



Research Paper

# Discussion on the Implementation Strategies of Ideological and Political Education in the Course of Shuttlecock in Colleges and Universities

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**Abstract:** As a sport that combines physical exercise and teamwork, shuttlecock course is widely popular among students in the group. However, it is still necessary to explore how to guide students to establish a correct outlook on life and values through ideological and political education in physical education courses. This article mainly elaborates on the characteristics of shuttlecock courses, then describes the problems existing in shuttlecock ideological and political courses, discusses the theoretical construction of ideological and political courses in university shuttlecock courses, and finally proposes implementation strategies for university shuttlecock courses. I hope that these measures can effectively carry out ideological and political education on shuttlecock in universities and promote the comprehensive development of students.

**Keywords:** Universities; Shuttlecock course; Course Ideology and Politics

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The shuttlecock is a fun sport that includes kicking, kicking, kicking, and kicking. The shuttlecock has a wide range of popularity in China and is loved by various groups. It also plays an important role in physical education courses in universities. One of the purposes of higher education is to cultivate socialist builders and successors who possess both moral integrity and talent. And ideological and political education is an indispensable part of the higher education system. Therefore, ideological and political education in university courses needs to be given our attention and continuously improved.

## I. Characteristics of shuttlecock course

As a traditional sport, shuttlecock occupies a certain proportion in college physical education courses. The shuttlecock course has the characteristics of liveliness, strong interest, and strong skill, which is suitable for college students to carry out classroom teaching and physical exercise. At the same time, the characteristics of the shuttlecock course also include the following aspects: firstly, as a non-contact sport, shuttlecock has less impact and damage to the body, making it more suitable for students to participate in and exercise for a long time, providing students with a relatively safe and low threshold sports choice. Secondly, as a collective sport, shuttlecock encourages cooperation and cooperation among students, cultivating their teamwork and communication skills through practice. Through tacit cooperation with teammates, students can not only improve their technical skills, but also feel the power of teamwork, cultivate a spirit of collaboration and a sense of collective honor. Finally, the shuttlecock course can cultivate students' physical fitness, coordination ability, and reaction ability. Through the special skill requirements and control of the shuttlecock, students can exercise their flexibility, coordination, and reaction speed, and improve their physical fitness level.

## II. The current situation and existing problems of ideological and political education in shuttlecock courses in universities

With the development of society and the transformation of educational concepts, ideological and political education in university courses has gradually received attention from educators. However, in the current educational environment, the popularity and existing problems of ideological and political education in shuttlecock courses in universities cannot be ignored.

Firstly, the level of ideological and political education popularization in college shuttlecock courses needs to be improved. Although shuttlecock, as a sport with rich cultural connotations and traditions, can provide

opportunities to exercise students' physical fitness, cultivate teamwork spirit, and build self-confidence, it often does not occupy an important position in the curriculum of universities. Many schools focus more on cultivating students' academic abilities, while neglecting the combination of physical exercise and ideological education. Therefore, it is necessary to further strengthen the popularization of ideological and political education courses in universities.

Secondly, there are some urgent problems to be solved in the ideological and political education of shuttlecock courses in universities. On the one hand, the teaching staff is the key to building ideological and political education in shuttlecock courses. Currently, most teachers responsible for shuttlecock courses have rich physical education professional skills, but lack ideological and political teaching concepts, which affects the effective implementation of ideological and political education in shuttlecock courses. On the other hand, the content design of ideological and political education in shuttlecock courses needs to be more scientific and reasonable. As a sport with a long history and cultural heritage, the ideological and political education of shuttlecock should pay more attention to cultivating students' moral character, humanistic literacy, and innovative spirit, rather than just emphasizing the cultivation of skills.

Thirdly, the ideological and political education in shuttlecock courses lacks comprehensiveness and depth in teaching. At present, ideological and political education in the curriculum mainly remains at the level of simple moral education, lacking further guidance on students' thinking and ideology. This limitation makes it difficult for students' ideological understanding to be comprehensively improved. Therefore, in implementing the shuttlecock course, it is necessary to integrate ideological and political education more creatively, so that it can run through the entire curriculum and enhance students' comprehensive quality.

### **III. Construction of ideological and political theory for shuttlecock courses in universities**

#### **3.1 Deepening the ideological and political guidance ideas for shuttlecock courses**

In the guiding ideology of ideological and political education in college shuttlecock courses, we need to further deepen our understanding and application of Marxism and socialist core values. The ideological and political education of shuttlecock courses should be guided by ideological education and morality to cultivate students' correct ideological concepts. Marxism provides a scientific worldview and methodology, which can guide students to think about the problems encountered in the learning process from a comprehensive and dialectical perspective. The socialist core values provide important guidance for students' values. Therefore, we should pay attention to combining these ideological theories with specific course content and practical activities, so that students can receive ideological and political education unconsciously through experience and perception.

#### **3.2 Clarify the ideological and political education goals of the shuttlecock course**

The goal of ideological and political education in college shuttlecock courses should comprehensively and systematically cultivate students' physical fitness, teamwork ability, and self-management ability. A strong physical fitness is the foundation of ideological and political education in shuttlecock courses. Through shuttlecock sports, students' physical fitness is exercised, and the close relationship between exercise and health is emphasized. Teamwork ability is the cultivation of students' collective consciousness and team spirit. The shuttlecock course can allow students to experience the importance of cooperation through organizing competitions, training collaboration, and other methods. Self management ability is to enable students to consciously restrain their behavior, cultivate self-discipline and self-learning ability. In addition, the ideological and political education of shuttlecock courses in universities should also focus on cultivating students' positive attitude towards life and sense of social responsibility. Help students establish a correct attitude towards life, learn to care about others and society, and actively take on social responsibilities.

### **IV. Implementation strategies for ideological and political education in shuttlecock courses in universities**

#### **4.1 Strengthen the construction of the teaching staff**

The first step in implementing ideological and political education in shuttlecock courses is to strengthen the construction of the teaching staff. Firstly, conduct teacher training and organize relevant training activities to enhance teachers' teaching level and ideological and political abilities. The training content can include theoretical knowledge, teaching methods, and case analysis of ideological and political work. The training can be conducted through centralized training or regular lectures and symposiums. Secondly, professional teachers should be selected and those with high professional skills and rich experience in ideological and political theory should be selected based on merit, in order to strengthen the teaching staff of universities. Strengthening the construction of teaching staff in universities and vigorously promoting teacher training programs can promote the participation of teachers in academic exchanges and teaching research, continuously enrich their teaching experience, acquire more educational thinking and methods, improve the overall level of curriculum teaching, and ensure the effective implementation of ideological, political, and educational education.

#### **4.2 Adopting diversified teaching modes and methods**

The ideological and political education of shuttlecock courses plays an important role in teaching. In order to enable students to deeply feel the power of ideological and political education in the process of participating in shuttlecock sports, the following teaching methods can be used to promote the implementation of shuttlecock ideological and political courses.

Firstly, utilize the group cooperative teaching model. By forming groups for students to collaborate and assist each other in shuttlecock sports, we aim to cultivate their teamwork spirit and sense of collective honor. Meanwhile, competition among members within the group can also promote students' personal growth. For example, teachers can divide students into small groups in physical education classes, scatter them around a circle, and play shuttlecock kicking games. After the game, the teacher asked the students about their understanding of the spirit of unity and cohesion in the just played shuttlecock game? This learning method can enable students to experience the importance of solving problems through cooperation in practice, and cultivate their ability to form correct values and behavioral norms.

Secondly, adopt the case analysis teaching method. Teachers can choose some real cases related to shuttlecock sports for students to analyze and discuss. For example, a moral dilemma scenario can be presented to encourage students to think about how to make the right moral choices. For example, during teaching, students can be asked, if a fun shuttlecock sports meet is jointly held with other schools, and students need to be selected to participate in the activity, and the selected students need to practice multiple times in the next month, will they choose to bring glory to the school? Or would they choose to keep their time for themselves? Let students analyze ideological and political issues through specific cases, guide them to realize the importance of ideological and moral construction for individuals and society, and cultivate their moral judgment and decision-making abilities.

Thirdly, adopt the discussion interactive teaching method. In the classroom, teachers can guide students to discuss ideological and political education issues related to shuttlecock sports, and encourage students to express their own views and opinions. For example, in the classroom, there is a shuttlecock competition where students are asked to kick the shuttlecock one by one. First, the top 8 are selected, then the top 4 are selected, followed by the top 2, and finally the champion is pursued. After the game, have students discuss ideological and political issues related to sportsmanship. Enable students to think from different perspectives and broaden their horizons through interactive communication with others. Meanwhile, interactive discussions can enhance students' sense of participation and belonging in ideological and political education, and stimulate their initiative and enthusiasm for learning.

#### **4.3 Improve the evaluation of ideological and political education in shuttlecock courses**

In order to solve the problems existing in the evaluation of traditional physical education courses, it is necessary to establish a scientific and effective evaluation system to promote the cultivation of students' comprehensive literacy and promote the integration of sports skills and ideological and political education. On this basis, it is necessary to optimize the curriculum evaluation standards, improve the evaluation concept, and ensure the rationality and scientificity of the evaluation content. The traditional evaluation of physical education courses mainly focuses on students' mastery of physical education knowledge, physical fitness, and skill levels. However, this approach is often a one-sided evaluation, and for ideological and political education in physical education courses, this single evaluation method is clearly insufficient. Therefore, we need to establish a new evaluation system that is more scientific and comprehensive. A supervision and evaluation mechanism can be established through a combination of various channels, such as the supervision of the school inspector group, the listening of the college leadership group, mutual communication among teachers, and student course feedback, to improve the ideological and political education of the shuttlecock course. Schools can use a comprehensive learning evaluation system to effectively guide and cultivate students. A flexible and reasonable evaluation system can promote the comprehensive improvement of students' physical education academic level and personal qualities.

### **V. Conclusion**

In summary, the ideological education of shuttlecock courses in universities aims to cultivate students into a new generation of young people who are physically and mentally healthy and positive. Through the theoretical construction of ideological and political education in college shuttlecock courses, strengthening the construction of teaching staff, adopting diversified teaching methods, and improving the evaluation of ideological and political education in shuttlecock courses, we actively promote the combination of shuttlecock education and ideological and political education, guide students to enhance their moral cultivation, ideological quality, and teamwork spirit in teaching practice, in order to achieve the goal of educational integration. I believe that in the near future, ideological and political education on shuttlecock in universities will be more enriched and improved, and will play a better role in cultivating students' comprehensive qualities.

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