

Research on the Embodiment and Implementation of the Value of Moral Education in College Physical Education

Long Zhang*

University of the Visayas, Cebu City 6000 Philippines

* Corresponding author: Email: 233205568@qq.com

Abstract: Since the convening of the 18th Party Congress, it has made the idea of moral education penetrate deeply in the field of education and become the main goal of moral education in all educational stages. Physical education occupies an important position in the curriculum system of colleges and universities, and is also a key channel to improve students' physical quality and athletic ability. Traditional physical education in colleges and universities pays too much attention to sports skills training and ignores the connection between it and moral education. Such a teaching method has failed to meet the development goals of modern college education. Therefore, this paper adopts literature method to analyze the value of "moral education" in college physical education, and proposes five ways to realize it: improving the comprehensive quality of college physical education teachers, integrating the concept of "moral education" into the goal of physical education, conveying the spirit of physical education to students, actively carrying out college physical education practice activities, and focusing on cultivating students' physical education. It is hoped that this will give strong support to the practice of moral education in colleges and universities.

Keywords: Moral education; College physical education; Physical education; Value.

1. Introduction

Establishing moral education is the core issue and fundamental task of education in China. Firstly, in the report of the 18th Party Congress, it was clearly pointed out that making moral education the fundamental task of education. After that, General Secretary Xi Jinping openly said in the conference about the construction of ideology and politics of colleges and universities held at the end of 2016 that it is necessary to re-examine the situation of the development of China's higher education undertaking, to cultivate the builders of socialist countries with the core of moral education. Then it was proposed in the report of the 19th Party Congress in 2017: firstly, it should be achieved to fully implement the Party's education policy, and secondly, the most important thing of education is to be people-oriented, while developing quality education and promoting educational equity, and the ultimate thing to be achieved is to cultivate socially responsible, high-quality and highly talented builders for the great rejuvenation of the Chinese nation. In June 2019, the Chengdu Education Conference was held. The conference pointed out that Chengdu's development strategy should not only prioritize education, but also build on the current "three-step" development plan and the "four strategic positions" to achieve the convergence of people's hearts, the integrity of personality, the development of human resources and the creation of talents, and to Benefit all people. It is to deepen the reform and opening up of education, and strive to create an education that satisfies the public and reassures the people. The conference also emphasized the important mission of "cultivating moral character" mentioned in many major conferences, and the general requirement of accelerating the cultivation of socially responsible, highly qualified and talented builders for the great rejuvenation of the Chinese nation. In order to achieve the great rejuvenation of the

Chinese nation, we must rely on socialism with Chinese characteristics, so we should promote the relevant ideas into the textbooks and preach in the classroom, so as to penetrate into the hearts and minds of students, and in higher education, we should let students study Marxism-Leninism and the ideas of our leaders in depth, and use the history of the Party and the State as a pavement for events, so that students can feel the hard-won happiness of the present life, and then set high aspirations. This will help students to build up high aspirations, strengthen the "four self-confidences", and be determined to listen to the Party and follow the Party.

All of the above initiatives and proposals express the importance and concern of China's education, and also show that the mission of China's education is to cultivate talents for building a socialist country with Chinese characteristics, which is the clear direction of China's education. Therefore, it is of great practical significance and value of the times to explore how to reflect the value of "moral education" in physical education in colleges and universities, and to explore the implementation path of "moral education".

2. Embodiment of the value of "moral education" in physical education of colleges and universities

School is the first carrier for people to receive various kinds of education, and moral education in school is one of the core functions of school, so schools should consider taking as many ways as possible to penetrate outside the traditional moral education classroom. From this perspective to understand the value of moral education in physical education teaching work, in order to give full play to the value of moral education in school teaching, in order to achieve the expected moral education effect. The physical education classroom in colleges and universities is an important position of moral

education in schools, which is determined by the basic content of moral education in schools. It includes four aspects: one is the education of basic civilized habits and behavioral norms; the second is the education of moral qualities; the third is the education of basic moral qualities and moral qualities of citizens; the fourth is the education of moral ideals of citizens. However, these four aspects are more or less involved in the process of physical education development in colleges and universities. Next, this paper will elaborate the educational value of the idea of "building up moral character" from five aspects: educational goal, educational outline, teaching plan, educational process and teaching evaluation.

2.1. The value of "building moral values" in physical education objectives

Specifically, the "moral education" in the educational goal is to emphasize the moral education of students, including the influence of teachers, teaching environment, teaching activities and other factors on students' moral education. The purpose of physical education is to provide moral education to students through physical education techniques, and the value of "moral education" in physical education lies in the following: firstly, physical education is to cultivate students' moral qualities of being aggressive, resilient, united and collaborative in physical education while learning sports skills; secondly, moral education in physical education is a unique function of physical education and health curriculum. It is a unique function of physical education, which is different from other forms of teaching in schools, such as the spirit of bravery and tenacity, solidarity and struggle. Moral education in physical education classes can motivate students to understand and learn the spirit of sports, which directly reflects the moral education objectives of physical education.

2.2. The value of "moral education" in the physical education curriculum

After being listed as the fundamental task of education, all individuals involved in physical education have the responsibility of "establishing moral education". When formulating the syllabus, colleges and universities should fully integrate the idea of "establishing moral education" into all aspects of teaching. Moral education is an important part of quality education for college students, and the quality of moral education and healthy development of personality depends largely on the quality of moral education. The goal of physical education in colleges and universities is not only to cultivate the sports skills and physical quality of college students, but more importantly, to infiltrate the moral qualities such as unity and cooperation and self-improvement that contemporary college students should have in various sports activities into the daily life of college students. Therefore, the idea of "building up moral character" is of great value in the physical education syllabus.

2.3. The value of "moral education" in physical education teaching plan

Physical education is an important part of physical education teaching, which affects the implementation mode of physical education teaching in colleges and universities, the implementation strategy of teaching ideas, the use of teaching techniques and means, and is a teaching plan written to achieve a certain teaching purpose. The design of physical education teaching plan should take into full consideration the idea of "establishing moral education for people", integrate

moral education and thinking into the consideration of physical education teaching tasks, focus on the unity of learning and thinking and the unity of knowledge and action of teaching tasks, and cultivate college students' firm belief in the requirements of socialism with Chinese characteristics.

2.4. The value of "moral education" in the process of physical education

Physical education is not only an important part of school education, but also an important link of moral education. While learning sports skills, college students will also reap the fruits of moral education. As we all know, the learning of any sport skill is inseparable from a process of imitation, practice, experimentation, correction, re-practice, and finally results. In fact, it is a process that inspires students to transcend themselves and exercise their mental qualities of perseverance. In addition, when playing some sports that require cooperation with others, such as basketball, tennis and soccer, the emphasis is on the process of cooperation with others and the process of cooperation with the collective to achieve victory.

Therefore, learning these sports skills will naturally lead to learning how to get along with others and how to adapt to collective life; and students learning these skills will naturally enhance their social competitiveness in sports skills beyond professional knowledge, which is the key to stand out in the tide of job seekers. The value of moral education is reflected everywhere in the process of physical education.

2.5. The value of "moral education" in the evaluation of teaching

In physical education, teaching evaluation is the core of physical education in colleges and universities. The purpose of physical education is not only to teach sports technology, but also to make students become psychologically and physically healthy college students. By establishing an evaluation mechanism, a multi-dimensional evaluation and assessment mechanism should be established for the effect of moral education of physical education teachers, so that the moral education assessment standard can play a certain leading role in the assessment of classroom teaching effect; how effective moral education is should be based on students' evaluation of moral education, in which students' patriotic sentiment and cognitive development should be used in the evaluation, and different evaluation dimensions should be applied, and through students' feedback, the The evaluation should be based on students' patriotism, cognitive development and other aspects.

3. The path to realize the value of "moral education" in physical education in colleges and universities

3.1. Improve the comprehensive quality of physical education teachers in colleges and universities

In college physical education, teachers are the main participants, and their words and deeds can become the objects of students' learning and imitation, and their comprehensive quality is closely related to the effect of moral education in college physical education. Improving teachers' comprehensive quality can promote students to form correct ideology. Physical education teachers in colleges and

universities should not only improve their knowledge system of physical education and improve their athletic ability, but also pay attention to the construction of their own teacher's morality, so as to lay a solid foundation for penetrating the concept of moral education to students. Colleges and universities can build a community of teachers, integrate their teaching skills with moral education, establish a higher professional pursuit, and improve their own sense of responsibility. Only when teachers can practice the concept of moral education from their own perspective can they set a good example for students.

3.2. Integrating the concept of moral education into physical education teaching objectives

Teaching objectives can provide clear directions and ideas for college physical education teachers to carry out teaching activities. Under the influence of the concept of moral education, physical education teachers in colleges and universities should integrate it into the teaching objectives as an important content, so that it can be organically combined with improving students' physical quality, penetrating the spirit of lifelong sports and cultivating students' sports ability, so as to promote students' physical and mental development. In addition, teachers can guide students from a spiritual and ideological point of view, so that students' interests and perceptions of sports are linked to moral education, reflecting the value pursuit and social concepts of college students. In this way, physical education is used as a platform to cultivate students to establish correct ideological concepts, so that students can form self-cognition and get moral quality improvement in the process of receiving physical education. Integrating the concept of moral education into physical education in colleges and universities has become a task facing teachers, which can form a correct guidance for their behavior in carrying out teaching activities.

3.3. Transmitting sportsmanship to students

Sportsmanship is an inner embodiment of physical education, which has the characteristics of wholeness and ideology. Sportsmanship is mainly reflected in the level of sports knowledge and morality, which can provide a solid impetus for the development of sports practice. Students in higher education are the main pioneering force in the development of the new era. Therefore, in order to achieve the goal of combining the concept of moral education with physical education, physical education teachers in colleges and universities should consciously transmit sports spirit to students. Teachers can penetrate team spirit and cooperation concept to students by organizing them to participate in sports competitions and cultivate them to form a sense of collective honor. These are the wealth that college students can accumulate through physical exercise. The sports spirit formed by students in physical education can play a guiding role in many aspects, enabling students to form good behavioral norms and to exercise their willpower. In the context of penetrating the concept of moral education, physical education is not only a course or an activity, but also a platform for exercising students' comprehensive quality, so that students can internalize the spirit of sports into their own excellent ideological quality.

3.4. Actively carry out college sports practice activities

Effective practical activities can largely promote the

penetration of the concept of moral education in college physical education. Therefore, physical education teachers in colleges and universities should consciously combine physical education with practical activities. According to the curriculum arrangement, development direction and learning content of different majors, they should organize some practical activities for students out of school, so that they can get moral education and improve their moral character in the general environment of the society. Under the goal of infiltrating the concept of moral education, teachers can lead students to conduct some extension training, extracurricular practice courses, establish special sports programs and improve the richness of sports activities. In this way, it promotes the integration of physical education and consciousness exercise in colleges and universities, cultivates students to form good sports habits and sharpens their wills. Such a teaching method is conducive to making the concept of moral education come into practice. It is worth noting that the practical activities carried out by teachers should be in line with the actual situation of college students, so that they can receive targeted physical education and be inculcated with moral education in physical practice activities.

3.5. Focus on the development of students' physical education

From the conceptual point of view, physical literacy refers to the comprehensive sports ability and good behavior that people gradually form in the process of learning sports knowledge and participating in sports activities. Sports literacy is a comprehensive concept, including sports level, sports behavior, sports knowledge, sports skills, sports moral and many other contents. To achieve the goal of permeating the concept of moral education in colleges and universities, teachers should pay attention to consolidate students' physical literacy and promote the goal of healthy development of students. Such a teaching approach is conducive to the formation of correct ideological concepts and good exercise habits among students. The formation of students' sports literacy can make them extend to some life behaviors, which is conducive to character shaping and enables students to better carry out independent physical exercise in their lives, so as to achieve the goal of optimizing the effect of physical education teaching in colleges and universities.

4. Conclusion

To sum up, the introduction of the concept of moral education provides a new direction for college physical education teachers to carry out teaching activities, which makes teachers should promote the organic combination of physical education courses and the concept of moral education in teaching. In the actual teaching process, teachers should improve their comprehensive quality, integrate the concept of moral education into the physical education teaching objectives, convey the spirit of sports to students, and actively carry out college sports practice activities, focusing on cultivating students' sports literacy. Through this paper, a series of researches on the realization path of moral education in the actual college physical education class are carried out, hoping to put forward some constructive opinions and useful references in terms of efficiency improvement.

References

- [1] Guo Dan et al. Chinese classical masterpieces full text, full notes, full translation series Zuo Zhuan [M]. Beijing: China Book Bureau, 2016.03
- [2] Dai Rui et al. The theoretical connotation and practical strategy of "establishing moral education" [J]. Thought Education Research, 2017(06)
- [3] Fan Hongqiong et al. The connotation and realization path of establishing moral education [J]. Journal of Higher Education, 2019,(09),65-67
- [4] Xie Anguo. The scientific connotation and great significance of Xi Jinping's thought of establishing moral education [J]. Journal of the National Academy of Educational Administration, 2018(08)
- [5] Li L and Jin X. The connotation, difficulties and realization path of moral education in colleges and universities in the new era [J]. Journal of Northeast Normal University (Philosophy and Social Science Edition) 2019,(02),149-154
- [6] Qi Ruqiang. The theoretical origin and spiritual essence of Xi Jinping's thought of establishing moral education [J]. Marxist Studies, 2018(07)
- [7] Li Zhongjun. The inherent basis of "to conduct a good Civics course with integrity" and its revelation [J]. Marxist theory discipline research, 2019(03)
- [8] Xu Junguo. Moral education from the perspective of campus culture [J]. Chinese Journal of Education. 2014(04)
- [9] Xu Zhengxu, Gong Zhengwei. How sports can make "moral education" possible[J]. Journal of Physical Education, 2019(04)
- [10] Jiao Yang. The "key courses" for the establishment of moral education in colleges and universities [J]. People's Forum, 2019(20)
- [11] Li Feng. Giving a soul to the curriculum: the focus of the construction of university curriculum thinking and government [J]. China University Teaching, 2018(11)