

Research on the Integration and Application of Moral Education in College Physical Education

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Abstract: At the beginning of the 21st century, schools will carry out teaching reforms, requiring schools to cultivate high-quality and exploitable talents with comprehensive development in moral, intellectual and physical aspects. Only in this way can the development of the school adapt to the new century. During the period of economic development in China's socialist market, an important task in contemporary college education is the moral education of contemporary college students. The reform of school physical education and the renewal of physical education concepts are necessary conditions for the implementation of moral education in physical education. German teaching in college physical education must be closely connected with physical education, and its content and form are closely linked. Based on the requirements of cultivating cross-century talents, this article considers the ideological and moral character in college physical education, and proposes corresponding tasks and solutions.

1. Introduction

The physical education subject has the particularity of the subject. The main task is to improve students' physical fitness and ideological and moral cognition, as well as ideological and moral quality issues. Therefore, in the practice of physical education, teachers should pay attention to not only Students teach the corresponding teaching knowledge and memory points and sports skills. Teachers should also pay attention to the cultivation of students' ideological and moral aspects, guide students to have a correct understanding and accurate positioning of themselves, and have a good collectivist spirit in team competitions or activities. Actively participate in various sports and competitions, and form the perseverance of dare to explore, try boldly, and persevere. Only in this way can the role of physical education be brought into play.

2. The Necessity of Integrating College Physical Education into Moral Education

In the education practice at all levels, all cities can increase the importance of physical education. It is hoped that good physical education can be used to cultivate the physical quality of students, and to give full play to the moral education function of physical education to cultivate students' comprehensiveness. To lay a solid foundation for development, if college physical education teachers want to further change the existing rigidity and backwardness of physical education and the disadvantages of low enthusiasm of students, they should explore the reform and innovation of physical education and fully explore the potential of physical education. , To better integrate the teaching content of moral education into physical education, to encourage students to form a correct ideological understanding, and to provide corresponding educational guarantee for the future development of students.

3. Improve Students' Enthusiasm through Sports Games

Contemporary college students show low enthusiasm in physical education classes, the teaching is boring, and the students are extremely inert. In the process of teaching, teachers should not only grasp the knowledge points that should be taught in books and give boring explanations. Demonstration, teachers learn to use humorous language, or through interesting sports games to

explain knowledge points, to promote students' digestion and absorption of knowledge points. Contemporary teaching methods are outdated and out of track with the times, and it is difficult to resonate with students. Therefore, in order to stimulate students' interest in learning, it is necessary to "live" the otherwise boring knowledge points. Teachers can use a variety of teaching methods to allow college students to fully participate in it.

For example: In the warm-up activity before class, the teacher can mobilize the enthusiasm of each student by letting the students play "personal game", "eagle catching chicks", and "fishing game". Improve classroom activity. In the warm-up process of the game, the teacher not only prevents the students from being injured in the learning process, but also cultivates the team spirit and collective spirit of the students in the process of group games, so that each student can be on the scene. Only in this way can the knowledge points taught in the classroom be digested and absorbed by the students more quickly and accurately. It can also effectively promote the joyful atmosphere in the classroom and allow students to learn knowledge in a relaxed and happy environment.

4. Teachers Are Exemplary and Lead by Example

The well-known thinker Confucius once said that "his body is upright, and he does not follow orders, and his body is upright, although orders are not followed." As a qualified teacher, in the daily teaching process, the physical education teacher's words and deeds, cultural and moral cultivation, Teaching attitude and the quality of the voice itself have a subtle impact on students. Therefore, in the process of physical education, teachers must be strict in self-discipline and reasonably satisfy the requirements of students. Students in the process of learning, in addition to textbook knowledge, we mainly learn from teachers. In the eyes of students, the teacher's words are authoritative, the teacher's words are truthful, every word and deed in the classroom is the standard of morality, and the teacher is a symbol of spirit and wisdom, as well as a noble personality. Incarnation. The prestige of a teacher is an indispensable condition for educating students well and teaching well. It directly affects whether we can complete the education and teaching tasks. In the daily teaching process, we must focus on moral, intellectual, physical, beauty, and labor. Caring for students, educate them and improve their abilities, so that they can quickly grasp the knowledge taught.

For example, in the daily teaching process, teachers should pay attention to the wording of the language and encourage students more. In class, Xiaomei has not been able to learn the newly taught long jump. The students laughed at Xiaomei for being slow to respond. As a teacher, it is time to stand Come out and tell the students that everyone may encounter more or less learning problems. Everyone is a group. We should encourage Xiaomei, the teacher once again does the decomposition of the long jump and explain it. Encourage Xiaomei not to be afraid of making mistakes and try boldly Soon, Xiaomei also mastered this technology. Teachers' words and deeds affected students' understanding. In daily life, teachers should improve their moral cultivation and teaching attitude.

5. Conclusion

Practice has proved that through physical education, students can master the correct thoughts, theories and viewpoints, establish their own correct outlook on life and world, cultivate students to unite and forge ahead, respect the noble qualities of others, and cultivate students' independence, creativity, self-confidence, and perseverance. , The tenacious and hard-working character of will can also cultivate the good psychological quality of being cheerful and unwilling in college life, improve the psychological quality of students, encourage students to develop good habits of conscious exercise, and cultivate the ability of students to engage in physical exercise independently, which is a lifelong high Quality sports lay a solid foundation.

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