Humanism Based Ideology and Politics of Physical Education in Colleges and Universities

Li CAO
Zhejiang Yuexiu University

Abstract: Quality education advocates the comprehensive development of students in moral, intelligence, sports, aesthetics and labour education. Therefore, the concept of ideological and political education in curriculum is put forward, and the combination of ideological and political education and various disciplines is advocated. The humanistic attribute of physical education provides the prerequisite for the implementation of ideological and political education. It is necessary to explore the main path of the implementation of ideological and political education based on the humanism in education and teaching. Based on expounding the ideological and political connotation of curriculum, this work discussed the feasibility of the combination of college physical curriculum and ideological and political education, and pointed out the two principles of ideological and political construction of the curriculum, which are subjective diversity and progressive system. Finally, this work returned to the discussion on the ideological and political construction path of physical curriculum in colleges and universities, and discussed deeply from aspects of textbook compilation, assessment optimization and atmosphere creation, so as to point out the ideas for the implementation of ideological and political education of physical curriculum in colleges and universities.

Keywords: Ideological and political curriculum; Colleges and universities; Physical education; Educational ath

DOI: 10.47297/wspiedWSP2516-250007.20200410

1. Introduction

Ideological and political education advocates the integration of teaching and ideological and political education, exerts the advantages of ideological and political education in various disciplines, and realizes the deepening and landing of ideological and political education. As a compulsory course in colleges and universities, physical curriculum has a wide audience base, rich curriculum

About the author: Li CAO (1982-03), Male, Han, Master, Lecturer, main research direction: physical education.
Funded project: A Project Supported by Scientific Research Fund of Zhejiang Provincial Education Department (Y202044009).
content and diverse teaching forms, which provides multiple carrier support for the implementation of ideological and political curriculum \[^1\]. In terms of the current physical education in colleges and universities, the exploration of ideological and political education of the curriculum is also deepening, and the ideological and political thinking of the physical curriculum is basically clear. It requires that in college physical education teaching, ideological and political education should not only consciously penetrate into professional teaching, but also dig ideological and political education materials in professional teaching, so that the teaching of physical education and ideological and political education complement each other, and jointly contribute to the innovative and comprehensive development of college students.

2. Interpretation of Ideological and Political Connotation of the Curriculum

Ideological and political curriculum is not the superposition of curriculum and ideology and politics. From the perspective of curriculum theory, ideological and political curriculum reforms the teaching form with innovative teaching methods, adjusts the curriculum content, strengthens the education of core values with interesting and vivid teaching methods, infiltrates ideological and political theories, and gives priority to implicit transmission, so as to make students’ educational memory more profound. Ideology and politics is the soul of the curriculum. The ideological and political curriculum must correspond to the complete curriculum system and the effective teaching mode, so that the optimized curriculum model construction can make the ideological and political education achieve sustainable development \[^2\]. At present, there are two representative viewpoints on the definition of ideological and political connotation of curriculum. One of them emphasizes the leading value of ideological and political curriculum, and holds that the implementation of ideological and political curriculum must be unified and complete from the idea value to the goal result. The other emphasizes the integration of the process, puts emphasis on the process, and integrates effective ideological and political education into students’ real ideological and political learning experience, so as to achieve the subject teaching ideological and political knowledge of the conscious refining. The second point of view is the main guide for the ideological and political curriculum construction in current physical education.

3. Integration Feasibility of Physical Education and Ideological and Political Curriculum in Colleges and Universities

There are abundant ideological and political education resources in physical curriculum of colleges and universities, which is very beneficial to ideological and political education because of the healthy and positive spirit contained in physical
education teaching and sports competition. However, it is also necessary to follow certain rules, which is conducive to cultivating students’ habits of self-discipline. In addition, many sports are group projects, which can help to cultivate students’ collectivism spirit and establish the concept of unity and cooperation. Physical education curriculum and ideological and political education have the advantage of educating people in the same direction. Physical education curriculum can play an active role in students’ physical and psychological training, sports skills are the training of students’ basic physical qualities, and mental health is the cultivation of psychological quality and social consciousness. It is important for the future life development of students, so it is very necessary and feasible to integrate college physical education curriculum with ideological and political education\(^3\).

4. Ideological and Political Teaching Principles of College Physical Curriculum

(1) Subjective differences

Ideological and political teaching of physical curriculum in colleges and universities is the fusion of two subjects. Only by proceeding from reality and following the teaching principle of subjective difference can the effect of ideological and political teaching of physical education be enhanced, so as to achieve the expected goal of educating people. For one thing, physical education teachers in colleges and universities need to adhere to the subjective position of students, give students more opportunities to learn independently, explore independently, cooperate with each other, innovate teaching methods with ideological and political ideas, and stimulate students’ desire for knowledge. For another, teachers should pay attention to the different characteristics of students. Students’ living environment and cognition are different, so their ideological and political quality is also different. Therefore, it is necessary to teach students in accordance with their aptitude and follow their individual needs. Students should be reasonably divided according to their merits and demerits, and then differentiated ideological and political training objectives should be formulated to gradually improve the ideological and political level and professional quality of all students.

(2) Progressive system

The ideological and political teaching of physical curriculum in colleges and universities is a gradual process, and teachers must follow the principle of gradual teaching, since it is not like other specialized cultural courses that can be solved by memorizing problems, but should be penetrated into the content of physical education from shallow to deep to strengthen the ideological education of students. Additionally, the ideological and political teaching of physical curriculum in colleges and universities should follow the systematic teaching principles\(^4\). The
ideological and political idea of the course is not the integration with a certain stage of physical education, but runs through the whole process of physical education. Therefore, only by realizing the unity of political nature and scientific rationality in the ideological and political teaching of physical curriculum and deeply analyzing its cultural connotation, can students fully understand and shape perfect personality.

5. The Innovative Implementation Path of Ideological and Political Education of Physical Education in Colleges and Universities Based on the Humanism

(1) Pay attention to the construction of teaching materials, and highlight the humanistic training function of sports

The organization and implementation of teaching activities need the support of teaching materials, and the ideological and political teaching of physical education in colleges and universities also needs the support of teaching materials. The urgent task is to carry out the construction of teaching materials, introduce effective teaching materials that can really drive the implementation of ideological and political education in the curriculum, and point out the direction for the ideological and political construction of the curriculum and the ideological and political teaching of physical education. Specifically, it is necessary to set up the humanistic training units and the humanistic education targets based on the reality of physical education teaching in colleges and universities, and combine the sports training with students’ humanistic accomplishment with the help of textbook carding reconstruction, so that the physical education teaching not only pays attention to the strengthening of students’ physical training, but also pays attention to the improvement of their humanistic quality. The development of teaching activities in colleges and universities is guided by the syllabus and teaching materials, and humanistic concepts are set into specific teaching units in the ideological and political teaching of physical education, which corresponds to specific humanistic training objectives and assessment requirements, and exerts effective constraints and guidance on teachers’ teaching. Teachers consciously pay attention to students’ psychological state, thoughts and emotions, understand students’ diverse needs, consciously infiltrate humanistic ideas in physical education, and carry out ideological and political education, so that skills learning and humanistic education complement each other. In the course of education and teaching, it is necessary to pay attention to the individual value of students, take students as the center, realize the transformation from “skill-based” to “humanistic” in the training of physical education talents, and make the cultivation of humanistic quality become the basic task of physical education and teaching. In addition, teachers should give full play to their own initiative, strive to create a harmonious and friendly learning environment for students, play the role of environmental guidance, and encourage
students to actively participate in sports events and physical exercise, especially team sports, so that they can develop the spirit of hard work, team cooperation, innovation and pioneering, and realize the real landing of ideological and political education in the curriculum.

(2) Pay attention to the cultivation of students’ humanistic quality with diversified assessment

Teaching assessment is an effective way to evaluate teaching effect. In the implementation of ideological and political education in colleges and universities, it is necessary to pay attention to teaching assessment, advocate diversified assessment, guide students to pay attention to the promotion of their own humanistic literacy, and strive to improve individual humanistic literacy. Based on the actual physical education teaching, it is necessary to establish the “classroom, daily and social” trinity assessment model, and cooperate with the students’ self-evaluation and mutual comments as well as teachers’ evaluation to improve the proportion of humanistic literacy assessment in physical education teaching, so as to promote the students’ consciousness of humanistic literacy cultivation. In this way, students can have good self-discipline ability, and strengthen moral self-discipline inside and outside the classroom. In the trinity assessment mode of “classroom, daily and social”, the assessment of classroom education is to play the role of the main position of ideological and political education in the classroom. Teachers transmit the corresponding moral education concept and ideological and political theory to students in the classroom, and guide students to form the motive force of conscious learning, which accounts for 65%. Cooperated with the daily supervision, the daily behavior norms of students should be restrained and guided, and the proportion of this part is suggested to be 25%. Social supervision and monitoring are mainly based on the impact of multicultural thoughts on students in the complex and diversified network environment. Therefore, it is necessary to pay attention to the assessment in this aspect, and 10% of the assessment ratio should be devoted to building a supervision platform for testing the environment and moral level of humanistic literacy.

(3) Create humanistic atmosphere and give full play to the influence of environmental moral education

In the practice of physical education teaching in colleges and universities, it is necessary to pay attention to the promotion of humanistic quality of faculty and staff and the creation of humanistic atmosphere in campus sports in order to fully implement the function of humanistic ideological and political education. Students are limited to the law of physical and mental development, so their ideological cognition is still in a period of rapid development, which has great volatility and variability, and is vulnerable to the environment. Therefore, only physical education teachers and other teaching staff with excellent humanistic literacy can deepen the
value of physical education humanistic literacy and practice humanistic literacy requirements and purposes in the process of teaching practice. Then in the actual teaching activities, it can set an example for students through words and deeds. Only the excellent humanistic quality can actively explore rich and effective teaching means in the teaching inquiry, make the physical education become the rich teaching carrier of the ideological and political education, truly change the “physical skills classroom” into “physical humanities classroom”, and enhance the attraction of the physical education humanistic quality classroom.

6. Summary

For the ideological and political construction of physical curriculum in colleges and universities, it is necessary to find the teaching breakthrough of moral education and ideological and political education based on the excavation, extraction and utilization of humanistic education elements of the subject itself. In this way, ideological and political education and professional teaching can be effectively linked, and realize the landing of ideological and political education in college physical education with the support of abundant textbooks, optimized assessment methods and good cultural atmosphere.

Works Cited


