

Practical Exploration of National Conditions Education for College Students in the New Era based on Physical Education Curriculum

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ABSTRACT

In today's society, one of the core goals of education is to cultivate students' all-round development, among which the cultivation of feelings of home and country is particularly important. Feelings of home and country are not only related to personal emotional identity, but also an important part of the inheritance of national culture and the shaping of national spirit. However, in the actual process of physical education, the implementation of national conditions education is facing many challenges and problems. This paper aims to explore the practical significance and strategies of national education for college students in the new period under the current physical education curriculum, in order to providing reference for sports workers and jointly promoting the effective penetration of national education in physical education.

KEYWORDS

Physical education curriculum; College students; National education; Practical exploration

1 Introduction

Under the background of globalization, a variety of ideological trends collide, so that students are faced with a variety of values. In physical education, the education of feelings for home and country can guide students to establish correct values, and make them distinguish right from wrong and be loyal to the motherland and the nation. By learning the patriotic deeds of people with lofty ideals in history, such as Yue Fei's loyal service to the country and Lin Zexu's opium eradication, students can learn from them and internalize their values such as patriotism and professionalism into their own code of conduct, so that they can make appropriate value choices in the process of growing up^[1]. The significance of the physical education curriculum to college students' national education is mainly embodied in the following aspects. First, the physical education curriculum combines explicit fitness with implicit education to comprehensively cultivate students' physical and mental health and moral quality. Explicit fitness refers to improving students' physical quality through tangible physical exercise and exercise, while implicit moral education refers to cultivate students' moral quality through potential ways in physical education teaching. For example, in sports, students need to abide by rules, respect their opponents and work in teams. These are all manifestations of implicit moral education, which is helpful to cultivate students' patriotic feelings and ideological and political quality. Second, the physical education has unique advantages in national conditions education in colleges and universities. Physical education curriculum not only pay attention to students' health, but also cultivates students' teamwork ability, competitive spirit and perseverance through physical activities. These characteristics are very important for the cultivation of students' comprehensive quality, which will help them better adapt to and cope with various challenges in future social life^[2]. Thirdly, physical education, as an important part of the school curriculum system, is an effective way to realize national education, promote students to adapt to society and cultivate students' complete personality. Through reasonable physical education teaching and scientific physical exercise, students can enhance their physique, improve their health level and improve their physical quality, so as to better adapt to society.

2 The Value Shaping of National Conditions Education for College Students in the New Era based on Physical Education Curriculum

The talents trained in China's higher education can not only master rich theoretical knowledge and professional skills, but also pay attention to cultivating students' patriotism and guide them to become people with ideals, ambitions and the ability to become socialist builders and successors. It is precisely the movement that has played the ideal role. First of all, in the article "Research on Sports" published in 1917, it was mentioned that "civilize its spirit, barbarize its body, and if you want to civilize its spirit, you must first barbarize its body, and if you are barbarous, the spirit of civilization will follow". It is not difficult to understand that the body is the one before all zeros, which coincides with "the body is the capital of the revolution". Sports have a great influence on a person's social mood. From a small way, it can affect one's career success and family happiness. From a big way, it can affect a country's future production, just as sports can give people positive, optimistic, tenacious and hard-working spirit and social mood. Therefore, we should add the elements of

national conditions education to the university physical education classes, actively guide students to keep fit, master various sports skills, pursue higher, faster, stronger and more United Olympic spirit, and become outstanding and enterprising talents. Secondly, in physical education teaching, in the process of learning sports skills, some team sports not only need personal Excellence and Excellence, but also need teamwork and cooperation. Sometimes, the speed of fighting alone is very fast, but it's like a boat that can't be turned over. Only by integrating individuals into the team can we ride the wind and waves and go deep into the ocean. For example, ball games can cultivate students' collective consciousness on the physical education class, which is in the same direction as the idea of building a community of human destiny mentioned by the General Secretary^[3].

Finally, integrating the elements of national conditions education into the physical education curriculum can better help students strengthen their ideals and beliefs. The essence of education, in fact, is to improve people's quality and life value. The theoretical knowledge and technical skills gained in college may help you find a good job and get a good salary. In the process, your life may be improved, but it only improves your quality of life. But the above are just survival skills and skills. To realize the value of human life, we need to serve others, make more contributions to society, and get recognition and respect from society^[4].

3 The Practical Strategies of National Conditions Education for College Students in the New Era based on Physical Education Curriculum

3.1 The enrichment of comprehensive practical activities and the improvement of the efficiency of cultivating patriotism

Physical education teachers in colleges and universities should constantly enrich the forms of cultivation and infiltration, such as carrying out various forms of comprehensive practical activities related to the infiltration of feelings of home and country, enhancing students' understanding of history, make students emotionally resonate with historical figures, and then feeling and appreciating their patriotic feelings and qualities. For example, on the National Day of Public Sacrifice, teachers can organize students to visit the History Museum and pay homage to the martyrs' cemetery, so as to deepen students' understanding of historical events and historical figures and enhance their understanding of the connotation of home and country. In addition, teachers can also organize students to visit local red cultural resources or historical and cultural memorial halls to deepen their understanding of the history of their hometown, thus enhancing their sense of identity with their hometown, country and national culture, and thus achieve the goal of cultivating students' feelings about their hometown and country.

3.2 The reinforcement of the construction of teaching evaluation index system

To construct the evaluation index system of the integration of physical education curriculum and national education, we need to highlight four principles: development, operability, systematicness and scientificity. In the process of formulating scientific evaluation index, the objective essence of physical education class's trinity of success, thinking and politics should be reflected to ensure the fairness and objectivity of the evaluation results. For the systematic principle, it covers the comprehensiveness of students' physical and mental development, the realization of ideological and political education goals, the improvement of students' sports skills and so on. In the summary of operating principles, teachers and students need to be able to use evaluation indicators reasonably and collect and analyze data smoothly. In the principle of final development, it is necessary to embody the concept of integration of the two and the flexibility of the evaluation index system. Scientific methods such as analytic hierarchy process (AHP) and Delphi method can be used to establish evaluation indexes, and the weight of each evaluation index can be clarified. And through the construction of a judgment matrix, the consistency test is carried out. The rational distribution of weights can highlight the effectiveness and scientificity of the evaluation system. In the process of carrying out physical education teaching in colleges and universities, through the reasonable distribution of weights, students' previous educational goals, the embodiment of sports spirit, teamwork ability, and the mastery of sports skills can be comprehensively and accurately grasped. In the establishment of scientific evaluation index of physical education and national conditions education in colleges and universities, peer evaluation, self-evaluation and other ways are adopted, so that students can learn from each other and reflect on themselves in physical education class, and gradually form a diversified and comprehensive evaluation mechanism^[5].

3.3 The increasing emphasis on physical education courses

The deep integration of national conditions education and college physical education curriculum is not a one-off

event, but an arduous educational task that needs long-term persistence. Educators need to explore and make progress in practice. Colleges and universities should consider the unique attributes of physical education curriculum as a whole, dig deep into the ideological and political elements contained in it, and find out the internal relationship between them under the guidance of relevant national policies and regulations at the present stage, combined with the characteristics of their own disciplines. The integration of national condition education with the physical education curriculum in colleges and universities further increases the adhesion between national condition education and physical education, optimizes the top-level design of physical education curriculum integrated with national condition education, and makes students feel the charm of humanistic thought in the process of participating in physical activities. Colleges and universities should establish a physical education teaching system based on national conditions, improve students' evaluation standards, daily assessment mechanism and incentive system, so that teachers can really pay attention to physical education under national conditions and have greater motivation to reform the physical education curriculum education model. In addition, colleges and universities should regularly send physical education teachers with strong sense of responsibility and outstanding work performance to other departments to exchange relevant experience of integrating ideological and political courses into physical education, and constantly sum up the problems and shortcomings existing in the teaching reform process, especially to promote the exchange and interaction between teachers of various colleges and Marxist colleges, share the experiences in the teaching process, and promote the effective integration of ideological and political courses into college teaching^[6].

3.4 The enrichment of the ideological and political teaching methods of physical education courses

Physical education teachers in colleges and universities are the main body to promote the integration of physical education courses and national education, and the design and implementation of teaching activities play a very important role. The concept of national conditions of physical education teachers directly affects the effect of teaching activities. Physical education teachers in colleges and universities must break through the limitations of traditional thinking, try to integrate new teaching concepts with an open mind, and constantly deepen the teaching depth of physical education courses in senior high schools. Physical education teachers in colleges and universities should deeply understand the teaching syllabus, actively improve the teaching plan design, meet students' individualized learning needs based on the core literacy of the discipline, and use rich teaching methods of sports national conditions to stimulate students' learning interest and improve the infiltration effect of sports national conditions teaching. College students are in the critical learning stage, so it is necessary to activate students' autonomous learning enthusiasm, effectively deepen students' thinking cognition and cultivate students' self-regulation ability.

In the process of designing teaching activities, teachers should adhere to the principle of implicit education to design various teaching activities, help students release bad emotions, enhance students' learning concentration through encouraging teaching methods, effectively relieve students' learning pressure, and further temper students' perseverance quality. In the physical education class, teachers should combine information technology to assist the construction of national education, promote the renewal and iteration of information technology, provide effective help for the ideological and political construction of courses by integrating different teaching perspectives online and offline, promote the construction of national education curriculum system based on sports, and create a diversified classroom environment that adapts to the development trend of the times. Teachers can introduce some short videos to play in PE class, standardize students' sports skills through video explanations, and effectively promote the development of special training. Teachers can use some official WeChat account and short video media to carry out national education propaganda, effectively mobilize the enthusiasm of students in classroom learning and cultivate their sound personality.

4 Conclusion

In short, the education of feelings for home and country is an invisible emotion, not a specific knowledge point. Physical education itself is based on students' physical education level. The integration of physical education and national education can fully mobilize students' learning enthusiasm and improve teaching effect. The combination of physical education teaching and national conditions requires teachers to expand and extend the scope of study, highlight its educational value, and ensure that students develop a positive and healthy attitude and study habits while exercising and enhancing their physique. In the process of physical education teaching, teachers should not indoctrinate students with traditional methods, but should teach students with some examples or some character stories, so that students can deeply understand the meaning, thus forming feelings of home and country that really exist in their hearts, which will have a positive impact on their future lives and students. Looking forward to the future, colleges and universities should continue to deepen the reform of the physical education curriculum, improve the curriculum system, and provide a strong guarantee for students' healthy growth.

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