

The integration of ideological and political elements into school physical education curriculum: the investigation of meta-problems based on sports

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Abstract: individuals. Using text and logical analysis, the study delves into the educational value, symbolic meaning, and inherent spirit of freedom in sports, and further examines how sports activities can be used to foster students' moral character and social responsibility. The study recommends: 1) Physical education courses should clearly define moral education goals, integrate these goals with teaching content, and establish practical behavioral guidelines. 2) The spirit of sports should be integrated into campus culture through diverse activities and promotional efforts, fostering students' patriotism and social responsibility. 3) Create a sports classroom environment that emphasizes freedom.

Keywords: Educational value; moral character; sportsmanship

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1 Purpose of the study

In the process of achieving the core educational goal of cultivating virtue and nurturing talent, ideological and political education courses play a vital role, significantly influencing the establishment of a socialist educational direction. As an essential part of the school curriculum, integrating ideological and political elements into school physical education can accelerate the development of ideological and political education in primary and secondary schools. This study aims to explore the essence and purpose of physical education, identify the ideological and political elements that can be integrated into physical education courses, and investigate how to cultivate students' ethical qualities and social responsibility through sports activities. Through these studies, we aim to provide theoretical foundations and practical guidance for integrating ideological and political elements into school physical education, thereby promoting the innovative development of school physical education.

2 Research methods

2.1 Literature data method

The core of this study lies in the extensive use of literature resources for in-depth exploration. Researchers primarily utilized multiple electronic platforms, including China National Knowledge Infrastructure (CNKI), Chaoxing Digital Library, Wanfang Journal Database, Duxiu Knowledge Base, and the National Digital Library of China, to gather the necessary materials. On these platforms, researchers conducted extensive literature searches and data collection. From the vast amount of collected literature, researchers focused on and selected academic papers, professional books, policy documents, and specific educational practice cases closely related to the ideological and political elements in physical education courses, to facilitate more detailed and in-depth analysis.

2.2 Logical analysis method

Through a thorough analysis and comprehensive study of extensive relevant literature, the author aims to systematically outline and clearly define the specific approaches and methods for integrating ideological and political education into physical education courses. This process involves not only a systematic review of existing research but also an in-depth exploration of various teaching practices. Through this series of studies, the author seeks to reveal how to

effectively integrate elements of ideological and political education with physical activities in the context of physical education, thereby achieving an organic integration of physical education and ideological and political education.

3 Results and analysis

3.1 The educational value of sports

Education has the value of promoting, such as fostering the development of an individual or group, cultivating positive mental qualities, and promoting the all-round development of individuals. As a crucial component of the education system, physical education also carries these values ^[1]. Physical education is not only valuable for physical exercise; it is closely linked with moral and intellectual education ^[2]. Mao Zedong once stated, "Physical education should be paired with moral and intellectual education, and without physical education, there can be no moral or intellectual education." This highlights that physical education is a vital pathway to achieving moral and intellectual education, and the construction of ideological and political education in physical education courses should emphasize the integration of physical education with moral and intellectual education. Therefore, physical education should not only focus on improving physical fitness but also place greater emphasis on spiritual cultivation. Through sports activities, students can learn core social values such as teamwork, fair competition, and respect for others, and they can also integrate elements of ideological and political education into their physical education courses. This is crucial for shaping students' worldviews, life perspectives, and values. Integrating these elements helps students grow into responsible and morally upright citizens. When designing and implementing physical education courses, it is essential to consider how to integrate ideological and political education with sports skills training. This integration not only enhances students' physical fitness but also achieves the goal of holistic development on a spiritual level. Through this comprehensive educational approach, physical education can more effectively cultivate students' sense of social responsibility, moral values, and spiritual qualities, thus laying a solid foundation for their all-round development. It emphasizes that the core value of sports extends beyond physical improvement to include the development of spirit and inner freedom.

3.2 Symbolic significance of sports

The symbolic significance of sports provides a platform for people to experience and demonstrate the spirit of sports firsthand. Sports activities lacking this spirit may lose their true value and meaning, becoming hollow and utilitarian. The spirit of sports is a cultural phenomenon that embodies the essence of sports, rooted in sports practice while transcending it ^[3]. It is not only a core value in the sports domain but also a source of spiritual motivation that inspires all Chinese people to unite and strive for continuous progress. The spirit of sports is an excellent resource for integrating ideological and political education into the curriculum. Combining the spirit of sports with ideological and political education represents an educational innovation. This integration aims to foster students' comprehensive qualities and social responsibility through the platform of sports, by aligning the positive spirit displayed in sports activities with the goals of ideological and political education. The elements of ideological and political education in physical education courses, as embodied in the Chinese sports spirit, include 'striving for national glory, selfless dedication, scientific realism, abiding by laws and regulations, teamwork, and tenacious struggle' ^[4]. These elements highlight the essence and soul of core socialist values, forming a valuable resource for ideological and political education in higher education. By integrating these qualities into the ideological and political education of physical education courses, students can be effectively nurtured to develop patriotic sentiments, a strong will to strengthen the country, and actions to serve the nation. This, in turn, motivates them to transform these spirits into internal driving forces and put them into practice, thereby achieving the educational goal of cultivating virtue and nurturing talent.

3.3 The educational value of sports

Sports serve not only as a means of physical exercise but also as a platform for individuals to freely express themselves ^[5]. Within the framework of rules and regulations, individuals engage in sports activities, competing and collaborating. This process not only strengthens their bodies but also embodies their inner freedom. The spirit of freedom in sports, such as choosing sports activities independently, challenging oneself, and surpassing limits, aligns with the core

socialist values of 'freedom, equality, justice, and rule of law' [6]. Course-based ideological and political education leverages the spirit of freedom in sports, integrating it with core socialist values to guide students to pursue personal development while adhering to social norms and laws. Through sports activities, students can learn to respect others and compete fairly, while also developing teamwork and legal awareness. This integration helps students establish correct values, stimulates their inner motivation, and encourages them to better realize their self-worth in future studies and life, making positive contributions to society. In sports activities, students experience the joy and satisfaction of self-actualization firsthand, a direct reflection of inner freedom. This experience encourages students to maintain a positive attitude when facing challenges, to be brave in trying new things, and not to fear failure. Additionally, the teamwork and sense of collective honor in sports teach students how to find their place within a group and work towards common goals. This spirit of collectivism complements the spirit of individual freedom, creating a harmonious campus culture. In such an environment, students can better understand the relationship between the individual and the collective, learning to balance respect for others with their own rights. Ultimately, sports activities become an essential part of students' socialization, helping them grow into citizens with both independent personalities and a sense of social responsibility.

4 Conclusions and Suggestions

4.1 Precision of moral education goals in physical education courses

In the current system of physical education curriculum goals, there is a tendency for the moral education goals to be vaguely defined and overly generalized [7]. When these goals are set incorrectly, their guiding role diminishes significantly, and evaluating educational outcomes based on goal achievement becomes challenging. It is crucial to clearly define moral education goals and their implementation paths in physical education courses. 1) Moral education goals should be detailed and closely integrated with the content of physical education, ensuring that each teaching segment reflects moral values. For example, in basketball classes, teachers can emphasize the importance of teamwork, guiding students to listen to teammates, respect referees, and demonstrate a spirit of fair play. 2) The setting of moral education goals should be practical, making it easier for teachers to implement and assess during the teaching process. A series of behavioral guidelines can be established, such as how students should demonstrate self-management skills during the preparation and cool-down activities before and after physical education classes, and how they can show leadership and responsibility in team games. 3) Through role-playing or scenario simulations, students can practice moral education goals in simulated sports scenarios, such as conflict resolution in simulated matches, allowing them to learn how to handle interpersonal relationships and conflicts in a safe environment. 4) The moral education goals in physical education courses should be regularly evaluated and adjusted to ensure they remain relevant and meet the needs of students and societal development. By using a variety of assessment methods, such as questionnaires, student feedback, and teacher observations, valuable insights into the effectiveness of these goals can be gathered, which can then be used to optimize the course content. These measures can effectively enhance the moral education aspect of physical education, promoting the all-round development of students. This ensures that students not only improve their physical fitness but also develop a well-rounded personality and strong social adaptability through sports activities.

4.2 Sports spirit permeates campus culture

The campus serves as the primary platform and channel for ideological and political education. By organizing and conducting campus cultural activities, the spirit of sports can be integrated into campus culture, becoming an integral part of students' daily lives. The campus is not only a sanctuary of knowledge but also a key venue for ideological and political education. In such an environment, carefully planned and organized campus cultural activities can: 1) Campus sports meets and sports festivals can integrate the spirit of sports into campus culture, making it a part of students' daily learning and life. These events provide students with platforms to showcase and challenge themselves, serving as vivid classrooms where they can deeply understand the essence of the spirit of sports through sweat and laughter. 2) Creating a campus sports culture wall, systematically presenting 'the spirit of women's volleyball' and 'Olympic champions' through a combination of text and images, aims to help students deeply remember the cultural symbols of Chinese sports spirit and gain a deeper

understanding of its historical development. 3) The regular broadcasts of sports stories by the school radio station, prominent sports slogans on posters, and in-depth discussions during themed class meetings all contribute to the promotion of sports spirit. These multi-faceted promotional strategies not only foster the internalization of sports spirit among students but also ignite their enthusiasm to apply these values to their studies, daily lives, and future social practices. Through these activities and promotions, the spirit of sports gradually integrates into students' values and behaviors, fostering a positive and uplifting atmosphere on campus. In this environment, students' physical and mental well-being are comprehensively developed and honed, laying a solid foundation for them to become pillars of society in the future. The deepening and practical application of sports spirit culture not only enrich the cultural essence of the campus but also provide strong spiritual support for the all-round development of students.

4.3 Build a free-oriented classroom

Integrating ideological and political education into physical education, with a particular emphasis on the core value of 'freedom,' can be achieved through several approaches: 1) Offering a variety of sports courses to allow students to freely choose activities based on their interests and physical conditions. This not only boosts their enthusiasm for learning but also allows them to enjoy the freedom and joy of making choices. 2) Encouraging students to set personal goals and challenge themselves in sports activities. This fosters a spirit of courage to explore new territories and a relentless pursuit of excellence, which will positively influence their daily lives and their ability to face challenges. 3) In team sports, the importance of each member's free expression and individuality is emphasized, while fostering a spirit of teamwork among students^[8]. This helps students find their place within the group, work towards common goals, and learn to consider team interests and overall harmony while pursuing personal freedom. 4) By learning and adhering to sports rules, students develop a sense of the rule of law. They understand that while pursuing personal freedom, they must also abide by social rules and laws, which are essential for maintaining social order and fairness. Through this approach, students can learn to balance freedom with responsibility in sports activities.

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