

Research on promoting ideological and political education in college sports under the concept of “three whole Education”

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Abstract: The college physical education curriculum is designed to cultivate students' sports skills and improve their physical quality. Many sports for the group activities, which gives the university sports ideological and political education elements. "Three all education" is a new concept Putting forward by China's higher education under the background of the new era, which accords with the characteristics of modern education in colleges and universities. In this paper, based on this idea, the author expounds the ideological and political education in the physical education curriculum of colleges and universities. The article first expounds the present situation and significance of the ideological and political education in the physical education course, and then puts forward relevant countermeasures for reference.

Key words: College sports; Ideological and political education

Introduction

With the idea of "three full education" Putting forward, the Party Central Committee has emphasized the role of the idea many times, which has played a guiding role in the direction of ideological and political education in colleges and universities in the new era. At the National University Ideological and Political Work Symposium, it was proposed that ideological and political work should always be carried out in the whole process of education and teaching, truly educating people in the whole process and in an all-round way, and constantly opening up a new situation in China's higher education. In February 2017, the CPC Central Committee and The State Council issued the Opinions on Strengthening and Improving Ideological and Political Work in Colleges and Universities under the New Situation, pointing out that it is necessary to "adhere to the whole process, whole process and all-round training of students, and integrate ideological values into the entire educational activities of students". three full education refers to the whole staff, the whole process and the full range. It requires all educators and all professional disciplines to integrate ideological and political courses into the study and life of colleges and universities, and take ideological and political education out of the "island" dilemma. As one of the public courses in colleges and universities, physical education is an important component of the cause of colleges and universities. In essence, it is one of the ways to carry out ideological and political education. This article is based on the concept of "three whole education", and discusses the ideological and political education in college physical education, so as to promote the integration of physical education and ideological and political education.

1. The current situation and significance of promoting ideological and political education in colleges and universities under the concept of three-in-one education

(1) Current situation

Under the guidance of the educational thought of "three whole education", there are the following problems in the integration of ideological and political education and various disciplines: First, how to maintain coordinated development of various disciplines and ideological and political education; Second, how can ideological and political education penetrate into majors or courses more effectively. In this regard, some scholars believe that the moral factors contained in the discipline itself should be fully explored, modified, and corresponding teaching syllabus and personnel training programs should be formulated to make the discipline education adapting to the current development trend of ideological and political education. The sports culture of our country contains positive sports spirit, rich moral norms and advanced ideas. Digging deeply into the "ideological and political elements" contained in sports culture can not only provide theoretical basis for PE curriculum reform, but also help teachers to integrate "ideological and political elements" in the process of PE teaching and improve their ideological and political characteristics. But according to the current situation, this goal obviously has not been achieved.

(2) Significance

The Opinions on Strengthening and Improving Ideological and Political Work in the New Era issued by The State Council mentioned that in the new historical period, we must stick to tradition and make continuous innovations so that ideological and political work in the new era will always be full of vitality. With the continuous development of social economy, college students in the new era have been in an information explosion network era. In the face of complex information, new college students have the characteristics of "having ideas without practices, thinking without judgment, valuing the Internet over reality". Their values and world outlook are still in an unstable state and their ideas may become biased, so it is necessary to increase the intensity of ideological and political education in colleges and universities. Because of the above reasons, it is precise that their ideological and political education is not targeted enough and the affinity is not enough. If ideological and political teaching in colleges and universities wants to occupy the dominant position of college students' thinking, it is necessary to seek a creative development way in the ideological and political teaching in colleges and universities. As an important part of college students, physical education is the source of ideological and political teaching reform in colleges and universities. Integrating physical education elements into the process of ideological and political teaching in colleges and universities is conducive to

enhancing the flexibility, extensiveness and foresight of ideological and political teaching in colleges and universities, enhancing the affinity, effectiveness and appeal of ideological and political teaching in colleges and universities, and enriching the connotation and extension of ideological and political teaching in colleges and universities, and promoting the high quality development of ideological and political teaching in colleges and universities.

2. Under the concept of all-round education, college sports promote the path of ideological and political education

(1) Enhance teachers' awareness of education and maintain curriculum ideological and political cooperation

Under the guidance of the concept of "three whole education", college education must establish a holistic concept and deal with the relationship between wholeness and locality. Whether it is ideological and political courses or curriculum ideological and political courses, the key to a good lesson lies in the teacher. No matter from the whole, or from the local, the college physical education teachers have a strong initiative and action, in the physical education course teaching and physical education, giving full play to their own subjective initiative, firmly grasping the university education work of moral cultivation of the general task. Physical education in colleges and universities and local physical education complement and coordinate each other. In order to give full play to the function of "three whole education" and integrate the ideological and political education into the physical education of colleges and universities, the physical education teachers in colleges and universities should have a strong idea of ideological and political education, change the situation of valuing technology over theory in the past, and highlight the guiding function of ideology and politics. Only after forming the consciousness of ideological and political education, the ideological and political elements of physical education curriculum can be dug in a deeper level. Only by telling the Chinese sports culture and telling the Chinese story can they really play their unique educational role. The ways to improve it are as follows: first, organize the discussion and exchange between college PE teachers and ideological and political teachers, explore the establishment of ideological and political training mode for college PE teachers, and attach importance to the value of sports education; Promote cooperative education. Secondly, encourage college PE teachers to participate in sports ideological and political education competition, attach importance to the penetration of educational content, take the initiative to carry out the task of sports ideological and political education, and promote the realization of education ideological and political education. The organic combination of "going out" and "bringing in", while drawing lessons from the ideological and political work of advanced physical education courses in colleges and universities, we should also actively invite relevant authoritative experts to give special lectures in order to improve the ideological quality of college physical education teachers and enhance their ability to educate people.

(2) Dig deeply into the ideological and political elements to realize the close connection between them

Physical education in colleges and universities not only provides a foundation for college students' physical education, but also creates a good educational platform for the all-round development of their comprehensive quality. In order to combine ideological and political teaching with college physical education, we must fully explore the ideological and political factors in ideological and political teaching. First of all, we can dig out the ideological and political factors from the rich discourse of our Party and state leaders on physical education. In the long history, the leaders of the Party and the state have paid great attention to the importance of physical education to the construction of socialism. They have comprehensively expounded the functions and effects of physical education on the country, society and individuals from many aspects, and pointed out that physical exercise is of great significance to improving the quality of individuals. "In the report of the 20th National Congress of CPC, the goal of accelerating the construction of a strong sports country was proposed, which is to build a strong China with a strong physique. Secondly, from the perspective of ideological and political education, the Chinese sports spirit contains a large number of ideological and political education resources. Over the past 100 years and more, the development of the Olympic Movement has been a process of the great rejuvenation of the Chinese people. From single-handed participation in the Olympic Games to hosting the Olympic Games, from zero gold MEDALS at the Olympic Games to topping the medal count at the Beijing Olympic Games, and from being known as the "sick man of East Asia" to truly becoming the most powerful country in the world, this tortuous journey has been a journey of hard work. It is the result of the hard work and efforts of generations after generations of Chinese people. It shows the style of the Chinese people fighting for the honor and victory of the country. The spiritual power of each sports celebrity's example and the positive energy story behind each trophy are important ideological and political elements of sports education, which undoubtedly has great educational value in improving students' national self-confidence and cohesiveness and cultivating patriotic feelings. Fourthly, the rules, fairness, competition and other requirements advocated by the sports ethics code are consistent with the content of ideological and moral education for college students. For example, in football, which belongs to a kind of team sports, it emphasizes the rules and cooperation, the arrangement of each position and the content of each training require every player to cooperate with each other and cooperate with each other to form the cohesion and combat effectiveness of a team. In addition, in the football field, to abide by the rules of the game, to fair competition, to respect the efforts of the referee and the opponent, to create a good football cultural environment, so that the rules, competition and other ideological education in the hearts of the athletes to take root and sprout, and finally let them form a correct sports ethics and value orientation.

(3) Build a sports ideological and political platform and build an integrated network

Ideological and political education, as a comprehensive, open and dynamic education system, it requires the establishment of an efficient collaborative mechanism. Therefore, the construction of a long-term mechanism of whole-person, whole-process and all-round collaborative education has become the key to current school education. With the rapid development of modern information technology,

colleges and universities implement the "three-whole education", breaking the traditional constraints of time and space, and realizing the accurate, efficient and accurate training of students. If we want to carry out curriculum ideology and politics effectively in college sports classroom education, we must establish a network platform of curriculum ideology and politics, and use this network teaching platform to cultivate students' excellent sports spirit and quality. Firstly, Firstly, through various online platforms such as MOOCC and Rain Classroom, modern information technology is fully utilized to carry out ideological and political education in universities; On this platform, teachers can communicate with sports competition cases related to ideological education, and explain the spirit of teamwork and adherence to rules, which can help offline teaching to a certain extent. This allows excellent sports spirit to create a spring breeze like feeling in students' hearts, moistening everything silently. The second is to establish an online resource sharing platform for ideological and political education, and establish and improve the online information base of ideological and political education in colleges and universities. "Sports thinking and politics" can not be completed by a single department or a single person. It is necessary to improve the resource sharing mechanism, provide an online communication platform with rich resources, complete categories and mutual needs for cross-disciplinary cooperation between physical education and ideological and political education, and promote the scientific, professional and team-oriented construction of the online platform of "physical education" in universities. Through the curriculum ideological and political network platform, not only can students be combined with sports knowledge, but also can let students understand the charm of the sportsmanship spirit of hard work and not easily give up, and then can cultivate students' will qualities such as tenacious struggle, hard work and facing difficulties, but also expand the way of ideological and political education for college physical education teachers. It can help teachers to realize the goal of education virtually. This kind of teaching mode that organically integrates "online and offline" together, as well as having a powerful network sharing resource base, also brings vitality to the innovative traditional physical education curriculum ideology and politics.

Concluding Remarks

The educational concept of "three full education" and college sports have the same essence, and their connotation is also consistent, and the two belong to the relationship of mutual support. As one of the ways of ideological and political education in colleges and universities, teachers should dig deeply into the ideological and political elements in physical education curriculum, which can not only promote the implementation of the concept of "three aspects of education", but also play the function of physical education. In this paper, the author mainly from the promotion of teachers' education consciousness, to maintain curriculum ideological and political counterparts; Dig deeply the ideological and political elements to realize the close connection between them; To build a sports ideological and political platform, to build an integrated network three aspects of the proposal. In the future, college sports should be integrated with ideological and political education, and schools should broaden the channels of exploring ideological and political elements, find more convergence points between sports and ideological and political education, and use it as a teaching method to improve the effect of ideological and political education in physical education courses.

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