

Research on Physical Education Moral Education Resources and the Effectiveness of Ideological and Political Teaching in Colleges and Universities

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Abstract: Ideological and political education plays an important role in higher education and is an important part of higher education. Physical education class can not only strengthen students' physique, but also strengthen their soul, so that they can accept the cultivation of emotion, the training of will, the promotion of morality and the cultivation of aesthetics in the process of exercise. The rich moral education resources in college physical education are an important direction in college education reform, and the integration of physical education curriculum and moral education has further deepened college education. Carrying out "curriculum ideological and political education" in physical education can carry out ideological education to students from all aspects, so as to comprehensively improve students' ideological quality and physical quality. The conflict between the characteristics of Ideological and political course and the particularity of acquisition subject makes the effectiveness of Ideological and political course teaching not strong. The development and application of sports moral education resources provides the possibility and feasibility for enriching and optimizing the teaching content of Ideological and political course.

1. Introduction

With the continuous development of the social economy and the advent of the era of the explosion of network information, the speed of the era is getting faster and faster, and the key task is to train high-quality labor talents that meet the requirements of the times through physical education courses [1]. The development model of modern moral education adheres to the educational concept of being close to students, close to life, and close to reality, and requires that the teaching of ideological and political theory courses in colleges and universities pay attention to actual results. Physical education curriculum is an indispensable course to realize cultural quality education and enhance physical fitness [2]. Physical education can not only strengthen students' physique, but also strengthen their souls, so that they can receive emotional cultivation, will temper, moral improvement and aesthetic cultivation in the process of exercise. Therefore, moral education is contained in sports, and moral education is integrated into sports [3]. In physical education, teachers not only need to cultivate students' physical quality, but also need to improve students' ideological quality. In the new historical period, we should give full play to the role of the main channel of classroom teaching in ideological and political work in colleges and universities, so that all kinds of courses and ideological and political theory courses can go in the same direction and educate people cooperatively [4].

With the rapid development of the information age, various cultures are interwoven and infiltrated, and students who have not yet formed complete values are vulnerable to the impact of network information. Based on the core values of college students, ideological and political education is the key direction of college physical education curriculum work [5]. In the process of sports practice, it has the effect of ideological education, and sports learning can not only train their physique, but also cultivate their mind. Carrying out "ideological and political education in courses" in physical education class can educate students from all directions, thus improving students' ideological literacy and physical quality in an all-round way [6]. In physical education, teachers should attach importance to moral education, guide students to form good physical education quality in their study, and lay the foundation for students' all-round development. As a basic quality course, physical education class should naturally carry out ideological and political education

throughout the whole teaching process. The conflict between the characteristics of the ideological and political course and the particularity of the acquisition subject makes the actual effect of the current ideological and political course teaching weak [8]. Developing and applying physical education moral education resources provides the possibility and feasibility for enriching and optimizing the content of ideological and political teaching.

2. Analysis of Moral Education Value in College Physical Education

2.1. Physical Education Contains Rich Moral Education Resources

Sports, as a competitive event, is a purposeful and regular activity, so it is also important to be strict with oneself while obeying the rules. As a part of human cultural life, sports is an important carrier for human beings to pursue their own essence and comprehensive realization. In the process of evolution of human culture and socialization, it has nurtured rich moral education resources, has profound moral education values, and is an ideal means of implementing moral education. . It is an educational function for any form of teaching activities. While college students are carrying out sports activities, everyone's ideas and inner qualities are displayed, and they can be targeted according to their behaviors in sports courses. Sex education. The "Thinking and Politics Lesson" course involves the instillation of a large number of ideological and political theories. The content is mostly principles and regulations and system provisions. Although the content has a combination of practical problems, it is theoretically strong, lacking in imagery, and boring to learn [9]. To improve the effectiveness of moral education in ideological and political education in physical education, the resources for physical education must be fully developed and applied. In classroom teaching, teachers can infiltrate the patriotic feelings towards students in terms of teaching content, make students realize the importance of the country to themselves, and cultivate students' national pride. In sports activities, it can best show one's ideological and moral qualities. In daily competition activities and sports courses, students should be trained to develop a sense of teamwork, and the daily behaviors of students can be regulated through the formulation of sports regulations.

2.2. The Integration of Ideological and Political Education Into Physical Education Curriculum is the Basic Requirement for the Implementation of Physical Education Curriculum Objectives

For colleges and universities, it is no longer confined to the cultivation of science and culture of college students. As high-quality talents in the new era, the all-round development of body and mind meets the requirements of high-quality talents in the new era. The design of physical education courses in colleges and universities should not only aim at improving physical fitness, but also train high-quality workers most needed by modernization for the society. In sports competitions, the results obtained in competitions often stimulate students' different emotional expressions, and different people's behaviors are different. Teachers can teach different methods of physical education moral education courses according to these students' different behaviors. Teachers can design theme activities for students, guide students to participate, make students pay attention to the role of physical education in the process of participating in activities, improve students' learning ability and sports literacy, and lay a foundation for improving students' comprehensive quality. Although physical education is different from theoretical subjects, the moral education resources contained in physical education curriculum can not be ignored, and the competitive spirit expressed by sports is valued by many countries. It can be seen that the influence of physical education on college students lies not only in the external cultivation, but also in the shaping of the spiritual world. Sports is not only a leisure sport, but also a competitive sport. In teaching, teachers can use physical education courses to infiltrate moral education to students, so that students can form a good sense of patriotism.

3. The Realistic Needs of the Integration of Physical Education Moral Education Resources and Ideological and Political Teaching

3.1. Improvement of PE Teachers' Ideological and Political Quality

Physical education teachers play a leading role in physical education curriculum. Therefore, the overall ideological and political literacy of physical education teachers affects students' ideological and political literacy to a certain extent. Therefore, it is extremely important to improve the ideological and political quality of PE teachers. As a kind of value education, moral education is an educational behavior in which students accept ideological and political principles and norms and internalize them into their own inner beliefs. Physical education is of far-reaching significance for building a good ideological and political education environment, edifying students' ideological and moral feelings and internalizing their accepted ideological and moral principles. In college physical education, teachers can organize group activities for students, and guide students to enhance their sense of cooperation, realize the importance of physical education and improve their understanding of teams in cooperative learning. In physical education courses, teachers bring students the most subjective feelings, so they have the greatest influence on students. Because different teachers bring different influences on students' thinking, it is necessary to carry out targeted training on moral education courses when training teachers' ideological and political literacy [10]. In daily work, teachers need to strengthen the study of political theory, improve their moral quality, and give full play to their role models to teach students. Teachers give full play to the unique moving and pleasant characteristics of sports moral education resources in ideological and political teaching, carefully design educational situations and make them gain deep inner experience, so that students can be edified in the pleasant sports cultural experience and realize specific ideological and moral education in the strong emotional cultivation.

3.2. Realize the Effective Integration of Educational Channels

In classroom teaching, teachers should carry out moral education throughout the whole classroom teaching. According to the teaching content, design the teaching links, and carry out active and targeted teaching for students. In classroom teaching, teachers should not only cultivate students' sports skills, but also allow enough time for students to learn independently, exercise sports thinking and form a good sense of innovation. There are various ways to realize the educational significance, but the integration of various channels is the way to maximize the educational significance. The integration of public physical education and moral education in colleges and universities is the task that colleges and universities need to complete in physical education. Sports activities are regular, competitive and collective. When teachers infiltrate moral education into students, they can take advantage of physical education to carry out moral education for students. For traditional teaching, the educational channels mainly include physical education courses, physical education practice, memories, etc., which can be used to carry out educational significance, while the modern educational channel we are talking about now is to accomplish educational significance by means of information technology [11]. In classroom interaction, we can design sports activities, such as individual activities and group activities, according to students' actual learning situation, so as to guide students to form good interpersonal skills and lay a foundation for students' spiritual quality training. Teachers can also consciously organize students to participate in the layout of venues, recycle sports equipment, learn to cherish and care for public property, and form a correct view of labor and collective.

4. Conclusions

Physical education plays an irreplaceable role in improving people's physical fitness and health level, promoting people's all-round development, enriching people's spiritual and cultural life, promoting economic and social development, and inspiring people of all ethnic groups in China to carry forward the spirit of pursuing Excellence and breaking through themselves. Infiltrating moral education into college physical education can improve students' ideological quality and promote the cultivation of students' thinking ability and learning ability. Physical education is of far-reaching significance for building a good ideological and political education environment, edifying students'

ideological and moral feelings and internalizing their accepted ideological and moral principles. From the perspective of "ideological and political education in curriculum", fully exploiting the value and function of moral education in physical education in colleges and universities is not only conducive to cultivating college students' patriotic sentiments and strengthening their self-awareness of self-struggle and competition, but also can improve their professional quality and professional ethics. In classroom interaction, we can design sports activities, such as individual activities and group activities, according to students' actual learning situation, so as to guide students to form good interpersonal skills and lay a foundation for students' spiritual quality training.

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