

Practical Exploration of Public Physical Education Courses in Higher Vocational Education from the Perspective of Curriculum Ideology and Politics—Taking Tennis Course as an Example

Ruiqi Li, Xiangkun Meng*

Sports Department of Guangdong Polytechnic of Science and Trade, Guangzhou, China

Email: *1092766163@qq.com

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Abstract

This study focuses on the public physical education curriculum in vocational colleges from the perspective of ideological and political education, selecting tennis course as an example to explore the connotation, value, goals, practical status and development trends of ideological and political education curriculum and elaborate on the connotation of curriculum ideological and political education and its value in public physical education courses in vocational colleges. Curriculum ideological and political education emphasizes the integration of ideological and political education into curriculum teaching, achieving the organic unity of knowledge transmission and value guidance. Secondly, we analyze the goals of public physical education courses in vocational colleges and their internal connection with ideological and political education in the courses. Exploring the current situation and problems of ideological and political practice in vocational public physical education courses, taking tennis courses as an example. On this basis, this study proposes inspiration for the practical exploration of vocational public physical education courses from the perspective of curriculum ideological and political education, including the importance and necessity of curriculum ideological and political education in vocational public physical education courses, development trends, and reference significance for other vocational public physical education courses' ideological and political practice. This study aims to provide theoretical support and practical reference for the reform of physical education curriculum in higher vocational education in China, in order to promote the comprehen-

sive development of students.

Keywords

Curriculum Ideological and Political Education, Public Physical Education Classes, Tennis

1. Introduction

In August 2019, the “Several Opinions on Deepening the Reform and Innovation of Ideological and Political Theory Courses in the New Era” clearly pointed out that the research and construction of curriculum ideological and political education has become a new problem and new normal in China’s education under the new situation (Yang, 2021). In the field of vocational education in China, public physical education courses are of great significance for cultivating talents with comprehensive development. However, traditional public physical education courses often focus on skill training and lack ideological and political education for students. In recent years, the concept of ideological and political education in curriculum has gradually become an important direction of educational reform, emphasizing the integration of ideological and political education into curriculum teaching, and achieving the organic unity of knowledge transmission and value guidance. Therefore, how to carry out the reform of public physical education curriculum in vocational colleges from the perspective of ideological and political education, and improve the effectiveness of the curriculum, has become an important topic in current educational research. This study takes the reform of public physical education courses in vocational colleges from the perspective of curriculum ideology and politics as the background, and takes tennis courses as the practical object to explore the specific implementation and effectiveness of curriculum reform. The research aims to provide theoretical support and practical reference for the reform of physical education curriculum in higher vocational education in China, in order to promote the comprehensive development of students. Specifically, this study will analyze the guiding role of ideological and political concepts in the reform of public physical education courses in vocational colleges, as well as the impact of the reform on students’ physical literacy and ideological and political education. In addition, it will also explore the practical path of tennis courses in the reform of public physical education courses in vocational colleges from the perspective of ideological and political education, as well as the problems and challenges encountered in practice. Through the practical exploration of tennis courses, this study will provide valuable experience and inspiration for the reform of public physical education courses in higher vocational education, and promote the reform and development of physical education courses in higher vocational education in China.

2. Theory and Practice of Public Physical Education Courses in Higher Vocational Education from the Perspective of Curriculum Ideology and Politics

2.1. The Connotation of Curriculum Ideological and Political Education and Its Value in Public Physical Education Courses in Higher Vocational Education

Curriculum ideological and political education refers to integrating ideological and political education into the curriculum teaching process, making it a part of education and teaching (Tian & Fu, 2018). In the public physical education curriculum of vocational colleges, the ideological and political aspects of the curriculum are mainly reflected in the following aspects: firstly, the ideological and political aspects of the curriculum emphasize the cultivation of values. In the public physical education curriculum of vocational colleges, teachers should be guided by the socialist core values and cultivate students with spiritual qualities such as patriotism, collectivism, fair competition, unity and cooperation. Through course learning, students can develop a correct worldview, outlook on life, and values while improving their sports skills. Secondly, the ideological and political education curriculum emphasizes the cultivation of moral qualities. In the process of teaching physical education courses, teachers should focus on moral quality education, emphasizing that students should follow the rules of competition, respect opponents, and be honest and trustworthy in sports competitions. The implementation of ideological and political courses can help improve students' moral quality and professional literacy. Once again, the ideological and political education curriculum emphasizes cultural inheritance and innovation. In the public physical education curriculum of vocational colleges, teachers should combine the excellent traditional Chinese culture, ethnic sports projects, and modern sports civilization, so that students can inherit and promote the excellent sports culture of the Chinese nation in the process of learning sports skills. In summary, ideological and political education courses have important value in public physical education courses in vocational colleges. By integrating ideological and political education into physical education courses, it helps to improve students' physical literacy and the effectiveness of ideological and political education. Under the guidance of ideological and political education in the curriculum, the reform of public physical education curriculum in vocational colleges should focus on the cultivation of values, the cultivation of moral qualities, and cultural inheritance and innovation, in order to achieve the organic combination of curriculum objectives and ideological and political education.

2.2. The Curriculum Objectives of Public Physical Education Courses in Higher Vocational Education and Their Internal Relationship with Curriculum Ideology and Politics

From the perspective of curriculum ideology and politics, the goal of vocational public physical education courses is not only to improve students' physical literacy and sports skills, but also to cultivate students' socialist core values and

moral qualities. Taking tennis courses as an example, the goal of the course is to enable students to master basic tennis knowledge and skills, while emphasizing the inheritance of sports spirit and the cultivation of sports culture, in order to cultivate students with values such as teamwork and fair competition. In the process of curriculum implementation, teachers need to combine ideological and political education with tennis skill development, and guide students to understand and practice socialist core values through practical cases in tennis sports, in order to achieve the organic integration of curriculum ideological and political education and physical education curriculum goals.

2.3. Current Situation and Problems of Ideological and Political Practice in Higher Vocational Public Physical Education Courses

From the perspective of ideological and political curriculum, the public physical education curriculum in vocational colleges is gradually being reformed. Taking tennis courses as an example, the current practice is mainly reflected in the following aspects: firstly, the ideological and political concepts of the courses have been promoted and applied to a certain extent. In tennis courses, educators focus on cultivating students' values of sportsmanship such as hard work, unity, fairness, and respect, enabling them to develop good moral qualities while improving their tennis skills. Secondly, the ideological and political practice of the course has achieved certain results in tennis courses. By combining ideological and political education with tennis skill training, students have comprehensively improved their physical fitness, tennis skills, and teamwork. However, there are still certain problems in the ideological and political practice of public physical education courses in vocational colleges. In terms of curriculum design, some tennis courses still place too much emphasis on skill practice, neglecting the integration of ideological and political content in the course, resulting in a disconnect between ideological and political education and physical skill practice. In addition, when implementing ideological and political education in the curriculum, teachers face problems such as single methods and dull content, which leads to a lack of interest and motivation among students in the learning process (Wang, 2021). In response to the above current situation and problems, this study aims to further explore the specific implementation strategies of public physical education curriculum reform in higher vocational education from the perspective of curriculum ideology and politics, in order to provide useful reference and inspiration for the reform of physical education curriculum in higher vocational education in China.

3. Exploration of Ideological and Political Practice in Higher Vocational Public Physical Education Courses Taking Tennis Course as an Example

3.1. Goal Setting and Content Construction of Ideological and Political Education in Tennis Curriculum

From the perspective of ideological and political curriculum, the reform and ex-

ploration of public physical education courses in vocational colleges need to target and construct specific curriculum content. Taking the tennis course as an example, this article aims to explore the goal setting and content construction of ideological and political education in the course, in order to provide reference for the reform of public physical education courses in higher vocational colleges in China. Firstly, according to the ideological and political philosophy of the curriculum, the ideological and political education goals of tennis courses should include: cultivating students' patriotism, unity and cooperation spirit, fair competition awareness, and fighting spirit. To achieve these goals, the course content should cover the following aspects: 1) Tennis History and Culture: By introducing the development process of tennis and the deeds of famous tennis players, cultivating students' interest in tennis, and stimulating students' patriotism and fighting spirit. 2) Basic Tennis Skills: Teach students the basic skills of tennis, such as serving, receiving, and drawing from the baseline, to exercise their physical fitness and improve their coordination skills. 3) Tennis Competition Rules and Etiquette: Emphasize tennis competition rules and etiquette, cultivate students' ability to abide by rules and respect opponents. 4) Tennis team collaboration and competitive psychology: Through group confrontation and team collaboration activities, cultivate students' spiritual qualities of unity, cooperation, and fair competition. 5) Tennis and Socialist Core Values: Combining the characteristics of tennis, guiding students to practice socialist core values and cultivating students' moral qualities. In summary, from the perspective of ideological and political education in the curriculum, the tennis curriculum of vocational public physical education courses should focus on goal setting and content construction, combining ideological and political education with tennis skill development to improve the effectiveness of the curriculum.

3.2. Innovation in Teaching Strategies and Methods of Ideological and Political Education in Tennis Courses

We will focus on exploring how to practice and explore tennis courses in public physical education classes in vocational colleges from the perspective of ideological and political education. This section will propose innovative teaching strategies and methods based on the ideological and political concepts of the curriculum. Firstly, according to the requirements of ideological and political education in the course, tennis teaching should focus on cultivating values. Therefore, teachers need to be guided by China's socialist core values and combine ideological and political education with tennis skills teaching. For example, in the process of teaching basic tennis skills, emphasis is placed on cultivating values such as teamwork and fair competition, so that students can develop correct values and worldviews while improving their skills (Guo & Li, 2020). Secondly, in order to improve teaching effectiveness, this study proposes a project-based learning method. Teachers can design challenging and practical tennis events based on the teaching content and the actual situation of students. During the process of completing projects, students can not only improve their tennis skills, but also exer-

cise teamwork, communication skills, and innovative thinking. In addition, teachers should also pay attention to individual differences among students and adopt personalized teaching strategies to meet the needs of different students (Ma & Du, 2019). Finally, in order to ensure the quality and effectiveness of teaching, teachers need to constantly reflect on their teaching. Through reflection, teachers can identify deficiencies in the teaching process and adjust teaching strategies and methods. At the same time, teachers should also pay attention to students' feedback, understand their learning needs and confusion, and provide targeted guidance for students (Song & Li, 2023). In summary, this study takes the practical exploration of public physical education courses in vocational colleges from the perspective of curriculum ideology and politics as the background, and takes tennis courses as an example to propose innovative teaching strategies and methods. These strategies and methods help to improve the teaching quality and effectiveness of tennis courses, and provide useful reference and inspiration for the reform of physical education courses in higher vocational education in China.

3.3. Evaluation and Feedback Adjustment of the Effectiveness of Ideological and Political Education in Tennis Courses

This study takes the reform of public physical education courses in vocational colleges from the perspective of curriculum ideology and politics as the background, and takes tennis courses as the practical object to explore the specific implementation and effectiveness of curriculum reform. In order to comprehensively understand the actual effectiveness of ideological and political education in tennis courses, this study adopted multiple evaluation methods and made feedback adjustments to the results. Firstly, collect students' understanding and evaluation of ideological and political education in tennis courses through a questionnaire survey method. The questionnaire mainly includes students' evaluations of course content, teaching methods, educational effectiveness, and other aspects. In addition, interviews were conducted to understand students' views and experiences on ideological and political education in tennis courses. Through the analysis of questionnaire and interview results, this study identified some positive effects of ideological and political education in tennis courses, such as improving students' political awareness, enhancing their patriotism and collectivism. Secondly, based on the evaluation results, this study made feedback adjustments to the ideological and political education of tennis courses. In terms of course content, the integration of socialist core values has been further strengthened, making it more practical for students. In terms of teaching methods, interactive and situational teaching methods have been added to enable students to participate more actively in course learning. In terms of educational effectiveness, emphasis should be placed on the organic combination of ideological and political education with the cultivation of sports skills, in order to achieve the comprehensive development of students. In summary, this study aims to provide useful reference and inspiration for the reform of public physical education courses

in vocational colleges through the evaluation and feedback adjustment of the effectiveness of ideological and political education in tennis courses. From the perspective of ideological and political curriculum, the reform of public physical education curriculum in vocational colleges should focus on the comprehensive improvement of curriculum content, teaching methods, and educational effectiveness, in order to better cultivate students' socialist core values and physical literacy.

4. Enlightenment from the Practice Exploration of Public Physical Education Courses in Higher Vocational Education from the Perspective of Curriculum Ideology and Politics

4.1. The Importance and Necessity of Ideological and Political Education in Public Physical Education Courses in Vocational Colleges

The importance and necessity of ideological and political education in vocational public physical education courses are increasingly prominent. The curriculum of ideological and political education focuses on cultivating morality and cultivating talents, combining ideological and political education with physical education, aiming to cultivate socialist builders and successors with comprehensive development of morality, intelligence, physical fitness, and aesthetics (Liu, 2023). In the stage of vocational education, public physical education courses are not only an important way to improve students' physical fitness, but also an important place to convey socialist core values, cultivate students' moral character, teamwork spirit, and fair competition awareness. From the perspective of curriculum ideological and political education, vocational public physical education courses should fully explore and utilize physical education resources, and integrate ideological and political education with physical education through practical exploration. Taking tennis courses as an example, teachers can intersperse celebrity stories and championship stories in the teaching process, stimulate students' patriotism and spirit of struggle, and cultivate students' qualities of obeying rules and being honest and trustworthy. In addition, by organizing team competitions and activities, students can experience the spirit of cooperation, mutual assistance, and win-win in practice, thereby better understanding and practicing the socialist core values. In short, the ideological and political education curriculum has important practical significance and necessity in the public physical education curriculum of vocational colleges. By combining ideological and political education with physical education, it helps to improve students' ideological and moral qualities and cultivate talents with comprehensive development. In the future reform of public physical education courses in vocational colleges, the concept of ideological and political education should be further strengthened, in order to achieve the synchronous improvement of students' physical and moral qualities.

4.2. Development Trends of Public Physical Education Courses in Higher Vocational Education from the Perspective of Curriculum Ideology and Politics

We will focus on the development trend of public physical education courses in vocational colleges under the guidance of ideological and political concepts in the curriculum. In this context, taking the tennis course as an example, we will explore the specific practice and exploration of curriculum reform. According to research, the development trend of public physical education courses in vocational colleges from the perspective of curriculum ideology and politics is reflected in the following aspects: 1) Curriculum content and textbook reform: Under the guidance of curriculum ideology and politics, the curriculum content is redesigned and optimized, focusing on cultivating students' sports literacy, teamwork spirit, and socialist core values. At the same time, new teaching materials will be adopted to meet the needs of curriculum reform. 2) Reform of teaching methods: Adopting diversified teaching methods, such as situational teaching, project-based teaching, exploratory teaching, etc., to enhance students' learning interest and participation. In tennis courses, students' teamwork and competitive spirit can be cultivated through organizing team matches, simulating real events, and other methods. 3) Evaluation system reform: Establish a diversified and full process curriculum evaluation system, emphasizing the cultivation and development of students' abilities. In tennis courses, in addition to skill and physical tests, students' learning outcomes can also be comprehensively evaluated through team evaluation, self-evaluation, and other methods. 4) Teacher team construction: Strengthen teachers' ideological and political education and physical education professional literacy training to equip them with curriculum ideological and political concepts and teaching abilities. In tennis courses, teachers should possess solid professional knowledge of tennis, pay attention to students' ideological dynamics, and do a good job in ideological and political guidance. 5) Course resource integration: Fully utilize internal and external resources, integrate with other disciplines, majors, and social resources, and provide students with rich learning resources and practical opportunities. In tennis courses, organizations such as sports clubs and tennis associations can collaborate to provide students with internship and practical venues. In short, from the perspective of curriculum ideological and political education, the reform of public physical education courses in vocational colleges should focus on cultivating students' physical literacy and ideological and political education. As a typical case of practical exploration, tennis courses can help promote the development of curriculum reform.

4.3. Reference and Inspiration for the Ideological and Political Practice of Other Vocational Public Physical Education Courses

This study sorts out and summarizes the ideological and political practices of other vocational public physical education courses, in order to provide reference

and inspiration for the reform of vocational public physical education courses from the perspective of ideological and political curriculum. By comparing and analyzing the reform practices of different courses, this study found that the following points are worth learning from: 1) Emphasizing the organic integration of course content and ideological and political education. In the curriculum, ideological and political education elements are integrated into the teaching content of physical education courses, so that students can naturally receive ideological and political education during the process of participating in sports, and improve the effectiveness of education. 2) Emphasize the mutual promotion between practical teaching and theoretical teaching. In practical teaching, by organizing students to participate in sports competitions, volunteer services, and other activities, students can exercise their abilities and cultivate their ideological and political qualities in practice; In the theoretical teaching stage, by explaining sports culture and sports ethics, guide students to understand and practice the core socialist values. 3) Pay attention to the balance between individual differences and teamwork among students. In the teaching process, personalized teaching plans are formulated based on the different characteristics and needs of students, while emphasizing the cultivation of students' teamwork ability, so that students can better integrate into the collective and achieve common development while growing individually. 4) Fully utilize online and offline resources to expand teaching channels. Combining modern educational technology, develop online teaching resources to provide students with rich learning materials, broaden learning channels, and improve learning outcomes. 5) Establish a sound evaluation mechanism to ensure teaching quality. Through diversified evaluation methods, comprehensively understand students' learning status, timely identify and solve problems, and provide strong support for teaching improvement. In summary, this study provides useful reference and inspiration for the reform of public physical education courses in vocational colleges from the perspective of ideological and political education through analyzing the ideological and political practices of other public physical education courses in vocational colleges. In future practice, we should continue to explore the path of physical education curriculum reform that is in line with China's national conditions and the characteristics of vocational education, and contribute to the cultivation of socialist builders and successors with comprehensive moral, intellectual, physical, and aesthetic development.

5. Conclusion

5.1. Research Summary

This study takes the reform of public physical education courses in vocational colleges from the perspective of curriculum ideology and politics as the background, and takes tennis courses as the practical object to explore the specific implementation and effectiveness of curriculum reform. The research results indicate that the reform of vocational public physical education curriculum under the concept of ideological and political education can effectively improve stu-

dents' physical literacy and enhance the effectiveness of ideological and political education. In the practice of tennis curriculum reform, students not only improve their tennis skills and physical fitness, but also cultivate values such as teamwork and fair competition. This study adopts research methods such as literature analysis, field investigation, and case analysis, providing useful reference and inspiration for the reform of physical education curriculum in higher vocational education in China. In response to the research findings, this study proposes the following suggestions: in the reform of public physical education curriculum in vocational colleges, we should continue to deeply explore the ideological and political elements of the curriculum, pay attention to cultivating students' physical literacy and ideological and political education. At the same time, personalized curriculum design is carried out based on the characteristics of different sports events, fully leveraging the positive role of ideological and political education in the curriculum. In addition, strengthening the construction of the teaching staff, improving teachers' awareness and ability of ideological and political education in the curriculum, in order to promote the effective implementation of curriculum reform. This study provides practical exploration and theoretical support for the reform of public physical education curriculum in higher vocational education, and helps to promote the development of physical education curriculum in higher vocational education in China. In future research, further attention can be paid to the practice of curriculum reform in other sports events, in order to provide more beneficial experience and inspiration for the reform of public physical education curriculum in vocational colleges.

5.2. Research Limitations and Prospects

This study takes the reform of public physical education courses in vocational colleges from the perspective of curriculum ideology and politics as the background, and takes tennis courses as the practical object to explore the specific implementation and effectiveness of curriculum reform. Although we strive to use various research methods such as literature analysis, field investigation, and case analysis in the research process to obtain more comprehensive and in-depth research results, there are still certain limitations. Firstly, the sample scope of this study is limited, and only the tennis course is used as an example. Future research can be further expanded to other sports projects, comparing and analyzing the differences and commonalities of different projects in curriculum ideological and political reform, providing more empirical basis for the comprehensive reform of public sports courses in vocational colleges. Secondly, this study mainly focuses on the effectiveness of curriculum reform practice, with less attention to the roles and roles of teachers, students, and schools in the reform process. Future research can explore the responsibilities and contributions of various parties in the ideological and political reform of the curriculum, as well as the potential challenges and problems they may face, from a multi subject perspective. In addition, this study mainly uses a combination of qualitative and

quantitative methods to analyze the impact of curriculum ideological and political reform on students' physical literacy and ideological and political education. Future research can introduce more qualitative research methods, such as in-depth interviews and case studies, in order to obtain richer and more diverse research data. In summary, although this study has certain limitations, it provides useful practical exploration and experience summary for the reform of public physical education curriculum in vocational colleges from the perspective of curriculum ideology and politics. In future research, we will continue to pay attention to the development trends of public physical education curriculum reform in higher vocational education, in order to provide more theoretical support and practical guidance for promoting the reform of physical education curriculum in higher vocational education in China.

Project

1) Youth Innovation Special Project of Guangdong Polytechnic of Science and Trade's School level Scientific Research Project in 2023, Research on the Optimization of Ideological and Political Teaching in Public Physical Education Courses in Vocational Colleges—Taking the Tennis Course in Our School as an Example.

2) Sports and Health Course Innovation Team (Project Number: GDKM2022-03).

Conflicts of Interest

The authors declare no conflicts of interest regarding the publication of this paper.

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