' physical and mental

health[5].



Figure 3 Report on ideological and political achievements of university physical education curriculum

5. Conclusion

To sum up, under the background of constructing "great thought and politics" in colleges and universities, physical education teachers, as important course teachers, should realize the responsibility of "great thought and politics", adjust teaching activities and curriculum ideas actively, fully explore the ideological and political elements in physical education courses, strengthen the educational function of physical education courses, train students to form good socialist innovation values, and urge college students to gradually develop correct outlook on life, values and world outlook. In the process of ideological and political thinking of physical education curriculum, colleges and universities should constantly improve the ideological and ideological level of physical education teachers, improve their ideological and political literacy, and lay the foundation for physical education curriculum ideological and political thinking.

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