

Analysis of the Practical Model and Educational Effectiveness of Physical Education Empowering the Construction of Ideological and Political Education in Colleges and Universities

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Abstract: This article focuses on the empowering effect of Physical education (PE) on the construction of Ideological and Political Education (IPE) in Colleges and Universities (IPECU), aiming at exploring the effective path of the integration of the two and its educational effect. This article discusses the theoretical relationship between PE and the construction of IPECU. It is found that PE has unique educational value and is closely related to the construction of IPECU. On this basis, this article constructs a practical model of IPE in PE courses, educating people in sports competitions, ideological and political integration between sports associations and extracurricular sports activities, and the influence of their integration on campus culture. These models have shown remarkable effectiveness in improving students' ideological and moral quality, psychological quality and will quality, social adaptability, enriching the connotation of campus culture and promoting the diversified development of campus culture. The research shows that the integration of PE and IPECU is of great significance to cultivate all-round high-quality talents and create a positive campus culture.

1. Introduction

Under the background of education in the new era, the construction of IPECU shoulders the important mission of cultivating talents with both ability and political integrity and all-round development. With the continuous updating of educational ideas, how to innovate the construction path of IPE and improve the effect of IPE has become a key issue for college educators to continue to explore [1]. PE, as an important part of higher education system, not only plays a key role in improving students' physical quality, but also provides a new perspective and approach for the construction of IPECU [2].

To some extent, the traditional way of IPE has some problems such as single form and insufficient effectiveness [3-4]. PE is practical, interesting and team-oriented, which enables students to receive ideological education imperceptibly in personal participation and make up for the shortcomings of traditional IPE [5]. The organic integration of PE and IPECU not only conforms to the law of educational development, but also is an inevitable requirement for cultivating high-quality talents with firm ideals and beliefs, good moral quality and healthy body.

At present, although there have been some studies on the combination of PE and IPE, most of them focus on the summary of practical experience, and the internal synergy mechanism, systematic practice mode construction and comprehensive education efficiency analysis are still insufficient [6]. Based on this, the purpose of this article is to deeply analyze the theoretical relationship between PE and the construction of IPECU, systematically construct the practical model of PE empowering the construction of IPECU, and comprehensively analyze its educational effectiveness. It is hoped that this research can provide practical guidance for promoting the innovative development of IPECU and improving the quality of education.

2. The relationship between PE and the construction of IPE

PE is not a simple physical exercise activity. It is an educational process with physical exercise

as the basic means, with the main purpose of improving students' health and physique, and at the same time imparting sports knowledge and skills, and cultivating students' sports consciousness, sports ability and sports morality [7]. From the perspective of physical fitness, PE can improve students' physical quality and lay a material foundation for their all-round development. From the educational level, PE has unique value in cultivating students' sense of competition, spirit of cooperation, sense of rules and tough will.

The purpose of IPECU is to guide students to establish a correct world outlook, outlook on life and values, and to cultivate socialist builders and successors with a high sense of social responsibility, innovative spirit and practical ability. Its content covers Marxist theory education, ideal and belief education, patriotism education, moral and legal education and many other aspects [8]. Through ideological and political courses and courses, these contents are organically integrated into the whole process of college education and teaching, helping students to form a scientific way of thinking and noble moral sentiments, so that they can maintain the correct political direction and value orientation in the complex and ever-changing social environment.

PE is closely related to the construction of IPE. On the one hand, sports spirit, sports morality and other elements in PE are highly compatible with the values advocated by the construction of IPE. For example, the principle of fairness and justice embodied in sports competitions echoes the moral and legal education in IPE [9]. On the other hand, the construction of IPE provides ideological guidance for PE and ensures the correctness of the direction of PE. The synergistic mechanism of the two is that the IPE objectives are integrated into the teaching activities of PE by tapping the ideological and political resources in PE, so as to achieve mutual promotion and complement each other.

3. PE empowers the practical mode of IPECU

3.1. Mode of IPE in PE curriculum

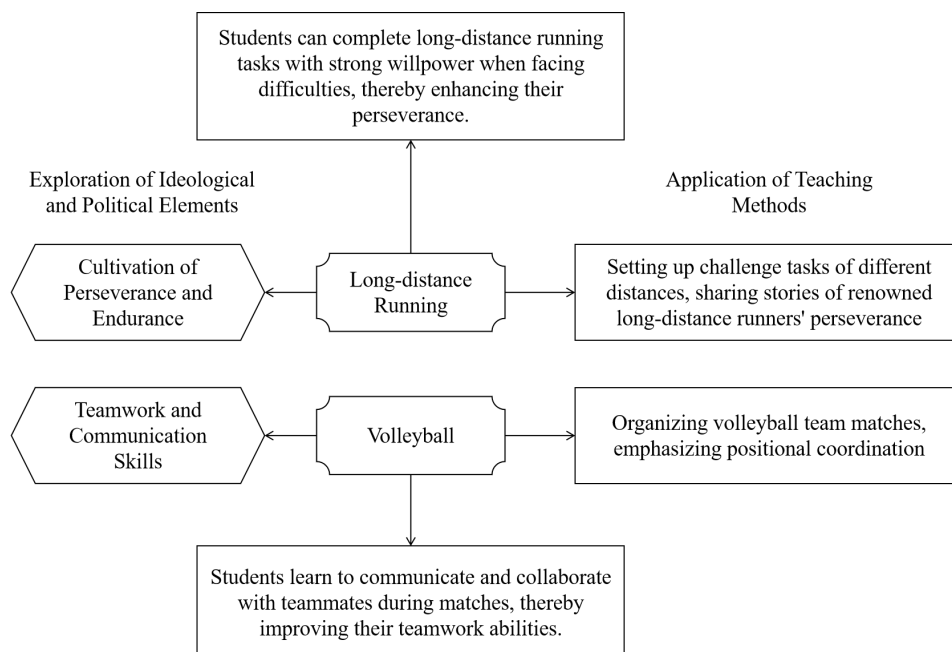


Figure 1 Example of IPE mode in PE curriculum

The purpose of IPE in PE is to integrate the elements of IPE into all aspects of PE teaching. In the setting of teaching objectives, we not only pay attention to the improvement of students' physical skills and physical fitness, but also include ideological and political goals such as cultivating students' will quality and teamwork spirit. In the selection of teaching content, the ideological and political elements are explored according to the characteristics of different sports. Track and field events can cultivate students' perseverance; Basketball, football and other team ball events focus on cultivating students' teamwork and communication skills.

In teaching methods, IPE is infiltrated in various ways. Case teaching method is one of the commonly used means. Teachers can select outstanding athletes to overcome difficulties and bravely climb the peak, and encourage students to be fearless in their study and life. Furthermore, through group competition teaching, students can experience the sense of collective honor and team strength in competition and cooperation. In order to present the IPE mode of PE curriculum more intuitively, Figure 1 is an example of the IPE mode of PE curriculum:

3.2. IPE mode in sports competition activities

Sports competition is a vivid classroom for IPE. Universities can create a positive competitive atmosphere and cultivate students' fighting spirit and competitive consciousness by holding various sports competitions. Before the game, carry out mobilization activities, emphasize sports spirit and patriotic feelings, and stimulate students' sense of mission to win glory for the school. During the competition, we should pay attention to the guidance of students' moral norms such as fair competition and respect for opponents, and the referee should strictly enforce the law to ensure fair competition and make students understand the importance of rules. After the game, organize commendation and summary activities to commend outstanding teams and individuals, and guide students to sum up experiences and lessons and cultivate their correct attitude towards success and failure.

3.3. Integration mode of sports associations and extracurricular sports activities

Sports associations and extracurricular sports activities provide students with a broader space for IPE. Sports associations can regularly organize theme activities, such as "Red Sports Culture Inheritance" theme activities. Through the experience of red sports events (such as military pentathlon simulation, etc.), students can understand the history of revolutionary ancestors' sports activities in difficult environments and stimulate their patriotic feelings and hard struggle spirit. In terms of extracurricular sports activities, schools can organize voluntary sports services, such as community sports guidance, to cultivate students' sense of social responsibility and dedication. In these activities, students internalize the idea of IPE into their own code of conduct in the process of self-organization, self-management and self-participation, thus realizing the subtle influence of IPE.

4. The influence of the integration of PE and IPE on campus culture

The integration of PE and IPE is not only of great significance to the individual development of students, but also has a positive and far-reaching impact on the shaping and enrichment of campus culture. This integration has injected new vitality and connotation into campus culture. The integration of ideological and political elements into sports activities makes campus sports culture no longer limited to pure sports competition, but carries more value orientation and spiritual pursuit. Taking the campus sports meeting as an example, patriotism, collectivism and other ideological and political contents are integrated into the preparation and holding of the sports meeting. By setting the entrance with a specific theme, such as the theme entrance to show the historical development stage of China, students in each class present the features of different historical periods in a creative way. This not only increases the interest and culture of the Games, but also spreads the spirit of patriotism in a subtle way.

The integration of PE and IPE has promoted the diversified development of campus culture. The school organizes all kinds of sports activities related to ideological and political themes to attract students with different hobbies and professional backgrounds to participate. Schools can carry out a series of activities that combine "Red Sports Culture Knowledge Competition" with related sports experience activities, which not only includes the competition of sports history knowledge in the revolutionary period, but also sets up experience links that simulate sports events in the revolutionary period, such as "wheelbarrow transporting grain". This form of activity has attracted many students to participate, forming a new form of campus cultural activities that integrates knowledge learning, physical exercise and cultural inheritance, enriching the types and levels of campus culture. See Figure 2 for the impact of the integration of the two on campus culture.

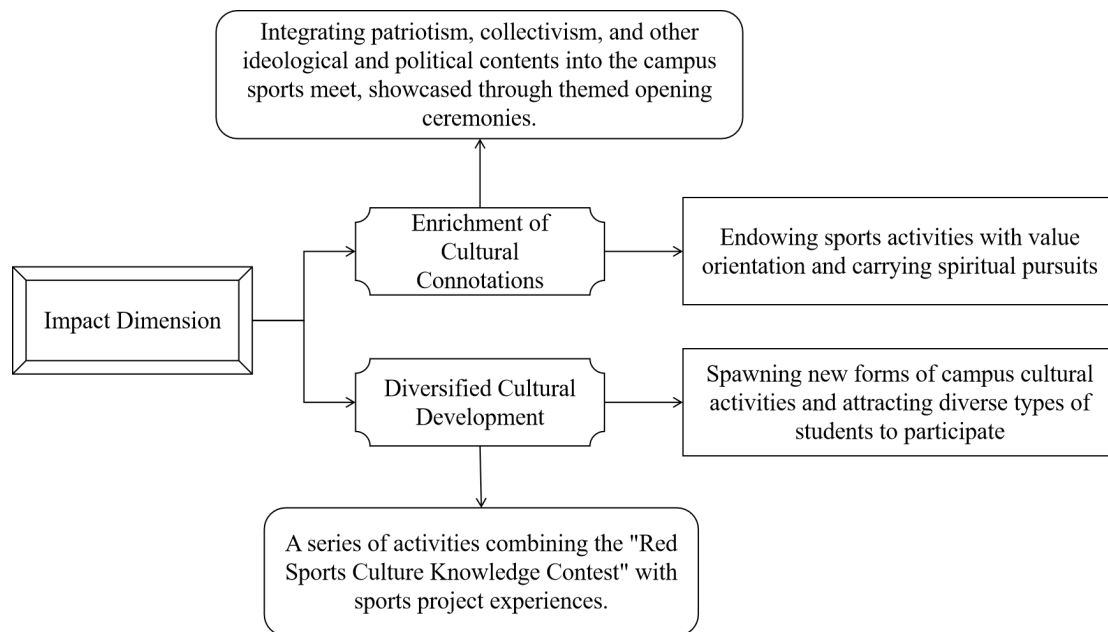


Figure 2 The influence of the integration of PE and IPE on campus culture

The integration of PE and IPE has brought new vitality and changes to campus culture, created a positive and connotative campus cultural atmosphere, and played an important role in the growth of students and the overall development of campus.

5. PE empowers the educational effectiveness of IPECU

5.1. Enhancement of students' ideological and moral literacy

In the process of PE, many links contain rich ideological and moral education resources. For example, in team sports, students need to follow the rules and respect their opponents and teammates, which is helpful to cultivate their sense of fair competition and respect others' morality. In the process of preparation and participation in sports events, students have enhanced their sense of social responsibility by participating in voluntary service and organizing activities. Figure 3 shows the improvement effect of PE on students' ideological and moral literacy.

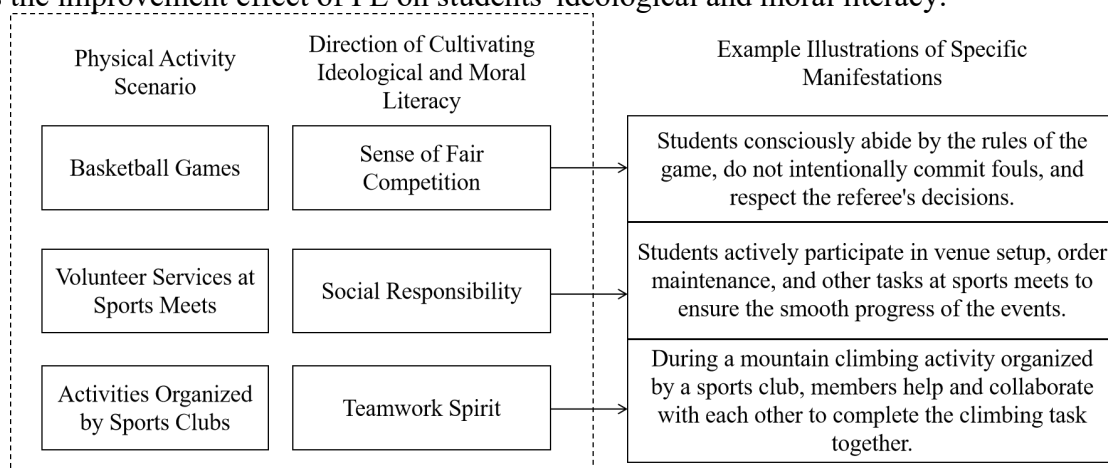


Figure 3 Effectiveness of PE in enhancing students' ideological and moral literacy

5.2. Cultivation of students' psychological quality

Sports activities are often accompanied by various challenges and difficulties, and are an excellent platform for training students' psychological quality and will quality. Taking long-distance running as an example, students need to overcome physical fatigue and psychological inertia in the process of persisting in long-distance running, which helps to cultivate their perseverance. In the

face of challenging sports, such as rock climbing, students should overcome their inner fears, thus enhancing their courage and self-confidence. When failing in sports competitions, students learn to face up to setbacks, adjust their mentality and cultivate good frustration tolerance. Long-term participation in sports activities has significantly improved students' psychological quality and will quality, and they can better cope with various difficulties in study and life.

5.3. Promotion of students' social adaptability

PE provides students with a lot of opportunities to interact with others and effectively promotes the development of their social adaptability. In sports classes and competitions, students come from different majors and backgrounds. By participating in sports activities together, they learn to communicate and cooperate with people with different personalities and improve their interpersonal skills. Teamwork in sports activities requires students to be clear about their roles and responsibilities and learn to obey team arrangements, which is helpful to cultivate their organizational discipline and role adaptability. Furthermore, participating in sports activities can also help students understand different sports culture and social rules, broaden their horizons and better adapt to the diversified social environment. For example, in international sports exchange activities, students interact with foreign athletes, understand the sports culture and customs of different countries, improve their cross-cultural communication ability, and lay a solid foundation for future integration into society.

6. Conclusions

In this article, a comprehensive study is carried out around the construction of PE empowering IPECU, and the theoretical basis, practical mode, educational effectiveness and its influence on campus culture are discussed in depth. Theoretically, it is clear that PE and IPECU have close internal relations and cooperative mechanisms, which provides a solid basis for their integration. In practice mode, a multi-dimensional model covering PE courses, competitions, clubs and extracurricular sports activities and its influence on campus culture has been formed. IPE in PE curriculum is integrated into IPE by excavating ideological and political elements and diversified teaching methods; Sports competitions permeate IPE at all stages; Sports associations and extracurricular sports activities carry out IPE through theme activities and voluntary services; The integration of the two has also enriched and diversified the campus culture.

In terms of educational efficiency, it promotes students' individual development in an all-round way, enhances many qualities and abilities, and positively affects campus culture. However, there are still challenges in the process of integration, such as uneven IPE ability of teachers and imperfect resource integration. In the future, it is necessary to strengthen teachers' training, improve their level of IPE, dig deep into the integration resources, optimize the coordination mechanism, continuously improve the practice mode, and give full play to the role of PE in the construction of IPECU. This can provide strong support for cultivating all-round socialist builders and successors and creating a high-quality campus cultural environment.

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