Research on the Practice Path of Integrating Physical Education Classroom Teaching into Ideological and Political Education Based on Computer Analysis

Wenfang Li1,*

1Xi'an Eurasia University, Xi'an,710065,China

*Corresponding author e-mail: lwf123@163.com

Abstract. As the main force of socialist cause construction, it is of great value for college students to strengthen their political thought education and improve their ideological and political literacy to create a new situation of socialist cause with Chinese characteristics. Effective integration of college physical education classroom teaching into political thought education based on computer analysis, and plays an active role in strengthening political thought education of college students and helping them establish correct outlook on life, values and world outlook. Starting from the value of integrating the political thought education course based on computer, this paper analyzes the ways and problems of College Physical Education Teaching Based on computer, so as to contribute to the healthy growth and all-round development of college students.

Keywords: University, Physical Education, Integration, Ideological and Political Education, Computer Analysis

1. Analysis of the Value of Infiltrating Political thought education in Physical Education Teaching in Colleges

1.1. Necessary Requirements for Promoting the All-round Development of Young College Students
With the acceleration of international globalization, various foreign trends of thought have been pouring in, which has produced a certain impact on the traditional values of our society[1]. There are some unhealthy social tendencies such as extravagance and waste, luxury and enjoyment, not thinking of making progress and being content with enjoyment[2]. Teenagers are in a critical period of physical and mental growth, and also the best period for the production of self-values[3-4]. Their ability of discrimination and self-control is relatively weak, and they are vulnerable to the influence of various adverse social trends of thought, which is harmful to their physical and mental growth. For example, some college students pursue material enjoyment, weak willpower, weak psychological endurance and
so on. In this case, the importance of strengthening political thought education is more prominent. It is feasible to carry out political thought education in college physical education\textsuperscript{[5-6]}. For example, by participating in sports or watching major international sports events, students can enhance their sense of patriotism and national cohesion. In addition, sports activities are often full of competitive activities, which can cultivate students’ qualities as shown in figure 1 below.

![Figure 1. The quality of students that sports events can cultivate](image)

1.2. The Inevitable Choice to Realize the Objectives of Physical Education
The goal of physical education teaching is not only to cultivate students’ healthy physique, but also to undertake the task of improving college students' psychological quality and developing good personality. College students in sports are not only a process of physical exercise and mastering skills, but also a process of learning social roles and mastering social rules. Cheng is also a process of becoming a good citizen who abides by the law and discipline. However, at present, there is a tendency of quick success and instant benefit in physical education teaching in Colleges, lacking comprehensive understanding of the teaching objectives and tasks of physical education, neglecting the moral education in physical education teaching in Colleges, putting physical fitness and improving sports skills in the first place. In this case, it will inevitably affect the realization of the goal of physical education teaching in Colleges, leading to the decline of teaching quality, and then affect the cultivation of moral, intellectual, physical and aesthetic comprehensive talents in Colleges.

1.3. An important way to enrich political thought education in Colleges
In the past, the traditional way of preaching was often adopted in College Physical Education teaching. College students, as individuals with autonomy and independent thinking, may be bored and conflicted with the teaching method of preaching. Therefore, in order to ensure the effect of Political thought education in colleges, it is necessary to change the traditional ways of Political thought education, and further enrich the ways and means of political thought education in colleges. There are rich moral education ideas in college physical education. Its flexible and interesting teaching form can also provide a more efficient way for political thought education. For example, in various sports, long-distance running or track and field can temper students’ will quality, cohort exercise can cultivate students’ discipline, aerobics can exercise students’ aesthetic quality. In participating in sports, students can be stimulated to strengthen the endogenous motivation of Ideological and political learning, and students can consciously enhance their ideological and moral quality. Therefore, physical education in Colleges can become an important way to enrich political thought education in Colleges.
2. Attention to the Political thought education in Physical Education Teaching in Colleges

2.1. Combining Attention with Physical Education Teaching Content
Integrating political thought education into physical education teaching is bound to combine political thought education with physical education teaching content, rather than rigid insertion. In College Physical Education teaching, different sports have different contents and characteristics. In order to penetrate political thought education into teaching, it should combine the teaching contents and specific characteristics of each project.

2.2. Paying attention to the richness of infiltration content
College students have a strong sense of independence and a certain ability to judge. When Integrating Political thought education into physical education, we should not use traditional general methods of political education to teach, but constantly enrich the content of Political thought education. For example, Wushu teaching can be used to explain to students about the excellent Chinese traditional culture, stimulate students’ patriotism complex, and cultivate national self-esteem and pride, as shown in figure 2 below.

![Figure 2. The role of practical political thought teaching](image)

2.3. Focusing on the Improvement of Teachers’ Ideological Consciousness
It is necessary and feasible to integrate political thought education into college physical education, but the key to its success and quality is the ideological and political level of teachers. Only when teachers have the consciousness of combining ideological and political education with physical education, and have good ideological and political quality and teaching quality, can ideological and political education run through the specific teaching process. In physical education teaching, the ideological and political level of physical education teachers will inevitably have a certain gap compared with professional political teachers.

There are some deficiencies in their ideological and political theory and teaching skills in Ideological and political aspects. But they are the concrete implementers of physical education in Colleges. Only by focusing on their ideological awareness and corresponding teaching skills, can the effect and quality of the integration of physical education and political thought education be guaranteed. Therefore, vocational training can be carried out for college physical education teachers to enhance their ideological and political literacy. In specific teaching, political teachers in Colleges can also be asked to assist and cooperate with each other, make plans in teaching design, teaching content and teaching objectives, and skillfully insert the content of Political thought education. In addition, the content of Ideological and political assessment for physical education teachers can be formulated to promote physical education teachers to improve their own ideological and political literacy and political thought education consciousness.
References

[1] Zheng Xiangnu. The path of realizing the function of sports political thought education [J]. Modern Commerce and Trade Industry, 2016, (13): 136-138.

[2] Hu Qiliang, Lan Zili, Wang Yunling. On the Strategies of Interaction between College Campus Sports Culture and College Students' Political thought education [J]. Journal of Capital Institute of Physical Education, 2010, (02): 70-73+89.

[3] Tu Xiangren. The current situation and Countermeasures of Political thought education of college physical education students [J]. Journal of Jiangxi Institute of Education, 2008, (03): 53-57.

[4] Wang Linlin. Discussion on the relationship between campus sports culture and political thought education [J]. Journal of Zhoukou Normal University, 2007, (02): 144-146.

[5] Bao Haili. Research on the Ideological and Political Integration Mechanism and Practical Path of Public Physical Education in Colleges[J]. Zhejiang Sports Science, 2019, 041(003):58-61,112.

[6] Zou Xuepo. Research on the Ways of Integrating Political thought education into College Physical Education[J]. Modern Vocational Education, 2017, 000(019):116-117.