

Research on the Path of 'Ideological and Political Education in Physical Education Courses' Construction in Universities under the Normalization of Epidemic Prevention and Control

Zhanning Gou¹, Xiaojun Yan¹

¹Department of Physical Education, Beijing University of Agriculture, Beijing, 100096, China

Abstract: In the context of normalized epidemic prevention and control, university physical education courses face new challenges and opportunities. How to integrate the concept of "Course Ideology and Politics" into physical education teaching has become a pressing issue for educators. This paper delves into the impact of normalized epidemic prevention and control on university physical education courses, analyzes the theoretical foundation and practical significance of ideological and political construction in physical education, and proposes a series of feasible pathways for such construction. Through research, we realize that physical education courses are not only platforms for enhancing health but also crucial channels for nurturing students' all-round development. Considering the characteristics of normalized epidemic prevention and control, this study suggests that university physical education should fundamentally focus on moral cultivation, integrating core socialist values into daily teaching. A student-centered, health-oriented curriculum system should be established. Meanwhile, by leveraging a blended learning model that combines online and offline teaching, the interactivity and effectiveness of courses can be enhanced, stimulating students' interest and engagement in learning. Additionally, through case studies, social practice, and other activities, students can be guided to develop correct value orientations and enhance their sense of social responsibility, thereby realizing the ideological and political function of physical education courses. This study provides theoretical guidance and practical references for the ideological and political construction of university physical education courses, which is significant for advancing reforms in university physical education and cultivating high-quality talents with a sense of social responsibility and healthy lifestyles.

Keywords: Epidemic Prevention and Control; Ideological and Political Education in Physical Education Courses; University Education; Moral Education and Talent Cultivation; Healthy Lifestyle

1. Research Background and Objectives

In the current environment where the global pandemic has become normalized, university physical education (PE) courses are facing unprecedented challenges and opportunities for transformation. During this period, traditional PE teaching models have encountered limitations, and educators urgently need to explore new strategies that can ensure students' physical and mental health while effectively advancing physical education. A deeper consideration lies in how to organically integrate the core idea of "ideology and politics in curriculum" into PE teaching practices, so that PE courses can serve not only as a training ground for physical fitness but also as a key part of cultivating students into well-rounded individuals. Therefore, this study is dedicated to thoroughly analyzing the specific impacts of the normalized pandemic situation on university PE courses, exploring the theoretical basis and practical application of integrating ideological and political education into PE, and proposing an effective implementation path for ideological and political education in PE courses.

This research is rooted in the current social practice context of normalized pandemic prevention and closely aligns with the national strategic directions of "moral integrity cultivation" and "Healthy China." As a key component of the higher education system, PE courses not only bear the fundamental responsibility of improving students' physical fitness and exercise skills but also carry the deeper mission of cultivating students' healthy lifestyles and promoting positive values. However, the integration of ideological and political education into university PE courses faces several challenges, such as a lack of recognition among PE educators regarding the inclusion of ideological and political elements, insufficient exploration and application of ideological and political resources in PE teaching content, and

the practical issues of effectively promoting ideological and political education in online teaching formats.

To address these issues, this research aims to examine how ideological and political education can be effectively integrated into university PE courses under the context of normalized pandemic prevention. First, by analyzing the interrelationship between university PE courses and ideological and political education, the study will clarify the synergy between their goals, providing a solid theoretical foundation for the construction of ideological and political education in PE. Second, based on the practical challenges faced by PE courses under the normalized pandemic situation, this study will explore practical challenges and propose improvement strategies. Finally, this study will outline a series of specific practices, covering areas such as strengthening teacher training, innovating teaching evaluation systems, and improving course content design, with the aim of achieving an all-around enhancement of ideological and political education in university PE courses, fostering students' comprehensive development, and cultivating high-quality talents with social responsibility and healthy lifestyles.[1]

2. Impact of Normalized Epidemic Prevention and Control on University PE Courses

2.1 Challenges in PE Teaching under Normalized Epidemic Prevention

The normalized pandemic situation has had a significant impact on university PE courses, reshaping traditional teaching models and presenting new requirements and challenges for the content construction of ideological and political education in PE. In this context, PE education must face the limitations of online teaching and the challenges of maintaining teaching interactivity and effectiveness in an environment lacking direct interaction. The online teaching model restricts students' participation in sports activities, making it difficult to achieve the goals of fostering collective cooperation and competitive spirit in PE courses.

The special circumstances brought about by the pandemic have prompted universities to place greater emphasis on students' mental health. The role of physical exercise has gone beyond enhancing physical fitness to become an effective tool for alleviating students' mental stress and promoting psychological well-being. Therefore, exploring how to naturally incorporate mental health education into PE teaching and ensuring students' mental welfare during this exceptional period has become an essential consideration in the construction of ideological and political education in PE courses.

As the pandemic becomes normalized, the unequal allocation of physical education resources in higher education institutions has become increasingly apparent, reflected in the significant disparities in sports facilities and teaching staff between regions and institutions. This inequality directly challenges the effectiveness of ideological and political education in PE courses. Well-resourced institutions can more easily integrate online and offline teaching methods, while resource-limited institutions face more obstacles. [2] Addressing this inequality and ensuring the fair advancement of ideological and political education in PE courses is a common challenge faced by educators in universities.

2.2 Positive Role of PE Courses in Epidemic Prevention and Control

While university PE courses face numerous challenges in the context of normalized epidemic prevention, they also demonstrate their positive and indispensable role, highlighting their importance in the higher education system. Ideological and political education in PE courses contributes to maintaining students' physical and mental health, helping students form normal life views and value systems, and strengthening their sense of collective awareness and social responsibility.

In higher education institutions, PE courses have demonstrated their role as an important tool for alleviating the pressure caused by the pandemic. During the pandemic, students spent long periods in closed or semi-open learning environments, resulting in significant challenges to their mental health. Offering diverse PE activities and integrating ideological and political education effectively alleviated students' anxiety and depression, enhanced their psychological resilience, and improved their quality of life, thereby reinforcing their mental defenses in the face of the pandemic.

In response to the challenges posed by the pandemic, PE education has played a key role in promoting social psychological adjustment. The principles of teamwork and fair competition inherent in sports not only promote students' social skills development but also teach them the essence of teamwork and how to positively cope with competition and setbacks. [3] These valuable experiences help them better integrate into society during the pandemic and enhance their sense of group belonging and collective honor.

During the pandemic, PE education has acted as a bridge to strengthen community unity. In this period, the combination of online and offline sports activities effectively connected student groups with teachers and universities, becoming a crucial channel for interaction. By organizing a series of online sports ideological and political competitions and community sports events, students' extracurricular lives were enriched, and the interaction and communication between students and between students and teachers were deepened.

3. Theoretical Basis and Practical Significance of Ideological and Political Education in PE Courses

3.1 Concept and Connotation of Ideological and Political Education in PE Courses

The essence of ideological and political education in PE courses lies in integrating the core values of socialism and the educational concept of moral integrity cultivation deeply into the substantive content of PE courses. Through the organization and implementation of physical education practices, PE courses aim to cultivate students' moral sentiments, establish healthy living habits, and foster their strong sense of social responsibility.

- The connotation of ideological and political education in PE courses primarily includes the following aspects:

- Ideological and political education in PE focuses on enhancing the humanistic dimension of PE education. PE teaching goes beyond physical fitness and sports skills development, becoming an important carrier for promoting students' healthy development, establishing collective awareness, and strengthening social responsibility.

- Ideological and political education in PE courses emphasizes the guiding role of ideology. PE teachers should have a solid foundation in ideological and political education and be able to naturally integrate socialist core values into their daily teaching activities.

- The ideological and political education content of PE courses emphasizes comprehensiveness. The education system needs to include physical fitness, skill enhancement, theoretical knowledge education, and value cultivation, aiming not only at students' physical health but also at developing their psychological resilience and social adaptability.

- Ideological and political education in PE courses reinforces the innovation orientation of PE education. In the face of emerging challenges such as normalized epidemic prevention, ideological and political education in PE should actively explore the integration of online and offline educational models and innovate the content and form of physical activities.

3.2 Importance of Ideological and Political Education in PE Courses under Normalized Epidemic Prevention

- In the new situation of normalized epidemic prevention, the construction of ideological and political education in PE courses is particularly important. It is not only an educational tool to overcome the challenges of the pandemic but also a crucial path to implement the fundamental task of talent cultivation. The uncertainty challenges triggered by the pandemic require the content of ideological and political education in university PE courses to be more flexible and adaptable to the dynamic changes in the educational field. The importance of integrating ideological and political education into PE courses is reflected in several dimensions:

- Ideological and political education in PE plays an active role in promoting students' mental well-being. Especially during the pandemic, students' mental health was easily disturbed by external fluctuations, and physical activities became an essential tool for psychological adjustment. Integrating ideological and political education into PE courses not only enhances students' physical health but also helps alleviate their mental burdens through collective projects and interactive games, enhancing their psychological resilience and cultivating an optimistic life view.

- Under the normalized epidemic prevention environment, social interactions and collective activities have been restricted. However, ideological and political education in PE courses, through the integration of online and offline teaching strategies, effectively maintained communication and interaction among students and greatly improved their teamwork spirit and social adaptability.

- Additionally, ideological and political education in PE courses plays a vital role in the cultivation

of students' values. The impact of the pandemic has led society to gain a deeper understanding of civic responsibility and collective awareness. [4]By incorporating socialist core values into daily teaching activities through case analysis and social practices, students are guided to establish correct life views, worldviews, and value systems, further enhancing their sense of social responsibility and citizenship.

4. Pathway for Ideological and Political Education in PE Courses under the Background of Normalized Epidemic Prevention and Control

In the context of normalized epidemic prevention, exploring the path for ideological and political education in PE courses should be comprehensive and deepened. It should not only solidify the theoretical foundation but also focus on innovating practical models, aiming to establish a new PE teaching system centered on cultivating well-rounded talents, guided by socialist core values, and integrating online and offline educational resources. The following proposed paths aim to break existing bottlenecks, enhance the effectiveness of ideological and political education in PE courses, and promote students' comprehensive development.

Strengthening Teacher Training and Capacity Building

Higher education institutions should strengthen the professional development of PE teachers in ideological and political education. Regular seminars and workshops should be organized to enhance the theoretical level and practical teaching skills of faculty members. These workshops should cover deepening the explanation of socialist core values, innovative strategies for integrating ideological and political education into courses, and improving digital teaching skills, ensuring that teachers can naturally incorporate ideological and political education into their PE teaching.

Innovating Teaching Evaluation System

Building a scientific and fair evaluation system is the foundation for ensuring the quality of ideological and political education in PE courses. This system should comprehensively cover students' physical fitness, skill levels, learning attitudes, teamwork, and moral values. [5]It should integrate self-assessment, peer assessment, and teacher evaluation mechanisms to enhance the objectivity and comprehensiveness of the evaluation process. Given the challenges of online teaching, the evaluation should particularly focus on students' participation, interaction skills, and mental health to ensure the system meets the unique needs of online teaching.

Optimizing Teaching Content Design

The curriculum planning should adhere to the principle of moral integrity cultivation and explore the ideological and political resources inherent in PE courses, such as fair competition, collectivism, and sports ethics. These elements should be organically integrated into teaching plans, course schedules, and teaching plans, creating a comprehensive and continuous educational ecosystem. For example, in martial arts instruction, alongside teaching skills, the focus should be on promoting martial virtues such as respect for teachers and honesty, guiding students to experience and practice socialist core values.

Using Online-Offline Integrated Teaching Models

In response to the normalized epidemic prevention situation, higher education institutions should cleverly integrate online and offline teaching methods to enhance the interactivity and effectiveness of the courses. Virtual reality technology, interactive online platforms, and other tools can be explored in online education to provide students with diverse learning materials and real-time tutoring. Offline teaching should emphasize practical, interactive PE activities such as team competitions and group games. By complementing online and offline methods, students' enthusiasm for learning can be stimulated, and their participation can be increased.

Social Practice and Case-Based Teaching

Strengthening ideological and political education in PE courses can be achieved through social practice involvement and case-based teaching. Universities should actively plan for students to participate in sports-oriented social practice activities, such as community service and volunteer work at sports events, allowing students to experience social values firsthand and gradually cultivate their social responsibility. Furthermore, by analyzing landmark events in sports history, such as the "Beijing Winter Olympics" and the inspiring stories of Olympic champions, students can be guided to establish positive values, strengthen collectivism, and internalize the spirit of struggle.

Strengthening Campus Culture Construction

Implicitly promoting ideological and political education in PE courses is the creation of a positive campus culture. Universities should focus on establishing a proactive campus environment by organizing sports festivals, sports knowledge competitions, and other activities that promote sportsmanship, collective honor, and national pride. Moreover, strengthening the interaction between PE teachers and students will help build harmonious teacher-student relationships and jointly advance ideological and political education in PE courses.

Strengthening Theoretical Research and Practical Exploration

Universities should strengthen the theoretical research of ideological and political education in PE courses, summarize empirical experiences, and seek efficient implementation paths. Research teams focused on curriculum ideological and political education should be established, and seminars should be regularly held to exchange successful experiences, analyze existing challenges, and continuously improve the strategies and methods of ideological and political education in PE courses. Faculty members and students should be encouraged to engage in research activities, integrating the ideological and political construction of PE courses with academic exploration and enhancing the theoretical foundation of educational practice.

5. Conclusion

Under the normalized epidemic prevention context, universities can effectively promote the construction of ideological and political education in PE courses to achieve the goal of comprehensive development in physical education. By strengthening teacher training, innovating the evaluation system, optimizing course content design, integrating online and offline teaching models, enhancing social practice and case teaching, improving campus culture, and deepening the integration of theoretical research and practical exploration, the construction of ideological and political education in university PE courses can be effectively advanced. This will contribute to the overall improvement of students' physical and mental qualities and foster high-quality talents with social responsibility and a healthy lifestyle.

Acknowledgements

China Higher Education Association planning key topics, Project approval number: 22TY0217

References

- [1] Zhang Chenxin. *Research on the Path of Strengthening Ideological and Political Education in Traditional Sports Health Courses* [J]. *Martial Arts Research*, 2024, Issue 6, pp. 82-86, 5 pages.
- [2] Tan Zheng. *Research on the Ability to Build Ideological and Political Education in University PE Teachers* [J]. *Journal of Shandong University of Technology (Social Science Edition)*, 2023, Issue 6, pp. 84-90, 7 pages.
- [3] Xie Zhiyou. *Current Situation and Optimization Path of "Ideological and Political Education" in Cross-Cultural Communication Courses of Sino-Foreign Cooperative Programs—A Case Study of Wenzhou Business College* [J]. *New Curriculum Teaching (Electronic Edition)*, 2024, Issue 5, pp. 179-181, 3 pages.
- [4] Li Changqing. *Research on the Path of Ideological and Political Education in University PE Courses under the Background of Normalized Epidemic Prevention* [J]. *Bulletin of Sports Science and Technology Literature*, 2020, Issue 11, pp. 52-53, 56, 3 pages.
- [5] Lu Haifeng. *Reflections on High-Quality Online Teaching under the Normalized Epidemic Prevention* [J]. *China Geological Education*, 2023, Issue 2, pp. 74-78, 5 pages.