

# Practice and Exploration of Ideological and Political Teaching Mode of Track and Field Course in Colleges and Universities under the Background of Establishing Morality and Cultivating Students

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**Abstract:** Physical education curriculum ideological and political education is the new era of college physical education classroom, the ideological and political education throughout the school personnel training process. It is an important link for colleges and universities to implement the "three-wide education". In the context of the fundamental task of the Establishing Morality and Cultivating Students in schools. This paper, by using the methods of literature and logical analysis, focuses on the introduction of the teaching of basic theoretical knowledge, basic technology and skills of the course teachers of track and field in Colleges and universities. How to fully integrate the elements of Ideological and political education of track and field in the new era. To achieve the improvement of students' national feelings, humanistic quality and excellent skills. In order to cultivate excellent sports talents who are keen on China's physical education and realize the dream of sports power, this paper makes a comprehensive exploration and practice.

**Key words:** establishing morality and cultivating students; ideological and political education of curriculum; track and field courses; teaching model

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## RESEARCH BACKGROUND

China's 18th National Congress pointed out: "The fundamental task of education is to foster morality."<sup>1</sup> The Ministry of Education then issued the "Notice on the Education System to Seriously Study and Implement the Spirit of the China's 18th National Congress", which clearly pointed out "The fundamental task of colleges

and universities is to adhere to the education of people, moral education first, and comprehensively implement quality education."<sup>2</sup> In China's school education, it has always been emphasized that moral education should be the central link of education, and ideological and political work should run through the whole process of education and teaching. All these have pointed out the direction for the implementation

of curriculum ideological and political work in college education and teaching. Physical education, as an important part of college education, carries the important task of comprehensive development in moral, intelligence, sports, aesthetics and labor education. In cultivating students' healthy behavior and good morality. It plays an irreplaceable role in education of other disciplines.

The track and field course is one of the core courses of the national physical education professional curriculum system, and it is also the foundation of all courses. The quality of its curriculum directly affects the quality of the training of physical education professionals in university. Athletics courses are offered in all colleges and universities for physical education majors in the first academic year of the university. It is the first professional course for students to enter a new learning environment. At the same time, this period is also the critical period for the gradual formation of students' college values. Therefore, it is very important for teachers to effectively integrate the elements of ideological and political education in the teaching process of track and field sports, and to forge students' excellent professional basic skills while enhancing their home country feelings and humanistic qualities.

## **CONSTRUCTION of the IDEOLOGICAL and POLITICAL TEACHING MODE of the course "Track and FIELD" for the PHYSICAL EDUCATION MAJOR**

### **Analysis of the Basic Situation of the Course**

The track and field course is the main course of the physical education major. It is offered in the first year of the freshman year. There are 128 lessons in 32 weeks, 2 times and 4 lessons per week. Young students must pay attention to the guiding role of the first button in their lives in the future. The value orientation of youth determines the value orientation of the entire society in the future, and youth is in a period of value formation and establishment. It is very important to grasp the value development during this

period. This is like wearing clothes and buckling a button. The first button is incorrectly buttoned, and the rest of the buttons will be incorrectly buttoned. It can be seen from the curriculum that the track and field courses are arranged for the first academic year, and they are taught at the forefront of technical courses such as foot, basketball, volleyball gymnastics, and martial arts. It has the meaning for college students to buckle the first button of their college career. The track and field button must be buckled in order to lay the foundation for each button in the follow-up course. It plays the role of "guider" in cultivating students' Sports Core literacy and promoting the learning of other special projects. Therefore, how to liberate track and field teaching from the traditional teaching of "skills teaching over ideological and political education", integrate moral education into teaching goals, fully excavate the theoretical, practical knowledge and cutting-edge dynamics of this course, and use cases of ideological and political elements at the same time It is particularly important to be meticulously integrated into the whole process of teaching.

### **Construction of the Ideological and Political Goal System of the Course "Track and Field Sports"**

The construction of the track and field curriculum goal system is based on the core literacy concept of the physical education discipline, focusing on the professional quality requirements of "one practice, three learning" in the new era, and cultivates a team of teachers who know and do have professional ethics, and adhere to the China's education policy, and the goals are refined into: athletic ability goals, healthy behavior goals, and sports moral goals. The specific performance of the athletic ability goal is: through learning, students can master the characteristics, value, development origin and trend of track and field sports walking, running, jumping, and throwing, basic technical principles, competition rules and judging methods, competition organization, fitness exercise plan. The development of physical fitness and track and field sports teaching and training ability can be realized at the same time. The specific performance of healthy behavior goals is: to be able to pay attention to the health of oneself and others, to love life, to form a healthy and civilized

lifestyle, to help students develop good exercise habits through learning track and field skills; Through the teaching process, smoking is harmful to lung function, so as to weaken muscle function, affect people's exercise ability, and create a good smoke-free campus culture; to maintain a good attitude in teaching practice, and use The tolerant and open-minded mental state treats every student, and the social adaptability is significantly improved. The specific performance of the sports ethics goal is: to have self-esteem, self-confidence, bravery, tenacity, and aggressive sportsmanship; to develop a sports ethics that abide by the rules, honesty and trustworthiness, fairness, and cultivate civility, courtesy, solidarity and cooperation, with a good sense of social responsibility and outlook on success and failure of sports character.

Specifically in the implementation of teaching, the goal is divided into each learning unit, and specific sub-objectives are formed, so that students can achieve sub-objective tasks through continuous efforts, and finally achieve the overall goal of the track and field course through the completion of each unit sub-objective, and achieve and improve the self-worth of students of physical education majors. It will comprehensively improve the core literacy of students' sports disciplines. Through the step-by-step and planned ideological and political teaching of track and field courses, the fundamental task of "Establishing Morality and Cultivating Students" can be implemented more effectively.

### **Construction of the Ideological and Political Content System of the Course "Track and Field Sports"**

The physical education curriculum itself contains extremely rich elements of ideological and political education. Mao Zedong pointed out in the article "Sports Research": "The body is the car of knowledge and the house of morality."<sup>3</sup> Track and field as the mother of all sports It has the characteristics of a large number of projects, complex technology, a combination of athletics and fitness. When people participate in track and field sports, they often face various challenges, such as the ultimate challenge of cardiorespiratory endurance in middle and long distance running, and when running over obstacles. In the process of overcoming one by one, these sports are actually subtly cultivating people's sports morality. This is also the role of physical education as an all-round development of people playing an irreplaceable role in other disciplines. In track and field competitions, athletes must strictly follow the rules of the competition from the inspection to the end of the competition. During the competition, they must obey the rules of the organizing committee and the judgment of the referee. In this process, people's awareness of rules is exercised. In team events such as relays, athletes must keep pace. Any one's mistakes or slack will affect the team performance. Such training and competitions also exercise people's ability to collaborate. High-level track and field athletes have won the honor for the country through fierce struggle when they represent the country. We are digging out the stories behind the honor for students to watch, and it can very well inspire the students' home and country feelings. Therefore, the above arguments fully prove that the teaching of track and field sports can strengthen the students' ideological and political education through personal practice and intrigue. The specific content of the ideological and political education of the "Track and Field" course (see Table 1).<sup>4</sup>

<b>Table 1</b> <b>List of Ideological and Political Education Content of "Track and Field Sports"</b> <b>Course Ideological and Political Teaching Mode</b>		
Teaching link	Ideological and political education content	Ideological and political type
<b>Pre-class introduction</b>	The story of China's Olympics: Liu Changchun went to the Olympics "single-handedly" in 1932 to the successful hosting of the Olympics in 2008	Home country education
	The story behind Liu Xiang: the unyielding king!	
	Develop track and field sports learning plan	Physical and mental health education
	Check key technical videos and upload after-class practice videos	
	This paper introduces the influence of bad habits such as smoking, diet and sleep on exercise ability	Health behavior education
<b>Participatory teaching links</b>	2015 Beijing World Championships in Athletics won the silver medal video case	Education of ideals and beliefs
	Collect video cases of group mutual help and mutual aid in track and field classroom	Teaching Collectivism education
	Fun group games, competitions	
	Collecting video cases of referee law enforcement in each school sports meeting	Discipline and rule education
	Do not be afraid of hardships, be tenacious in learning and practicing	Physical and mental health education
<b>Classroom practice links</b>	Moving stories in group production and lesson preparation	Collectivist education
	Etiquette restraint and teacher ethics and etiquette are integrated into the classroom in the practice link.	Physical and mental health education
<b>Social service links</b>	A battle without gunpowder: Chinese track and field athletes on the highest podium in the international arena to present gifts to the motherland	Home country education
	Famous track and field athlete Chen Jingwen conducts track and field interactive case education at Guangxi China Resources Hope Primary School	
	Group sharing meeting after each activity (picture, video, text, etc. display)	Collectivism education
<b>Learning evaluation link</b>	Fair or objective evaluation of each display or competition in the class	Discipline and rule education

### **The Construction of the Ideological and Political Teaching Link of the "Track and Field Sports" Course Combining Online and Offline**

(1) Construction of the introduction link before class. The practice teaching of walking, running, jumping, and throwing in track and field sports "explodes" and "integrates" ideological and political elements. The starting point is to promote the all-round development of students. With the help of Chaoxing platform to complete the introduction of ideological and political element cases before class, guide students to learn online before class and realize the extension of course teaching. Such as track and field historical events, sports figures, event stories, healthy behavior habits, key technology guidance, teaching case analysis, etc., which can fully stimulate students' interest in classroom content, improve the initiative of learning, and can realize the behavioral perception of ideological and political elements that reflect the spirit of sports. To cultivate students' national pride, family and country feelings, and the patriotic spirit of hard work and enterprising.

(2) Classroom teaching-construction of participatory learning links. This teaching link students master sports skills, reflect teamwork, find and solve problems through participatory teaching. Therefore, the design of teaching content focuses on practical and pragmatic, not only focusing on the individual technical teaching of track and field, but also closely contacting and solving practical problems in the track and field teaching and training in primary and secondary schools. In the form of teaching, it not only pays attention to the enlightenment of students' participatory teaching, but also is problem-oriented, and uses group discussion learning, situational reproduction learning, cooperative learning and task-driven role learning to allow students to truly participate in sports and give full play to teachers. Guidance and the main status of students emphasizes learning through personal experience in specific learning situations (incorporating ideological and political elements) and sharing experiences.

Teache

rs should also observe students' reactions and points of interest in the classroom teaching process, so as to explore the ideological and political elements in the classroom and optimize the subsequent curriculum teaching design.

The overall design of participatory teaching links is problem-oriented, allowing students to complete participatory learning in exploration and cooperation, Ideological and political education is more reflected in collectivism education and tenacious physical and moral education. Students not only experience the achievement of acquiring motor skills, but also experience the sense of gain after helping others, teamwork and tenacious struggle.

(3) The construction of students' classroom practice links. This link not only fully demonstrates the quality of the training of teachers in physical education under the background of Establishing Morality and Cultivating Students, but also a key link to test the success of the implementation of the ideological and political teaching mode of the "Track and Field" course. In the last class of each individual teaching, the teacher assigns simulated classroom teaching tasks in groups to simulate the teaching situation of physical education and health courses in primary and secondary schools, and allows students to use the ideological and political teaching mode of the "Track and Field" curriculum to teach physical and health courses in primary and secondary schools Design, a 20-minute simulated classroom presentation for each group in the classroom, in which the effective integration of ideological and political elements in each part of the classroom will be the key to this simulated classroom teaching. At the same time, in this session, peer teachers and student representatives of the college will be invited to conduct classroom evaluations. If conditions permit, you can also invite famous teachers of physical education in compulsory education to join, evaluate and suggest the effect of student simulation teaching through multiple directions and multiple angles, so as to evaluate the "Track and Field Sports". The phased teaching quality of the curriculum ideological and political teaching mode, so as to provide guiding opinions and suggestions for the follow-up classroom teaching implementation.

In this link, teachers should fully understand the

students' learning situation and make effective grouping. In general, heterogeneous grouping can reduce the differences between groups, ensure the fairness of competition among groups. It can better mobilize the enthusiasm of each student in the group and facilitate the common progress of students in the group.

(4) Construction of after-school social service links. The most important function of local general undergraduate colleges is to serve the rapid development of the local economy. In order to adapt to this development trend, the teaching evaluation content of track and field courses is increased by students who have completed at least one relevant social service volunteer work. The college has signed service agreements with a number of schools in the Economic Development Zone to contribute to the development of physical education in the compulsory education stage in the district. The service content includes the organization of school sports games, after-school training of track and field teams, and large break activities. With the help of the after-school service practice platform, students participate in voluntary service to exercise the application ability of the knowledge and skills they have learned, and accumulate practice points. Students not only realize their self-worth in the process of practical service, but also can accumulate detailed social service ideological and political cases of the "Track and Field Sports" course and apply them in classroom teaching in the future. Through extra-curricular volunteer service activities, "track and field skills learning" and "local education services" are combined into one, ideological and political education is quietly integrated into track and field teaching, and the "Regarding Strengthening of the Central Committee of the State Council The "Opinions on Improving the Ideological and Political Work in Colleges and Universities under the New Situation" put forward the requirements of "three-wide education", To cultivate senior application-oriented talents in basic education with both morality and ability.

Construction of learning evaluation link.

Learning evaluation is carried out around the three dimensions of learning objectives. Diagnostic evaluation, formative evaluation, summative evaluation and value-added evaluation are used to scientifically evaluate each link of teaching. The purpose of using multiple evaluations is to motivate students to learn better and teachers to improve teaching.

Athletic ability evaluation: using a combination of diagnostic evaluation, formative evaluation, summative evaluation and value-added evaluation. In the key technical essentials and case analysis of the introduction link, check the students' proficiency in key technologies and the importance of the case analysis. Whether the difficulty can be grasped, the basic situation of the students has been obtained, and it is convenient to arrange the participatory teaching content reasonably. The social practice service links mostly use formative evaluation methods, and the cumulative points are formed into the total score. In the course of students' classroom practice and at the end of the semester, the technical ability assessment is to adopt a summative evaluation and value-added method to test students' mastery of the ideological and political teaching mode of the "Track and Field Sports" course, the degree of mastery of sports skills and the degree of progress. The degree of progress is evaluated in the evaluation. The attention of the students' degree of progress can very well stimulate the enthusiasm of all students in learning, The group evaluation of students' classroom practice is carried out by diagnostic evaluation and comprehensive evaluation. It is a scientific evaluation of students' teacher-training, evaluates students' teaching design and classroom simulation teaching at the same time, and puts forward valuable opinions to promote students' development.

Health behavior and sports morality evaluation: mainly use diagnostic evaluation and formative evaluation. In the introduction stage, students' perception of the introduction case, the performance of individual and group students in the participatory teaching stage, and real-time problem feedback on learning and training, and Self summary of social service links. It should be noted that the evaluation of healthy behavior and sports morality evaluation

(5)

runs through the entire education and teaching. Any evaluation method adopted is a relative evaluation. The key is to require teachers to carefully record all students' performance in the dimension of healthy behavior in each teaching links. The shortcomings in the teaching field, make timely optimization and adjustments for the next step of teaching, and provide improvement strategies for the formation of a closed-loop path for each teaching link of track and field.

### **ANALYSIS of the SUPPORTING ENVIRONMENT of the IDEOLOGICAL and POLITICAL TEACHING MODE of the "TRACK AND FIELD" COURSE**

#### **Human Resources Support**

The design and teaching of the ideological and political teaching mode of the "Track and Field" course is unrealistic to rely solely on the strength of individual teachers to complete it. It requires track and field teachers with a strong sense of education and responsibility, and at least one experienced ideological and political course teacher to form an ideological and political education team. The ideological and political education team regularly conducts teaching and research activities, discusses the excavation of moral education cases and the collection and arrangement of cases, and combines historical facts and social hotspots to fully explore the uniqueness of "Athletics" in cultivating qualified citizens with physical and mental health, strong physique, and sound personality. Cases, the case is polished and optimized in a targeted manner, so that it is not so rigid to integrate into the curriculum. Integrate Establishing Morality and Cultivating Students into the curriculum system, teaching system and evaluation system in an all-round and effective way, and all-round education model of the "Track and Field" course that teaches and educates people through activities, educates people through competitions, and educates people through practical services.

#### **School Policy Support**

The after-school service link of the ideological

and political teaching mode of the "Track and Field Sports" course is the essence of the ideological and political teaching of the whole course. Through a series of learning, whether students can implement the knowledge they have learned into action and practice the morality of the teacher is a reflection of the teacher. The key to moral literacy is also an important manifestation of testing whether the fundamental task of school Establishing Morality and Cultivating Students has come to fruition. Students serving the physical education cause of local primary and secondary schools after class are not a whim, but a long-term mechanism formed after institutional guarantees. Only by forming long-term and stable cooperation with local primary and secondary schools can we see the educational effect of this course. Of course, other courses can also participate. Therefore, this policy support requires school support, at least the support of the department, and the signing of a long-term and stable service cooperation agreement with local primary and secondary schools to form a practical service group with teacher guidance, student participation, and cooperation with practice units. Give full play to students' strong professional skills and creative advantages, practice teacher ethics in the process of practical service, and at the same time, students discover their own shortcomings in practice can stimulate their future learning motivation, for the cultivation of primary and secondary school physical education with both ability and political integrity. To lay a good foundation for cultivating having both ability and political integrity senior applied talents of physical education in primary and secondary schools.

#### **Local Government Support**

Explore stable cooperation between universities and local basic teaching to achieve the purpose of collaborative education. In addition to the policy support of the school, we should also give play to the organizational leadership role of the local government. In addition to the policy support of the school, we should also give play to the organizational leadership role of the local government. The establishment of this collaborative education system can well break through the barriers of educational resource sharing between normal

universities and basic education, and provide a stable educational practice platform for colleges and universities. Students can exercise teachers' professional skills and practice teachers' Ethics on the practice platform, and also inject vitality into basic education.

## CONCLUSION

Under the background of "Establishing Morality and Cultivating Students", the ideological and political construction of physical education curriculum leads the cultivation direction and process of students' core literacy of physical education. The construction of the ideological and political teaching mode of the course "Track and Field Sports" is guided by the core literacy of the physical education discipline as the goal, and the basic skills of the students are the necessary literacy, that is, athletic ability; to cultivate students' physical and mental health, civilized behavior, and actively adapt to the social environment Demand is the constituent element, that is, healthy behavior; forging students to comply with social and industry norms, work hard, and serve the society as the key element, that is, sports morality. The track and field sports course is a preliminary attempt of the curriculum ideological and political teaching mode under the background of the Establishing Morality and Cultivating Students, exploring the effective integration of "practical teaching of sports professional skills" and "ideological and political education", allowing students to

develop excellent professional skills at the same time. I also deeply felt the charm of sports education, the professional identity has been improved, the implementation of the five major teaching links allows students to leap from perceptual to rational, and truly realize that returning to the society is the higher-level goal of learning. The ideological and political teaching reform of the "Athletics" course realizes the improvement of students' home country feelings, humanistic qualities and excellent skills, and provides an effective teaching paradigm reform example for cultivating outstanding people's physical education teachers.

## Author Declaration

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