

Exploration of Curriculum Ideological and Political Teaching Reform in Medical Physiology Teaching

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Abstract: Conscientiously implement the teaching philosophy of “cultivating people by virtue”, and in the teaching of medical physiology, we should further extend the relevant physiological principles to students’ ideological and political education, cultivate medical students’ qualities of purity, nobility, selfless dedication, fear of life and advocating science, and practically integrate ideological education into the medical physiology course, so as to make it more in line with the educational objectives and the development needs of the times.

Keywords: Medical physiology; Teaching; Ideological and political theories teaching in all course

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1. Foreword

Medical physiology mainly studies the activity phenomenon and law of human life^[1]. Under the constantly changing external environment, various organs and systems can still work in harmony, which ultimately keeps the human body function at a normal level, and its profound connotation deserves our in-depth exploration. For the country and society, each individual plays an important role. Only when everyone inside has a complete structure and function can we fundamentally promote the development of the country. Among many individuals, college students are an important force to realize national rejuvenation and national development. Therefore, to further improve their ideological level and form correct three views will play an important role in promoting China’s development.

2. Adhere to the dialectical materialist world outlook

For dialectical materialism, its main connotation is that matter is the origin of the world. Combined with physiology, many of these phenomena and their internal principles are also based on matter. For example, a complete human body is assembled by organs with different structures and functions, and for organs, it is formed by the organic connection between cells. The neuron system is the important material basis of other functions. When interpreting some phenomena, we should use relevant medical knowledge to interpret them, such as auditory hallucination, etc. The root cause of these phenomena is the abnormal discharge of neurons in the visual system and auditory system after being stimulated, which specifically explains that ghosts and gods do not exist at all in the world. Therefore, when carrying out related studies, we should firmly adhere to the materialist world outlook and pass on the materialist knowledge to the general public, so that they can get rid of superstitious ideas and arm their minds with scientific ideas.

3. Importance of "steady state" in national development

In physiology, we often say that the steady state mainly includes that the chemical and physical properties in the human body are in a stable state, specifically, the temperature and specific gravity of human cells and the quantity and ratio of other substances and molecules are in a stable range. As far as the whole situation of human body is concerned, its main manifestation is that the physiological characteristics of human body are relatively stable, such as blood pressure, heart rate and so on. In physiology, the most fundamental goal is to keep the steady state of human body. Only when the steady state is good, all aspects of the human body can run normally. To enlarge the steady state to the social level, only by controlling the internal and external factors of the living environment within a stable range can we create favorable development conditions for other activities and fundamentally promote the sustained and healthy development of individuals and society^[2].

4. The important character of being slow and quick

It mainly refers to a principle of doing things, dealing with urgent things first and then dealing with relatively urgent things. This principle is still applicable and highly embodied in physiology. As far as human structure is concerned, the heart and brain are the most important organs of human body, and maintaining a stable supply of blood is an important part of maintaining human survival. Specifically, because of unexpected massive bleeding, the nerves of the human body will be extremely excited and the blood vessels of the human body will be continuously contracted. After continuous contraction, the blood flow of organs will be continuously reduced and the remaining blood in the human body will be transferred to the heart and brain, so as to further ensure the basic balance of blood

supply in human organs. It is in this regulating mechanism and stable condition that the human body can normally coordinate and operate, which further enables the human life to keep relatively stable operation under the constantly changing internal and external factors. The same is true of putting this method in the social environment. When each individual in the society is facing the collective or the country is in an emergency, we should have the method of “taking the time off to be urgent”, and take the lead in ensuring that everyone’s interests take the overall situation as the priority and give up their small family for everyone.

5. Embodiment of democratic centralism principle

The important connotation of the principle of democratic centralism is to concentrate on the basis of democracy and to combine democracy under the guidance of concentration. The human body is a whole, and the basic functions of the human body can only be realized under the constant influence of various organs, cells and molecules. The perfect physiological activity needs the coordination between nervous system and endocrine to be further realized^[3]. Some organs in the human body have the function of self-regulation, but this kind of regulation has certain limitations, and can only adjust itself within a certain range. In detail, in the normal physiological state, the maintenance of blood flow of organs can be adjusted to some extent, but on the contrary, in pathological cases, the participation of nerves and body fluids is needed to realize certain adjustment and treatment of the system, so as to ensure the stable operation of the systems. This adjustment mechanism also fully embodies the principle of democratic centralism. As far as our country is concerned, we are a socialist country, so we must adhere to the leadership of the Communist Party of China (CPC) and closely surround it under the leadership of the Party. All units and individuals should fully cooperate and actively exert their subjective initiative, and devote themselves to the construction and development of the motherland.

6. All-round integration of "ideological and political" content

It is difficult for teachers to integrate and infiltrate the related contents of ideological and political education in medical physiology teaching. Therefore, teachers are required to constantly improve their ideological and moral level and strengthen their political literacy to play a guiding and exemplary role for students in teaching work. Secondly, before class, we should make careful preparations, extensively consult the materials and design the teaching content, and discuss with other teachers, and skillfully integrate the ideological and political content into the teaching content of physiology. In the classroom content teaching, we should actively guide students to start relevant thinking, which can highlight the important connotation of ideological and political education in some important contents. Finally, in the actual teaching, we can organize relevant inquiry activities, and explore the important secrets of physiology with students to further help students establish correct values and conscientiously implement the educational requirements^[4]. At the 18th National Congress of the Communist Party of China, it was put forward that “cultivating people by virtue is the fundamental task of education and cultivating socialist builders and successors with all-round development of morality, intelligence, physique and beauty”. Since then, General Secretary Xi Jinping has made many important expositions and put forward clear requirements on adhering to the fundamental task of educating people by virtue. The report of the 19th National Congress of the Communist Party of China further emphasized that “we should fully implement the Party’s educational policy and fulfill the fundamental task of building morality and educating people”. To realize the goal of “two hundred years” and realize the Chinese dream of the great rejuvenation of the Chinese nation, we must cultivate a large number of socialist builders and successors through education.

To sum up, the above explains the extension of some physiological principles in ideological and political education, for which teachers should firmly grasp the key of cultivating people by virtue, implement the fundamental task of cultivating people by virtue, and further explore the important development direction of ideological and political reform in physiology course by in-depth research and excavation of ideological and political content in this course, so that physiology and other disciplines can coordinate with each other and do a good job in educating people together.

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