

Research on the Integration of Physical Education and Ideological and Political Education

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Abstract: The healthy development of college students' body and mind affects the progress of the society. Therefore, it is of great significance to strengthen the exercise of college students' physical quality and improve their ideological and political consciousness for the realization of faster social development. This paper starts with the study of the relationship between physical education and ideological and political education, and discusses the role of physical education in ideological and political education through the method of questionnaire survey, and puts forward several suggestions on the integration method of physical education and ideological and political education for your reference.

1. Introduction

College students' ideological and political education can help students to form a good mental outlook, while physical education can promote the healthy development of college students' body and mind. There are many connections between the two in teaching. Physical education can promote the effect of ideological and political education and better play the value of shaping the good mental outlook of college students in ideological and political education. The integration of the two can promote the all-round development of college students. Therefore, it is of great significance to explore the relationship between the two and the path of integration.

2. The Relationship between Physical Education and Ideological and Political Education

2.1 Consistency of Objectives

The main purpose of physical education and ideological and political education is to promote the physical and mental development of students, to form a good mental outlook and to promote the all-round development of students. The two methods are different, but the results are all the same. First of all, in the aspect of promoting students' physical and mental health, ideological and political education is mainly realized through psychological counseling and language communication for students, while physical education is mainly realized through appropriate physical exercise to reduce psychological pressure and relieve mood. Secondly, in the formation of students' spiritual outlook, ideological and political education is mainly realized by advocating to improve some internal spiritual qualities, such as striving to be "four haves" and so on, while sports is realized by advocating students to participate in rich social sports activities and maintain a positive attitude towards life ^[1]; Finally, in promoting the all-round development of students, students learn about the basic national conditions and policies of the country through ideological and political education, and improve their scientific and cultural quality. Physical education strengthens students' physique through physical exercise, cultivates students to form positive and optimistic attitude towards life, and shapes students' sound personality.

2.2 Content Relevance

Physical education and ideological and political education also have certain relevance in educational content, mainly reflected in two aspects: on the one hand, college physical education helps to channel students' emotions and adjust students' psychological pressure through physical

exercise; if students' psychology reaches a peaceful state, psychological education in ideological and political education also adjusts students' psychological state through psychological counseling; On the other hand, ideological and political education mainly teaches students how to get along with people, what kind of life values and ideals and moral beliefs they should have, while sports teaches students how to get along with teammates and rivals through their participation in various sports activities, and through some sports events, they feel the spirit of hard work, fair competition and never giving up. Through the rules of sports events, they tell students that there are certain norms and restrictions in doing anything.

2.3 Complementary Teaching Paths

Physical education and ideological and political education are complementary to each other in the teaching process. First, theory and practice are complementary. The professor of ideological and political education gives students theoretical knowledge and a certain theoretical system to teach them how to be human and do things, while physical education acquires experience and perception through the process of acquiring knowledge in practice and applying knowledge through practice. Second, indoor and outdoor complement each other^[2]. Ideological and political education is mostly conducted in the form of indoor teaching, in which theoretical knowledge is concentrated, which is the main form for students to attend classes, while physical education classes are mostly outdoors, which encourages students to go out, breathe the air, feel the sunshine and learn in a more relaxed and cheerful atmosphere.

3. The Role of Physical Education in Ideological and Political Education

This section uses the method of questionnaire survey, selects 200 college students from a university in Nanchang as a sample group, makes some empirical investigations on the role of physical education in ideological and political education in universities, and discusses the role of physical education in ideological and political education based on the analysis and research of the investigation results.

3.1 Cooperative Spirit Education

As the saying goes, “the fire is high when people gather firewood”, it is about the importance of cooperation between people. In sports, it is often in cooperation with the team to achieve common goals. On the question of whether sports can improve the cooperative spirit of college students, the author conducted a questionnaire survey on the 200 college students, and the statistical results are shown in table 1 below:

Table 1 Do You Think Sports Activities Can Improve College Students' Cooperative Awareness

| | Opinion | Quantity | % of the total | Effective percentage |
|-----------|------------------------------|----------|----------------|----------------------|
| Effective | Very much in agreement | 103 | 51.5 | 51.5 |
| | More in favor of | 77 | 38.5 | 38.5 |
| | It doesn't matter | 10 | 5 | 5 |
| | I don't quite agree with it. | 5 | 2.5 | 2.5 |
| | Do not agree | 5 | 2.5 | 2.5 |
| | Total | 200 | 100 | 100 |

From Table 1, we can see that 90% of college students think that sports activities can promote college students' cooperative consciousness. It is very important for a person to have the spirit of cooperation. The reason why students can develop the team spirit in sports activities is, first of all, that the teams have a clear common goal, which can connect members closely, cooperate with each other and cooperate with each other. The second is the achievement experience brought by sports to the cooperative spirit of college students. Through cooperation with each other, certain achievements have been made, so as to feel their own value in the collective and the tremendous energy brought into play by collective cooperation, further strengthening this behavior.

3.2 Competition Awareness Education

With the increasingly fierce social competition, it is very necessary to cultivate the competitive consciousness of college students whether they can adapt to the society after leaving the campus and have a foothold in the society. As to whether sports activities can improve the competitive awareness of college students, the author conducted a questionnaire survey on the 200 college students, and the statistical results are shown in Table 2 below:

Table 2 Do You Think Sports Activities Can Improve the Competitive Consciousness of College Students

| | Opinion | Quantity | % of the total | Effective percentage |
|-----------|------------------------------|----------|----------------|----------------------|
| Effective | Very much in agreement | 95 | 47.5 | 47.5 |
| | More in favor of | 88 | 44.0 | 44.0 |
| | It doesn't matter | 7 | 3.5 | 3.5 |
| | I don't quite agree with it. | 5 | 2.5 | 2.5 |
| | Do not agree | 5 | 2.5 | 2.5 |
| | Total | 200 | 100 | 100 |

From Table 2, we can see that 91.5% of the college students think that sports activities can improve their competitive consciousness. In sports competitions, individual members need to work hard and keep forging ahead. This competitive spirit in sports plays a very important role in enhancing the competitive consciousness of college students. Sports competitions require each participating member to make every effort to actively strive for the final victory. This competitive consciousness encourages college students to develop the spirit of continuous struggle and progress in their life. At the same time, through sports competitions, students can also master certain skills and abilities, which is helpful for stepping into society in the future.

3.3 The Tempering of Willpower

How well a person can bear setbacks and blows depends on how strong his willpower is. College students will inevitably encounter all kinds of setbacks and difficulties in their daily life. Whether these problems can be well analyzed and solved depends on the education on will he usually contacts. As to whether sports activities can improve the willpower of college students, the author conducted a questionnaire survey on the 200 college students, and the statistical results are as follows:

Table 3 Do You Think Sports Activities Can Improve the Willpower of College Students

| | Opinion | Quantity | % of the total | Effective percentage |
|-----------|------------------------------|----------|----------------|----------------------|
| Effective | Very much in agreement | 85 | 42.5 | 42.5 |
| | More in favor of | 86 | 43 | 43 |
| | It doesn't matter | 15 | 7.5 | 7.5 |
| | I don't quite agree with it. | 9 | 4.5 | 4.5 |
| | Do not agree | 5 | 2.5 | 2.5 |
| | Total | 200 | 100 | 100 |

From Table 3, we can see that 85.5% of college students think that sports activities can improve their willpower. Willpower is the focus of ideological and political education and can also be exercised in sports activities. In sports, we will encounter all kinds of difficulties and challenges. In the face of these problems, we need to work hard and never give up. We need to strengthen our will and learn to play an active role. However, there are also some students with relatively weak willpower who need to constantly sum up their experiences and hone themselves in their future study and life.

4. The Relationship between Physical Education and Ideological and Political Education

4.1 Improving the Guidance of Ideological and Political Education for College Students in Physical Education Curriculum

In sports activities, you can not only learn many skills and methods of sports events, but also sublimate your spirit. In physical education, we should vigorously explore the ideological and political education content in teaching to help students improve their ideological level. Therefore, in physical education, the following aspects need to be strengthened: First, we need to set reasonable teaching objectives. In the teaching process, we should not only pay attention to the mastery of sports skills, but also integrate the spirit of cooperation, competition and willpower training into the teaching objectives to consciously cultivate the ideological quality of college students. Secondly, we should deepen the teaching content. In the teaching content can be selected according to the actual situation of students, for example, teachers think that the willpower of class students is relatively weak, can choose track and field sports to exercise the willpower of students, improve their character^[3]. Choosing the appropriate teaching content can help to achieve better ideological and political education effect. Next, we should create a good teaching environment. In the process of physical education teaching, we should not only pay attention to the individual characteristics of students, but also rely on the strength of the collective. Some students are prone to shrink back at the slightest difficulty in physical education. If other students are trying to overcome and persist, this student will also be infected and continue to persist. A good teaching environment can help improve the effect of education. Finally, it is necessary to stimulate students' interest. Students are the main body of teaching practice. Only when they take the initiative to participate in sports activities can they bring good teaching effects into play. Therefore, in teaching activities, students' enthusiasm and enthusiasm for participation should be fully mobilized, students' favorite sports items should be understood, and students' active participation in sports should be advocated. Only in this way can the role of sports in ideological and political education in universities be truly brought into play.

4.2 Play an Exemplary Role

The university period is a critical period for a person to establish a good outlook on life. At this time, college students are easily influenced by idols and follow their idols' behavior and style of doing things. A good idol can transmit more positive energy to his admirers. The difference between sports stars and other stars is that they shoulder the honor of the country and are admirable for their indomitable fighting spirit in the stadium. Therefore, in the process of the integration of physical education and ideological and political education, the outstanding deeds and fighting spirit of sports stars can be publicized and good learning examples can be set for students. In the actual teaching process, we can start from two aspects of thought and behavior. Through the propaganda of sports spirit, we can improve college students' thought cognition and behavior cognition, and take sports stars as an example to review our own practice^[4]. At the same time, it is also necessary to correct some students who have deviated from their ideas in time. Some students only admire the high-income life of sports stars and the honor sports brings them, while ignoring the contributions made by sports stars to the country and the efforts made day and night. For students who have these ideas, it is necessary to guide them to reconsider the definition of success, so that they can understand the reason why they reap what they sow. Relying on the teaching philosophy of ideological and political education, they can help students establish good values and a strong sense of social responsibility.

4.3 To Improve Teachers' Ability

Students can not only learn knowledge from textbooks, but also learn a lot from teachers. A teacher shoulders the responsibility of imparting knowledge and educating people. He sets a good example for students through his own words and deeds and affects the growth of students. Therefore, in the teaching process, teachers must improve their teaching ability and quality. First of

all, the ideological and moral level of physical education teachers should be improved. Any discipline bears the mission of ideological and political education. Physical education teachers should deeply study the socialist core value system, use Marxism-Leninism to guide their behavior style, take students as the basis in teaching, care about students' physical and mental health, and spread advanced ideas in teaching. At the same time, physical education teachers should strengthen their understanding of ideological and political education, stimulate students' interest in learning in the teaching process, pay attention to students, be good at seizing the opportunity of education, and will guide students to think about correct values. For example, when a student is always careless in the training process, tell him that your behavior will affect the organizational discipline of his team. Only by constantly improving their teaching level and ideological and moral character can teachers better set an example for students and pass on the correct ideological and political education concepts to students.

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