

On the Basic Principles and Realistic Paths of Integrating Red Sports Culture into Ideological and Political Education in Colleges and Universities

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Abstract: The integration of red sports culture into ideological and political education in colleges and universities plays a very positive role in the good development of ideological and political education in colleges and universities, as well as in the cultivation of college students' sports spirit. The integration of red sports culture and ideological and political education has many benefits, so in the implementation of ideological and political education in modern colleges and universities, we should pay attention to the principle of controlling the integration of red sports culture, and formulate corresponding strategies to quickly realize the integration between red sports education and ideological and political education in colleges and universities, and ensure good education and teaching.

Keywords: Red sports culture; Ideological and political education in universities; The basic principle of

College ideological education to start is the new requirement of modern society to the new talents cultivation, the requirement for personnel in the process of education in colleges and universities, more should pay attention to talent consciousness of ideological education, to guide, to the ideas of socialism with Chinese characteristics for the mainstream direction of education, in the spirit of the communist party of China's advanced culture as the mainstream education module, enrich the spirit of the university students' thoughts. The red sports culture and red sports spirit are the unique sports culture and spirit formed after the founding of the Communist Party of China, which is not only a solid spiritual power, but also has a strong cultural appeal. Therefore, in the current ideological and political education in colleges and universities, we should pay attention to the good integration of red sports culture, to ensure that students' ideological and political education is more reasonable.

1. Basic principle analysis of integrating red sports culture into ideological and political education in colleges and universities

1.1 Interpretation of red sports culture

Red sports culture is not a simple cultural form, but a means of modern physical education and ideological education. Red sports culture refers to the communist party of China as the main body, after the founding of the communist party of China carried out a series of sports activities, sports activities in the formation of the unique spirit of physical culture and sports, red sports culture has the characteristics of "red spirit", the Chinese communist party for sport and physical education. Red sports culture effectively integrates the CPC's ideology and culture, sports spirit and the spirit of CPC. It has the characteristics of strong spiritual cohesion, deep meaning of sports culture and strong education, so it is very suitable for the integration of ideological and political education in modern colleges and universities. It is in line with modern core accomplishment education and ideological education to complete student education from spirit and physical education.

1.2 Summary of basic principles of integrating red sports culture into ideological and political education in universities

The integration of red sports culture into ideological and political education in colleges and universities is the main direction of the comprehensive implementation of ideological and political education in modern colleges and universities. In the process of mutual integration of the two, we should also grasp the corresponding principles to ensure that the integration of red sports culture is more reasonable and improve the effect of cultural integration. In the process of integrating red sports culture into ideological and political education in colleges and universities, the main ideological and political education in colleges and universities includes the following aspects to ensure more reasonable implementation of education;

(1) In the process of integrating red sports culture into ideological and political education in colleges and universities, we should follow the principle of spiritual guidance. The development of ideological and political education is an important module of cultivating "ideals and morality" in the new era. Its core purpose is to guide students to change their thoughts through education and help them develop good moral concepts. Therefore, in the process of the implementation of red sports culture, we should pay atten-

tion to the guiding principle of spirit and thought, not extensive education integration, nor superficial knowledge infusion, but deep education, so that students can fully understand the spirit of red sports, into the red sports thought, to achieve a good implementation of ideological and political education.

(2) In the process of integrating red sports culture into ideological and political education in colleges and universities, we should follow the principle of educational rationality. Ideological and political education in colleges and universities is different from knowledge education and skill education, so it is more necessary to adopt reasonable methods and determine reasonable goals in the process of education development. Such as, in university ideological education with red sports in the process of cultural integration, should pay attention to reasonable fusion between them, the teacher should pay attention to grasp the two phase connectivity, in physical culture education into ideological and political education, in the process of ideological and political education can use red sports culture idea, so that the red sports culture infected students, To realize the integration of ideological and political education teaching in colleges and universities, and improve the effect of ideological and political education teaching in colleges and universities.

2. Effective ways to integrate red sports culture into ideological and political education in colleges and universities

Red sports culture into college ideological education is the demand of modern university education education, as well as the characteristics of the communist party of China red culture guide the college ideological education of the important modules, red effectively integrated into the physical education teaching in colleges and universities have a very positive role, can improve red sports education into effect, to ensure the education teaching more active and reasonable.

2.1 Good development of education and teaching practice activities

When red sports culture is integrated into ideological and political education in colleges and universities, it can be well integrated into ideological and political education in colleges and universities by means of practical education, which plays a very positive role in the development of ideological and political education in colleges and universities, and can also improve the effect of spiritual cultivation. And the communist party of China has always believed in “practice is the sole criterion for testing truth”, so in the red sports culture education into the teaching process, school or education link can be done through red sports education activity ideological education between the mutual fusion, in the form of activity, in the form of practice of society of sports education in the influence of the spiritual level. ^[1]

For example, on April 29, 2021, under the leadership of Secretary Ning Cuiye, the General Party Branch of the School of Sports Media and Information Technology carried out a series of activities of “Learning the history of red Sports and inheriting red sports culture”. The good development of this activity plays a very important role in school physical education and student sports spirit cultivation. Party secretary in the education teaching process, the proposed learn red sports culture, inheriting good sportsmanship, red is the duty of every mountain people, in modern times, we are going to continue to carry forward the fine traditions of shandong sports institute, practice “nut ZhuoJing far YanQin create real” school motto and disciplines, for the country to cultivate talent, the vigorous development of undertakings of physical culture and sports Contribute new mountain strength ^[2].

2.2 Good improvement of educational methods

The above article points out that the integration of red sports culture education into ideological and political education in colleges and universities should follow the principle of rationality, so in the process of teaching implementation, attention should be paid to the integration of educational methods, to ensure that the implementation of education is more reasonable. The incorporation of red sports culture education into ideological and political education in colleges and universities can improve physical education methods in the process of implementing red sports culture education. For example, in the process of education implementation and ideological and political education implementation, modern multimedia education teaching methods can be adopted to carry out physical ideological and political education. In the process of education and teaching, video teaching method can be used to integrate red physical education. For example, in the education teaching process, finish making video can make use of Internet resources, play a re

3. Conclusion

Red sports culture into college ideological education for modern education about the good of education in colleges and universities have a very positive role, in the process of sports cultural education into red, should pay attention to practice good, at the same time should also pay attention to the good education method improvement, achieve comprehensive education red sports culture fusion, good for education education in colleges and universities to implement.

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