

Study on Ideological and Political Education of Physical Education Courses in Colleges from the Perspective of “Fostering Virtue through Education”

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Abstract: In the report of the 19th National Congress of the Communist Party of China, it is proposed to “Fostering Virtue through Education” as the fundamental task of education, and it is emphasized to nurture a new generation of capable young people who have a good and all-round moral, intellectual, physical, and aesthetical grounding and are well-prepared to join the socialist cause. Ideological and political education in college physical education courses refers to the fundamental task of establishing morality and cultivating people, working together with ideological and political courses to form synergy and jointly build a pattern of educating people. Carrying out ideological and political education in physical education courses has become an era topic for college physical education teachers to seriously consider and strive to practice. Based on this, this article studies the ideological and political aspects of college physical education curriculum from the perspective of moral cultivation.

1. Introduction

Students are the future of the motherland, the hope for the great rejuvenation of the Chinese nation, and the main force for realizing the Chinese dream. In order to adapt to the development needs of the times, the fundamental goal should be to foster virtue through education, that is, to adhere to the education standard and also to pay attention to the moral quality of students. Curriculum ideological and political education is the main channel for cultivating moral qualities, and the construction of physical education curriculum ideological and political education is an effective integration of physical education and ideological and political education. As a test field and breakthrough, the ideological and political construction and development of physical education curriculum is imperative, and is the key to promoting the major strategic goal of “The Dream of a Powerful Sports Country”.

2. The Significance of Ideological and Political Construction of Physical Education Courses in Colleges

Firstly, it helps students establish lifelong sports awareness. For student groups, it is particularly important to establish lifelong physical education awareness in the physical education classroom. Unlike traditional physical education classroom teaching models, the construction of physical education curriculum ideological and political education is the integration of physical education disciplines and ideological and political education content, extending the influence of physical education teaching, and achieving fitness goals on the basis of mental health. In the context of ideological and political construction of physical education courses, the selection of educational content should emphasize comprehensiveness and effectiveness. The integration of ideological and political content has enriched traditional physical education classroom resources and significantly improved coverage. Diversified content is more likely to activate students' enthusiasm for sports learning and establish lifelong sports awareness. Carry out scientific physical exercise in daily life to achieve the normalized goal of physical exercise and provide services and support for the growth of students.

Secondly, it helps to cultivate students' positive mental state. Contemporary students live in a

superior social and living environment and are satisfied with their material and spiritual lives. However, this makes this group's ability to resist setbacks weak, and they are extremely prone to negative emotions and psychology when facing difficulties. The construction of ideological and political education in physical education courses has broadened the coverage of physical education courses, allowing more elements of ideological and political education to be successfully applied to them, in order to exercise the students' tenacious struggle, hard work, and will not give up, and cultivate the comprehensive quality and positive spirit of this group through subtle influence.

Thirdly, it helps students set ambitious goals. The ideological and political reform of physical education curriculum should maintain the same frequency resonance with the reform of physical education teaching in schools, form a systematic circular educational space, and imperceptibly shape the good will quality of students. In addition, students' participation in the physical education classroom is significantly insufficient, and the construction and development of physical education curriculum ideology and politics have revolutionized the traditional curriculum environment, which is of great significance for students to set ambitious goals.

3. The Ideological and Political Construction Path of Physical Education Curriculum in Colleges from the Perspective of “Fostering Virtue through Education”

3.1. Attaching Importance to the Improvement of Ideological and Political Literacy of Teachers

As the important executors of the fundamental task of establishing morality and cultivating people, teachers should attach importance to the improvement of their own ideological and political literacy. They are the main force in ideological and political construction, and also the leaders in the synchronous development of physical education courses and ideological and political education. In order to steadily promote the overall process of ideological and political construction of physical education courses and find a more reasonable practical path, it is necessary to attach importance to the reasonable construction of professional teachers, and create an excellent team of teachers with strong politics, deep emotions, and positive personality. This is the basic guarantee for effective ideological and political construction of public physical education courses. On the one hand, physical education curriculum teachers should attach importance to the improvement of their own literacy, constantly learn and grow, pay attention to the accumulation of their own knowledge, learn to use Marxist perspectives and methods to promote the humanistic heritage and scientific spirit, establish ideological and political awareness, reasonably understand the connotation and essence of ideological and political education, accurately control the policy of educating people, and steadily strengthen the level of talent cultivation. On the other hand, physical education courses should attach importance to the opportunities of online platforms and continuing education, strengthen teachers' absorption of political, economic, and legal knowledge, and promote active communication among teachers through scientific means to achieve further planning and development. It is also necessary to attach importance to scientific research activities, create a good ideological and political atmosphere, ensure that public physical education curriculum teachers can improve their theoretical skills in ideological and political education, and steadily promote ideological and political construction. Effectively combine centralized education and training with follow-up training to ensure that every teacher can absorb rich ideas and firm positions, and steadily strengthen the efficiency and basic quality of ideological and political construction. Colleges should also focus on the scientific cultivation of outstanding young teachers, so as to build a perfect echelon of professional teachers, and promote the sustainable development of ideological and political construction of public physical education courses.

3.2. Designing Courses for Ideological and Political Education in Physical Education

Integrating ideological and political education into physical education in colleges and universities is to integrate the content or concept of ideological and political education into the curriculum objectives, content, implementation, and evaluation based on the original physical

education curriculum content or physical education. Therefore, curriculum design is the first step to integrate ideological and political education into college physical education. From the perspective of curriculum design path realization, if ideological and political education content is to permeate college physical education, it must first be integrated with the top-level design of college physical education. Under the guidance of the top-level design, various links are closely linked, thereby serving the realization of the goal of “Fostering Virtue through Education” in college physical education. Considering the infiltration of ideological and political education into college physical education from the perspective of top-level design, starting with the main carrier of the top-level design of physical education curriculum - physical education curriculum standards, integrating ideological and political education and other related content into the goals of physical education curriculum, taking “Fostering Virtue through Education” as the explicit goal of college physical education, and taking the requirements and content of other ideological and political education as the implicit goal. Secondly, in the integration of curriculum content, various educational models can be used to integrate the relevant content of ideological and political education into college physical education, such as using situational teaching models to help students establish correct values. In the aspect of teaching link design, according to the overall design of teaching objectives, the teaching of physical education courses in colleges and universities is divided into two links: physical education theory teaching and physical education practice. The teaching of physical education theory should focus on the cultivation of students’ ideological and moral qualities, emotional identity, and other qualities, while the design of physical education practice teaching should focus on strengthening the improvement of students’ willpower quality. Finally, at the level of curriculum assessment and evaluation, when designing curriculum evaluations, teachers should establish curriculum evaluation indicators such as physical education testing and evaluation, extracurricular activity tracking and evaluation, physical education practice class performance evaluation, and theoretical class performance evaluation based on the relevant content of the previous curriculum design, so as to guide students to focus on self development, enjoy physical education courses, and consciously transform ideological and political education into emotional identification and behavior habits during the teaching process.

3.3. Strengthening the Construction of Ideological and Political Culture in Campus Sports

The construction of ideological and political education path in college physical education The construction of ideological and political cultural path in campus physical education mainly takes cultural self-confidence as the starting point. It is necessary to firmly believe in the power of traditional Chinese culture, inherit and develop the excellent parts of traditional Chinese culture, and national traditional sports culture becomes the main carrier of this path construction.

The construction of the ideological and political cultural path of campus sports can fully utilize the important educational functions and values of traditional ethnic sports culture. Through carrying out traditional ethnic sports projects, students can feel the specific forms of traditional Chinese ethnic sports culture, such as through traditional projects such as Tai Chi (see Figure 1). As a traditional Chinese martial art, Tai Chi itself emphasizes the use of softness over hardness, combining hardness with softness, and having an orderly opening and closing. Carrying out Tai Chi project teaching in universities can help students strengthen their body and on the other hand, it can also enable students to gradually integrate pride, qi, form, and spirit through Tai Chi exercises. In addition, Tai Chi can help students gradually develop the personality traits of loving peace, being kind and modest, tolerant and magnanimous, respecting each other, and caring for others, thereby promoting harmony between humans and nature. Moreover, educational objectives can be achieved through regular series of activities such as exhibitions and performances of patriotic deeds of martial arts heroes, such as organizing students to watch related film and television works and stage plays, or conducting and performing series of stage plays by students themselves. This allows students to fully understand history while arousing their love for the country, enhancing their national pride and self-confidence, and increasing their determination to serve the motherland (see Figure 2). Moreover, activities such as contests on knowledge of traditional ethnic sports culture

can be held to promote learning, allowing students to understand and remember the profound connotation of traditional Chinese sports culture while understanding it, thereby helping students establish positive values.



Figure 1 Tai Chi



Figure 2 The school organizes students to watch the stage drama *Tai Chi Legend*

In addition, starting from an infrastructure perspective is also a good strategy. For example, sports columns have been set up in locations such as campus walls, corridors, sports venues, and campus bulletin boards to specifically describe the representative figures in the development process of China's sports industry and their inspirational experiences of fearing hardship and striving hard. In addition to text, pictures, and other forms, campus broadcasting can also be used to establish a sports column dedicated to telling relevant stories and experiences, thereby encouraging students to form good sports learning methods and habits that are diligent in learning sports knowledge, quick to practice sports skills, and brave in exploring sports rules in physical education courses, providing ideological guidance and methodological support for lifelong sports activities for students.

4. Conclusion

From the perspective of fostering virtue through education, the ideological and political construction of public physical education courses in colleges and universities has become the focus of attention, which is related to the growth and development of students, and is also the driving force and support for the steady progress of the country and society. It requires the efforts and support of all parties to jointly commit to the same goal in the context of the new era, so as to ensure that students have a healthy physique, good quality and cultivation, and make positive contributions to the long-term progress and sustainable development of the country and society.

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