

THE VALUE AND PATH OF INTEGRATING TRADITIONAL SPORTS CULTURE INTO IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGE PHYSICAL EDUCATION COURSES

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Abstract: *China's excellent traditional sports culture is the foundation of Chinese traditional culture, integrating it into the ideological and political education of college sports courses will help students cultivate patriotism, enhance cultural confidence, temper the quality of will and enrich the content of ideological and political content of the courses. Excellent traditional sports culture can be integrated into the whole staff, in all aspects and throughout the whole process from the aspects of improving long-term integration mechanism, building a team of high-quality teachers, compiling sports curriculum ideological and political teaching materials, and creating sports curriculum ideological and political practice.*

Keywords: *Traditional sports culture; college; curriculum, sports course; patriotism; cultural confidence*

INTRODUCTION

In 2020, the National Ministry of Education issued the Guiding Outline for Ideological and Political Construction of curriculum in Colleges and Universities (hereinafter referred to as the "Outline") clearly pointed out that "in order to implement the fundamental task of cultivating

morality and cultivating people, physical education courses should adhere to the educational concept of health first, attach importance to patriotic education, traditional cultural education and shape students' firm will of perseverance and perseverance" [1]. Excellent traditional sports culture is a vivid reflection of Chinese traditional

culture in the field of sports [2], which is full of Chinese national spirits such as patriotism and unremitting self-improvement, and is an important source of cultivating socialist core values. The integration of excellent traditional sports culture into college sports curriculum ideology and politics meets the requirements of the construction of college curriculum ideology and politics in the new era, and is also an important measure to carry out the task of moral cultivation.

1. Research Reason

Therefore, it is an urgent problem to integrate the excellent traditional sports culture into the ideological and political education of college sports curriculum effectively and give full play to the educational value of the excellent traditional sports culture.

2. Research Purpose

Therefore, on the basis of fully explaining the value of excellent traditional sports culture to the ideological and political development of college physical education curriculum, this study explores the path of integration of excellent traditional sports culture, hoping to provide certain new ideas for the inheritance of excellent traditional sports culture and the ideological and political construction of college physical education curriculum in the new era.

RESEARCH METHODS AND METHODOLOGY

Based on the above, this study adopts the research method of literature, interview and practice research. First of all, through the literature review on the outstanding traditional sports culture and college curriculum ideological and political research at home and abroad, clear research background and theoretical basis. Secondly, the interview method is used to select representative groups such as students and teachers to interview, and the successful experience and existing problems of integrating excellent traditional sports culture into the ideological and political education of funny sports curriculum are analyzed. Finally, through the method of practical investigation, the paper goes deep into the physical education classroom of colleges and universities to understand the actual needs and feedback of teachers and students on the integration of excellent traditional sports culture into curriculum ideology and politics.

RESEARCH IMPLEMENTATION PROCESS AND RESEARCH SIGNIFICANCE

According to the research purpose and research method, this research is divided into three stages. The first stage is literature review and theoretical construction. Through consulting relevant literature and policy documents, the combination of excellent traditional sports culture

and ideology and politics in college physical education curriculum is clarified. In the second stage, interviews and field research were conducted in a number of universities to collect the opinions of teachers and students, and analyze the current situation and problems of integrating excellent traditional sports culture into curriculum ideology and politics. The third stage is path design and practical verification. Based on the research results of the first two stages, a specific integration path is proposed, and pilot practice is carried out in some universities to verify its feasibility and effectiveness.

The research on the integration of excellent traditional sports culture into college sports curriculum ideology and politics enriches the theoretical system of college sports curriculum ideology and politics, and provides a new theoretical perspective for the inheritance and innovation of excellent traditional sports culture. At the practical level, this study provides an operable implementation path for the ideological and political construction of college physical education curriculum, which helps to improve the ideological and political education effect of college physical education curriculum, cultivate students' patriotic feelings and cultural self-confidence, and promote the dynamic inheritance and innovative development of excellent traditional sports culture.

THE VALUE OF INTEGRATING EXCELLENT TRADITIONAL SPORTS CULTURE INTO THE IDEOLOGICAL AND POLITICAL EDUCATION OF SPORTS COURSES

In the new era, the Party and the state attach great importance to the integration of excellent traditional culture and ideological and political education, and realize the purpose of educating people by culture and culture through the effective integration of the two [3], and fully implement the fundamental task of cultivating people by virtue. Traditional sports culture is an important part of China's outstanding traditional culture. It has a long history, profound connotation, rich resources, and is full of human ethics, moral cultivation, and other educational concepts. It is of great significance to integrate the excellent traditional sports culture into the ideological and political teaching of college physical education for students to cultivate patriotic feelings, enhance cultural self-confidence, temper the quality of will and enrich the content of ideological and political teaching of college physical education.

Continue the excellent traditional sports culture roots and cultivate patriotic feelings

The excellent traditional Chinese sports culture runs through China's 5,000 years of history, containing the spirit of patriotism which takes the rise and fall of the country as its own duty. It is an important spiritual pillar

for the survival and development of the Chinese nation, and an inexhaustible spiritual source for China to build a great modern socialist country. To cultivate the national spirit with patriotism as the core is the deep meaning of the continuous Chinese excellent traditional sports culture root, but also the major plan of education and the country. From the perspective of inheritance, the integration of excellent traditional sports culture into college physical education curriculum broadens the path of inheritance of excellent traditional sports culture and enables the excellent traditional sports context to continue in the young generation. From the perspective of education, in the process of continuing the excellent traditional sports culture, the patriotic thought of integrating the family and the country has been continuously passed on. Whenever the country and the nation are in danger, the patriots will closely link their fate with the fate of the country, such as the Shaolin monk who went to the front line to defend the home and the country, and the famous lion dancer Huang Feihong who was unwilling to accept the humiliation of the people and shot the British dog. Zhang Zhijiang, the master of national art who saves the country and revitalizes China through national art, these special deeds all convey the profound patriotic feelings of the Chinese people. From this point of view, the integration of

excellent traditional sports culture into the thinking and politics of college sports curriculum is helpful to take the thinking and politics of college sports curriculum as a starting point, to continue the excellent traditional Chinese sports culture root as a link, to deepen the patriotic feelings of college students, to promote college students to closely combine their personal future and destiny with the future and destiny of the country, and to promote the young generation to effectively assume the responsibility of the great rejuvenation of the Chinese nation.

Interpret the connotation of excellent traditional sports culture and enhance students' cultural self-confidence

Excellent traditional sports culture is the foundation of Chinese excellent traditional culture, which contains the spiritual and cultural connotation of "love, people, integrity, justice, harmony and harmony", and is an important carrier to enhance students' cultural self-confidence. Cultural confidence is a kind of pride arising from a comprehensive interpretation of one's own culture, as well as tangible confidence gained from a culture or a country's culture [4]. Cultivating students' high degree of cultural confidence and cultural consciousness is one of the main goals of ideological and political education in colleges and universities in the new era. China's excellent

traditional sports culture is the profound accumulation of the Chinese nation and the external expression of the Chinese nation's cultural self-confidence independent of the world. Fully interpret the inclusive spirit of moral commitment, the practical spirit of integration of knowledge and practice, and the cooperative spirit of harmonious coexistence in China's excellent traditional sports culture, integrate the value concept of excellent traditional sports culture in line with the socialist core values into the ideological and political education of college physical education curriculum, and guide students to feel the depth and thickness of China's excellent traditional sports culture. It is helpful for students to have an intuitive feeling of the power of their own culture and have a clear affiliation, which is helpful for college students in the new era to strengthen their ideals and beliefs, and enhance their cultural consciousness and self-confidence.

Give play to the advantages of excellent traditional sports culture and temper the quality of students' will

Compared with other excellent traditional sports culture in China, excellent traditional sports culture has the advantage of "healthy body casting soul". The so-called "healthy body" refers to a strong body, students are the backbone of the realization of the Chinese dream, "a strong country must first strengthen

the species, the strong species must first strengthen the body", a strong body, good physical quality is the national strength of the realization of the great rejuvenation of the Chinese nation. "Casting the soul" refers to shaping the soul, shaping the soul of the student into a "Chinese soul" that conforms to the core values of socialism with Chinese characteristics in the new era. In the process of integrating the excellent traditional sports culture into the ideological and political process of college physical education, students can achieve the purpose of strengthening their health through practical physical education in the practice of traditional sports items, and through constantly overcoming the difficulties in the practice process, students can realize the spiritual qualities of practicing the excellent traditional sports culture, such as the integration of knowledge and action, and tenacious struggle. At the same time, under the influence of excellent traditional sports culture, students can thoroughly understand the noble morality contained in excellent traditional sports culture, promote the formation of students' correct values, outlook on life and world outlook, cultivate students' sound personality, and thus temper students' firm will quality.

Invigorating excellent traditional sports and cultural resources and enriching curriculum ideological and political content

Activating the excellent traditional sports culture resources means inheriting the essence of the excellent traditional sports culture on the basis of the inventory of China's excellent traditional sports culture and history resources, and making it live and systematically integrated into the ideological and political education of college sports curriculum. Traditional sports are the main carrier of excellent traditional sports culture. There are many types of traditional sports in China and rich cultural resources. Professor Cui Lequan has divided China's sports intangible cultural heritage into 12 types [5], and currently 522 traditional sports items have been included in the List of Representative items of National Intangible Cultural Heritage [6]. It reflects the diversity of Chinese traditional sports and the pluralism of excellent traditional sports culture. Some achievements have been made in the sorting out of China's excellent traditional sports culture, but it is still an urgent issue to carry on the living inheritance. The integration of excellent traditional sports culture into college sports curriculum provides an effective path for the active inheritance of excellent traditional sports culture. On the basis of the diversity of excellent traditional sports culture, fully revitalize the historical resources of excellent traditional sports culture in line with the development of the new era, and carry out ideological and political education through creative

transformation into college physical education classroom, which not only realizes the inheritance of excellent traditional sports culture, but also increases the selectivity of ideological and political content of college physical education curriculum.

To sum up, the integration of excellent traditional sports culture into college sports curriculum ideology and politics has four important values, which are to stimulate students' patriotism, enhance students' cultural self-confidence, temper students' strong will quality, and enrich the content of college sports curriculum ideology and politics.

RESEARCH RESULTS

The path of integrating excellent traditional sports culture into college physical education curriculum.

Improve the mechanism for integrating excellent traditional sports culture into the ideological and political education of sports courses.

Colleges and universities should scientifically design, systematically construct and continuously improve the integration mechanism of excellent traditional sports culture. Through top-level design, they should give full play to the guiding role of the spiritual values of excellent traditional sports culture and provide institutional guarantees for the integration of excellent traditional sports culture.

First, a leadership mechanism should be established to integrate excellent traditional sports culture into the ideological and political construction of sports courses in colleges and universities. Give full play to the leading role of the Party, and the Party and government departments of colleges and universities should fully implement the inheritance and development project of China's excellent traditional culture, and through policy guidance, stipulate the goals, principles, methods and contents of integrating excellent traditional sports culture into the ideological and political education of college sports courses in the form of institutional documents, and fully implement the excellent traditional sports culture into college sports classrooms. Secondly, establish and improve the operating mechanism for the integration of excellent traditional sports culture. The school sports department, which is responsible for the main tasks, should establish a cooperation mechanism with other departments when integrating excellent traditional sports culture. The departments should coordinate and cooperate with each other to explore the spiritual connotation of excellent traditional sports culture, integrate the historical resources of excellent traditional sports culture, and implement the effective integration of excellent traditional sports culture through multi-department linkage. Finally, it is

necessary to establish an incentive mechanism for the integration of excellent traditional sports culture. The integration of excellent traditional sports culture should be listed as one of the achievements of the ideological and political construction of college sports courses, and as the content of the teaching performance assessment of the ideological and political education of college sports courses, so as to give full play to the function of the incentive mechanism to guide teachers to actively integrate excellent traditional sports culture into education and teaching.

Build a team of college teachers with excellent traditional sports culture and professional qualities

The key link of the ideological and political construction of college physical education curriculum is the deep integration of the value shaping of the ideological and political construction of the curriculum with the knowledge imparting and ability training of the professional curriculum, in which the teacher becomes the key. Therefore, it is particularly important to build a team of college teachers rich in excellent traditional sports culture and establish a long-term mechanism for teachers to learn and practice excellent traditional sports culture.

On the one hand, the integration of excellent traditional sports culture into the ideological and political curriculum of college physical education requires complementary

advantages, sharing results and mutual cooperation among the teachers of physical education, ideological and political education and history. The integration of excellent traditional sports culture into the ideological and political curriculum of college physical education requires not only the profound understanding and teaching practice of traditional sports items, but also the spiritual connotation of excellent traditional sports culture by ideological and political teachers, and the combing and summary of the course of excellent traditional sports culture by history teachers. The teachers of physical education, ideological and political science and history make collaborative innovations in exploring the ideological and political elements of excellent traditional physical education culture, curriculum design, teaching implementation and teaching evaluation, and work together to fully integrate the spiritual value of excellent traditional physical education culture into the ideological and political science of college physical education curriculum. On the other hand, on the basis of the interdisciplinary integration of PE, ideological and political science and history teachers, teachers also need to continuously improve their professional quality. The first is to improve teachers' excellent traditional sports historical and cultural accomplishment, so that teachers have a clear and systematic

understanding of the characteristics, history, project categories and connotation of excellent traditional sports culture, and then find the ideological and political convergence point of college sports curriculum. It can be improved by inviting experts to carry out special lectures, teachers to participate in theoretical training, to carry out innovative competitions of ideological and political teaching in physical education courses with excellent traditional sports culture as the theme, and teachers to practice a traditional sports event. The second is to improve teachers' excellent traditional physical culture and political accomplishment, which directly affects the teaching effect of physical education curriculum ideology and politics, among which the most important one is physical education teacher, who is the most direct practitioner. Therefore, physical education teachers should internalize political theory and Marxist theory in their hearts and correctly grasp the connotation of physical education curriculum ideology and politics. Only in this way can sports knowledge and skills, emotional attitude, values and value guidance be correctly combined [6]. Physical education teachers can attend the ideological and political courses of ideological and political teachers, and actively participate in ideological and political seminars to improve their ideological and political literacy; In order to promote the effective integration of excellent

traditional sports culture, we should study the policy documents of sports curriculum ideology and politics deeply and extract the spiritual connotation of excellent traditional sports culture according to the goal of sports curriculum ideology and politics construction.

Compiling sports curriculum ideological and political textbooks that highlight the spirit of excellent traditional sports culture

Teaching material is an important carrier for teachers to have a good lesson, which directly affects the teaching quality of the classroom. The integration of excellent traditional sports culture into the ideological and political textbooks of college physical education courses is to extract the essence of excellent traditional sports culture and integrate it into the content system of ideological and political textbooks of physical education courses at different levels and in different chapters.

On the one hand, we can write sports curriculum ideological and political textbooks about the spiritual connotation of excellent traditional sports culture. The compilation of the teaching material should be based on the new curriculum standards formulated by the state, and organized by physical education teachers, traditional sports experts, traditional sports inheritors and pedagogical experts. The content of teaching materials should include the origin of traditional sports culture,

cultural implication, social and historical value, categories of traditional sports and development status. The discussion process of the content is not an empty theoretical lecture, but the key is to dig out the stories of special characters from the development of the traditional sports culture itself to enhance the attraction and appeal of the textbook, such as the integration of the dragon boat movement and the story of Qu Yuan jumping into the river. It is also necessary to base on the unique traditional physical education resources of schools and regions to develop the ideological and political textbooks of college physical education courses. For example, colleges and universities in minority areas can introduce the traditional minority sports culture into the construction of ideological and political textbooks of college physical education courses, and create sports ideological and political textbooks with regional characteristics, ethnic characteristics and school characteristics. On the other hand, the ideological and political courses of the college physical education curriculum are linked horizontally, and the excellent traditional sports culture is integrated into the construction of the textbooks of the college ideological and political courses. The chapter of excellent traditional sports culture is set up in the ideological and political course textbooks, which elaborates on the spiritual connotation and

contemporary value of excellent traditional sports culture. For example, the connotation of "harmony without diversity, tolerance and tolerance" contained in excellent traditional sports culture can be compatible with the core socialist values such as "democracy, civilization and harmony". The integration of excellent traditional sports culture into the construction of ideological and political textbooks in colleges and universities also requires the help of information technology, the establishment of excellent traditional sports culture ideological and political case database and lesson preparation database, and the increase of the selectivity of excellent traditional sports culture materials in ideological and political courses.

The creation of physical education curriculum ideological and political practice reflecting the characteristics of excellent traditional sports culture

The creation of sports curriculum ideological and political practice reflecting the characteristics of excellent traditional sports culture refers to the development of excellent traditional sports culture ideological and political education practice activities outside the sports classroom, is a supplement to the ideological and political construction of college physical education curriculum, promote the transformation of physical education curriculum ideological and political education to "practice education",

and is also an effective measure to follow the "full, all-round, whole process" education. The rich practice of ideological and political education in physical education course helps college students to perceive the logical force behind the prosperity of excellent traditional sports culture, helps students to understand the spiritual value of excellent traditional sports culture in the context of history and reality, and makes excellent traditional sports culture become the fresh material of ideological and political education in college physical education course.

CONCLUSION

The practice activities of ideological and political education in physical education curriculum with excellent characteristics of traditional sports culture can be carried out from two spatial fields: inside and outside the school. On the one hand, we can make full use of campus resources to organize community activities, carry out lectures, volunteer activities and innovation and entrepreneurship competitions. For example, the school's traditional sports associations organize performances, competitions, exhibitions and other activities corresponding to traditional sports events; Inviting inheritors and experts of traditional sports events with both virtue and art to enter the school to give lectures; Organize college students to volunteer activities and preach the deeds of special figures in the historical

development of traditional sports culture; Relying on the innovation and entrepreneurship project of the school, the innovation and entrepreneurship competition with the theme of excellent traditional sports culture is carried out to promote the students to actively understand the excellent traditional sports culture and realize the innovative development of excellent traditional sports culture. On the other hand, the practice of ideological and political education in physical education course is extended from the school space to the social space, so that contemporary college students can enter the social sports "big classroom" and feel the power of excellent traditional sports culture. For example, a physical education class is held in the heritage base of a traditional sports event, so that students can immerse themselves in the cultural connotation of the excellent traditional sports culture accumulated for thousands of years; Lead students to visit national and local sports museums.

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