

Research on Traditional Ethnic Sports Teaching in Undergraduate Colleges under the Background of Curriculum Ideology and Politics

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Abstract

Curriculum based ideological and political education is a new requirement for talent cultivation in universities in the new era of education reform. It includes diversified curriculum based ideological and political education elements such as norms, culture, and competition in traditional ethnic sports, and is the main path to achieve the fundamental task of cultivating morality and talents. On the basis of exploring the effectiveness of traditional ethnic sports teaching in undergraduate colleges under the background of curriculum ideological and political education, this article analyzes how to carry out traditional ethnic sports teaching in undergraduate colleges under the background of curriculum ideological and political education, and give full play to the educational value of traditional ethnic sports.

Keywords: Course Ideology and Politics, Undergraduate institutions, Traditional Ethnic Sports.

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1. PREFACE

The introduction of the concept of ideological and political education in the curriculum has pushed the cultivation of all-round talents to a new ideological height. Undergraduate colleges, as the main battlefield for cultivating high-quality talents, are also the main carriers for spreading excellent traditional culture. Only by organically integrating ideological and political education of traditional ethnic culture can the educational value of traditional culture be truly realized. In undergraduate institutions, traditional ethnic sports contain rich ideological and political elements, which can not only promote the comprehensive development of students' morality, intelligence, physical fitness, aesthetics, and labor, but also truly achieve the fundamental task of cultivating morality and talent.

2. The Effectiveness of Traditional Ethnic Sports Teaching in Undergraduate Colleges under the Background of Ideological and Political Courses

2.1 Inheriting Traditional Culture

In the new era, the educational elements of ideological and political education in university courses must be continuously enriched and improved, to enhance the quality of talent cultivation in universities, and to implement the task of cultivating morality and talents. This also puts forward new standards for the curriculum construction and talent cultivation planning of

universities. That is to say, the construction of an efficient curriculum system should correspond to ideological and political education in the curriculum, and organically integrate professional teaching with ideological and political education in the curriculum. The construction of ideological and political education in the curriculum mainly includes various aspects such as consciousness education, Chinese Dream education, and traditional culture education. Traditional culture is the key link to cultivate students' patriotic enthusiasm and national self-confidence. There are very rich traditional cultural elements in the national traditional sports courses of undergraduate colleges and universities, such as dragon dance, lion dance, Loong Boat and so on, which all highlight the excellent spiritual civilization of the Chinese nation. Deeply mining the cultural elements in the national traditional sports courses, and applying them to the ideological and political courses can further enrich the ideological and political teaching content and teaching forms of the courses, thus improving the teaching effect of the national traditional sports courses of undergraduate colleges and universities. The improvement and enhancement of traditional ethnic sports courses can also continuously optimize the teaching ability and ideological and political awareness of physical education teachers, promote the optimization of the curriculum ideological and political teaching system, broaden the depth and breadth of talent

cultivation, optimize the ideological and political elements of the curriculum, and achieve the organic integration of professional course education and curriculum ideological and political education.

2.2 Realizing the Educational Value of Physical Education Curriculum

Compared to Western sports, traditional ethnic sports courses contain rich ethnic elements and traditional culture. These rich ideological and political elements can be integrated into daily teaching. Therefore, delving into the ideological and political elements in traditional ethnic sports courses can enable students to experience the national spirit while participating in the learning process of traditional ethnic sports courses, thus achieving the fundamental task of cultivating morality and nurturing people. The traditional ethnic sports courses in undergraduate colleges are the main carrier of ideological and political education in physical education courses. With the comprehensive promotion of ideological and political construction in ethnic sports courses, the level of ideological and political construction in courses can be further improved, the improvement and diversified development of the ideological and political system in physical education courses can be promoted, and the educational value of physical education courses can be enhanced [1].

2.3 Cultivate Patriotic Enthusiasm

Undergraduate institutions can further enhance students' national and cultural confidence by providing ideological and political education in ethnic sports courses. By vigorously promoting and propagating excellent traditional culture, such as organizing themed sports events for ethnic traditional sports, we can further strengthen the guidance of students' values and cultural education. At the same time, traditional sports such as fitness exercises can also be established within undergraduate colleges, so that students can understand the sense of unity and national spirit in the process of participating in collective sports activities, and thus influence their ideological and moral cultivation in a subtle way. In addition, through the process of students communicating and interacting together, more harmonious and harmonious interpersonal relationships can also be formed, enabling students to adapt to social interaction in advance.

3. The Practical Path of Traditional Ethnic Sports Teaching in Undergraduate Colleges under the Background of Course Ideology and Politics

3.1 Constructing a Teaching Content System for Ethnic Sports Courses in Undergraduate Colleges under the Background of Ideological and Political Education Curriculum

The teaching of traditional ethnic sports courses in universities is not equivalent to traditional ideological and political education. It is the fundamental task of integrating ideological and political elements into traditional ethnic sports teaching, and thus achieving the

goal of cultivating morality and nurturing people. In the teaching process of traditional ethnic sports courses in undergraduate colleges, traditional sports teaching content is still the main focus, but it is also necessary to appropriately reflect the ideological and political elements of the curriculum in the teaching process, and always ensure that the ideological and political elements and cultural concepts in traditional ethnic sports culture can have an impact on students' ideological and political literacy [2].

Firstly, when undergraduate institutions carry out traditional ethnic sports teaching, they must guide students to establish firm ideals and beliefs, which is also a key requirement for designing the teaching content of traditional ethnic sports courses in undergraduate institutions. In the context of ideological and political education in undergraduate colleges, the teaching of traditional ethnic sports courses must fully utilize the advantages of ideological and political education in disciplines and majors, and organically integrate the concept of socialism with Chinese characteristics with the teaching content of traditional ethnic sports. Immerse students in historical contexts, enhance their physical literacy, and also strengthen their ideals and beliefs, cultivating a group of socialist successors with strong professional abilities and firm beliefs for the great rejuvenation of the Chinese nation.

Secondly, the content design of traditional ethnic sports courses must be based on patriotic enthusiasm, and cultivate students' patriotic enthusiasm in the process of inheriting and promoting excellent traditional culture. The teaching of traditional ethnic sports courses will be supported by traditional sports projects, utilizing the cultural heritage of traditional sports projects. Through case analysis and allusion teaching, students will understand the deeds of heroes and great figures in history, as well as the brilliance of sports athletes in the process of sports development, and the sense of national responsibility they carry. For example, Qi Jiguang, Huo Yuanjia, and Yue Fei are all famous national heroes in China. By promoting education through history, they help students form national confidence and identity, so that they can always practice patriotism, strengthen cultural confidence, and road confidence in the process of learning traditional ethnic sports, and thus achieve the educational effect of ideological and political education in the curriculum [3].

Thirdly, the design of traditional ethnic sports curriculum content must be based on the construction of ideological and moral literacy. The purpose of education is to help students master basic knowledge while enhancing their ideological and moral cultivation. Traditional ethnic sports courses include many ethnic sports, such as firecracker snatching, tug of war, dragon and lion dance, Loong Boat dance, and these sports have also become the innate ideological and political resources of the curriculum. To ensure the effective

integration of ideological and political education with traditional ethnic sports, it is necessary to deeply explore the content that is in line with the socialist core values in traditional ethnic sports, clarify the moral elements in talent training programs, and cultivate students' ideological and moral cultivation such as never giving up and respecting teachers and ethics.

Finally, cultivating students' correct national spirit is also one of the main considerations in the content design of traditional ethnic sports teaching. Traditional ethnic sports curriculum itself belongs to the physical education system and has the educational value of sports, which can exercise students' willpower and cultivate their spirit of self-improvement. Therefore, the design of traditional ethnic sports courses must organically integrate the cultivation of students' spirit of struggle and hardship. In the course content design, relatively difficult sports tasks should be set according to students' actual physical level to cultivate students' spirit of daring to challenge and strive [4].

3.2 Based on Ideological and Political Education in the Curriculum, Achieving the Educational Goals of Traditional Ethnic Sports Courses from Multiple Perspectives

In the context of ideological and political education courses, the physical education curriculum of undergraduate colleges is formulated based on the college and professional talent training programs as well as professional characteristics. On the basis of curriculum reform, physical education teaching must establish the educational goals of moral education and health first, with the primary task of promoting students' comprehensive and healthy development. The teaching objectives of traditional ethnic sports courses should start from three perspectives: cultivating students' sports level, physical fitness, and sports ethics. In the process of setting teaching objectives for traditional ethnic sports courses, attention should be paid to integrating ideological and political elements from multiple perspectives. For example, when establishing moral goals, emphasis can be placed on students' ideological and political character and rule awareness. When determining physical literacy goals, it can also help students develop correct sports training habits and training awareness. In addition, the evaluation system of ethnic sports curriculum can further promote the reform of physical education. Teachers must set a comprehensive teaching evaluation system based on the curriculum teaching objectives and content, and repeatedly adjust and reconstruct the evaluation mechanism of traditional ethnic sports curriculum. The establishment of the evaluation mechanism mainly focuses on the assessment and evaluation of students' behavioral habits, and should integrate elements of curriculum ideology and politics.

Firstly, in the teacher evaluation system, an evaluation mechanism should be established based on

the characteristics of teachers' work and the actual teaching process, tilted towards the perspective of curriculum ideology and politics at multiple levels such as teaching and research, and stimulated students' enthusiasm for developing curriculum ideology and politics education elements. From the perspective of evaluating teaching effectiveness, evaluation indicators related to ideological and political elements in the curriculum can also be set up to reflect the teacher's humanistic care for students and the construction of students' outlook on life and values in the daily teaching process.

Secondly, in the student evaluation system, the standards of ideological and political evaluation can also be organically integrated, incorporating student-centered and people-oriented educational concepts into daily teaching, and paying more attention to students' gains in the learning process of traditional ethnic sports courses. The teaching of traditional ethnic sports courses in universities is not only to help students learn sports skills, but also to enhance their physical fitness and cultivate their correct values. Therefore, when evaluating students, the evaluation indicators and evaluation system should also be more diverse, reflecting students' ideological and moral qualities as well as the cultivation of their personality consciousness from multiple different perspectives.

3.3 Cultivate the Political Literacy of Undergraduate Physical Education Teachers and Achieve the Educational Goal of Ideological and Political Education in the Curriculum

In the teaching of traditional ethnic sports courses in undergraduate colleges, the personal ideological and political literacy and practical ability of physical education teachers directly determine the final ideological and political effect of the course. Undergraduate physical education teachers are also the main body of physical education teaching, and the improvement of teachers' personal ideological and political literacy is also the key to enhancing students' ideological and moral qualities.

Firstly, physical education teachers in undergraduate colleges undertake the educational task of educating students comprehensively. In the teaching process, the majority of physical education teachers have not realized the importance of integrating physical education teaching with curriculum ideology. Moral education is still marginalized in the physical education teaching process, and there are still problems with traditional educational concepts in university physical education teaching. The personal teaching ability and curriculum ideology of teachers also need to be improved. In the teaching process, it is necessary to cultivate students' awareness of lifelong learning and develop their physical fitness. Therefore, to enhance the professional competence of the teaching staff and encourage outstanding traditional sports project

personnel to join the national traditional sports curriculum teaching team [5].

Secondly, teachers of traditional ethnic sports courses in undergraduate colleges must continuously enrich their professional theoretical foundations, and enhance their personal educational abilities and ideological and political literacy through participating in off campus training and expert lectures.

Finally, teachers are crucial for classroom teaching. In order to truly implement ideological and political education into traditional ethnic sports curriculum teaching, it is necessary to fully tap into teachers' work enthusiasm and creativity. However, currently a large number of undergraduate colleges lack a professional team of physical education ideological and political teachers, and even have problems with insufficient teacher professionalization and non-standard teaching. Some undergraduate college teachers of traditional ethnic sports courses are temporary part-time workers who have not received professional training and learning, and have only a partial understanding of the knowledge points of the traditional ethnic sports projects they explain. Therefore, it is necessary to strengthen the training of teachers in traditional ethnic sports courses and enhance their professionalism. In addition, universities can establish a special fund for traditional ethnic sports to encourage teachers to delve into local ethnic culture in their spare time, experience the cultural elements contained in traditional ethnic sports, truly explore the ideological and political elements in traditional ethnic sports projects, and cultivate students' patriotism and national confidence in the daily teaching process, so that students can enhance their cultural consciousness and confidence in traditional ethnic sports courses.

4. CONCLUSION

Traditional ethnic sports have a profound cultural connotation and unique educational value, which can enrich the elements and teaching forms of ideological and political education in university courses. Combining the educational value of traditional ethnic sports courses in undergraduate colleges, strengthening the ideological and political construction of undergraduate courses, improving the content system and evaluation mechanism of traditional ethnic sports courses, innovating course teaching content, and truly realizing the ideological and political educational value of traditional ethnic sports courses.

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