

# Research on the Construction and Implementation of Ideological and Political Teaching System for Swimming Courses in Colleges and Universities

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**Abstract:** The teaching of university swimming courses can integrate various ideological and political elements and combine them with the objectives and key stages of swimming instruction. This paper employs research methods such as literature review, experimental teaching, and mathematical statistics, with the ideological and political education in university swimming courses as its subject of study. The paper conducts an analysis from four perspectives: the design of the swimming course syllabus, the establishment of teaching content, the implementation of teaching and its effects, and teaching outcomes. The following conclusions are drawn: The three objectives of ideological and political education in swimming courses are established from three aspects: cognitive understanding, technical skills, and emotional attitudes. These objectives incorporate 14 relevant ideological and political elements. The diversity of ideological and political education content in swimming courses can be designed based on the unique environment of swimming and the characteristics of technical instruction, ensuring that the 14 ideological and political elements are consistently integrated throughout the teaching process. By enhancing the forms of ideological and political education in swimming courses, the educational functions of ideological and political instruction can be more clearly demonstrated to students. This is achieved through a combination of theoretical courses and practical teaching, aiming to subtly impart ideological and political education to students during the teaching process. Compared to the traditional swimming teaching control group, the frog kick teaching experimental group shows significantly better results in ideological and political education. Students in the experimental group acquire and comprehend more ideological and political elements during the teaching process.

**Keywords:** Course-based ideological and political education; Swimming course teaching; Teaching form; Teaching objectives

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## **1. Purpose and significance of the study**

### **1.1. Study objectives**

With the continuous advancement of ideological and political education in college courses, higher education institutions have higher requirements for the goals, positioning, and tasks of talent cultivation. In the actual teaching process, it is not enough to rely solely on ideological and political courses to educate students. It is even more necessary to integrate and promote the teaching concept of ideological and political education in other professional courses to form one's own teaching theory system. The body is the vehicle that carries knowledge and the house that houses virtue <sup>[1]</sup>. The research hopes that through the teaching design of ideological and political education in swimming teaching courses, not only can a teaching paradigm that unifies skill imparting and value guidance be formed, but also an "imperceptible" ideological and political infiltration effect can be achieved through the gradual cultivation of emotions, attitudes, and values.

### **1.2. Significance of the study**

#### **1.2.1. Promoting the development of ideological and political teaching reform in swimming courses in colleges and universities**

With a series of ideological and political education documents issued by the state, a complete system and rich connotation of ideological and political concepts have been formed, and colleges and universities are required to implement them thoroughly, which is sufficient to demonstrate the state's emphasis on the educational concepts of colleges and universities. At present, the ideological and political teaching of swimming courses in colleges and universities is still in the initial exploration stage. If swimming courses can be fully and organically integrated with ideological and political education in courses, it will surely play a promoting role in the reform and development of ideological and political teaching of swimming courses in colleges and universities.

#### **1.2.2. An urgent need to promote the teaching reform of swimming courses**

Integrate swimming courses with ideological and political elements organically, enrich the teaching direction and scope of swimming courses, expand the connotation and extension of swimming courses, improve the problems existing in the teaching process of swimming courses, promote the teaching reform of swimming courses, make swimming courses more promotable and more conducive to the comprehensive quality development of students.

## **2. Research objects and methods**

### **2.1. Research subjects**

Based on ideological and political education in swimming courses in colleges and universities, a total of 60 students were surveyed, including those in the experimental and regular teaching classes of breaststroke in swimming courses in colleges and universities.

### **2.2. Research methods**

#### **2.2.1. Literature review method**

According to the requirements of the research content, by searching in China National Knowledge Infrastructure (CNKI) database, China Doctoral and Master's Thesis Database, foreign language database, etc., relevant journal literature was sorted out and read, systematically summarized, and concluded to lay theoretical

knowledge and factual support for this study.

### **2.2.2. Experimental teaching method**

In this study, ideological and political elements were incorporated into the teaching of the experimental class as arranged in the teaching syllabus, while the control class was taught in the traditional teaching mode. After the experiment, a questionnaire survey on ideological and moral education and swimming performance assessment will be conducted for students in the experimental group and the control group, and all the data from the test will be sorted and analyzed.

### **2.2.3. Mathematical statistics method**

To ensure the accuracy and objectivity of the study, the collected data were analyzed using the data analysis software Excel and SPSS 21.0 to collate and analyze the questionnaire survey and final assessment data of the students in the experimental group and the control group, in order to draw the required relevant conclusions.

## **3. Results and analysis**

### **3.1. Refinement of ideological and political elements**

Course-based ideological and political education is a systematic educational model that achieves the fundamental task of “cultivating virtue and nurturing talent” through the organic integration of knowledge imparting and value guidance in professional courses. Its core features are as follows: Value orientation: integrating socialist core values, fine traditional Chinese culture, etc. into the disciplinary knowledge system <sup>[2]</sup>; Educational penetration: Achieving educational goals through the mechanism of simultaneous advancement of knowledge imparting and value guidance; Subject fit: Explore distinctive ideological and political elements based on the characteristics of different majors, such as the emphasis on rule awareness and team spirit in swimming courses <sup>[3]</sup>.

#### **3.1.1. Socialist values aspect**

The 18th National Congress of our Party proposed that prosperity, democracy, civility, and harmony, and advocated freedom, equality, justice, and the rule of law, as well as patriotism, dedication, integrity, and kindness. These 24 words are the basic content of the core socialist values. The core socialist values that can be reflected through the teaching of swimming courses are mainly equality, justice, patriotism, dedication, and friendliness.

#### **3.1.2. In terms of sportsmanship**

According to the General Senior High School Physical Education and Health Curriculum Standards (2017 edition, 2020 revision), physical morality should include three aspects: physical ethics, physical spirit, and physical character. The elements of physical morality in the teaching process of swimming courses are: Respect for life, hard work, initiative, self-transcendence, rule-abiding, courtesy, teamwork, social responsibility, and a correct view of winning or losing <sup>[1]</sup>.

## **3.2. Establishment of teaching objectives**

### **3.2.1. Objectives of ideological and political education in swimming courses**

The three objectives of ideological and political education in swimming courses are set in terms of cognitive

status, technical skills, and learning attitude, and incorporate relevant ideological and political elements contained in swimming courses in the establishment of the objectives.

### **3.2.2. Cognitive objectives for ideological and political education in swimming courses**

Through ideological and political education in swimming courses, students will be able to have a comprehensive understanding of the classification of swimming, the popularity of swimming, the competition rules of competitive swimming, the theoretical knowledge related to life-saving and self-rescue, and the development of recreational swimming. Let students have a basic understanding of the technical movements of breaststroke, and in the process of learning and practicing, apply what they have learned to life, cultivate students' patriotism, fairness, equality, and dedication, establish a sense of rules and responsibility, and establish a correct view of winning and losing.

### **3.2.3. Objectives of action skills in ideological and political teaching of swimming courses**

Through ideological and political education in swimming courses, students can master the basic skills of breaststroke, master the basic technical essentials of life-saving and self-rescue, and achieve the goal of learning movement skills by constantly breaking through the key and difficult points of technical movements.

### **3.2.4. Emotional and attitudinal goals for ideological and political education in swimming courses**

Through ideological and political teaching in swimming courses, teachers can cultivate students' spirit of equality, fairness, patriotism, and dedication during the swimming teaching process, and instill in them a sense of reverence for life. The spirit of being proactive and surpassing oneself, the sense of social responsibility of students through case stories during the life-saving and self-rescue training, and the correct view of winning or losing in the process of watching competitions.

## **3.3. Design of ideological and political teaching content for public physical education swimming courses**

### **3.3.1. Ideological and political teaching syllabus for public physical education swimming course**

The development of the syllabus is mainly based on the characteristics of swimming to determine the sequence of students' learning. As the main teaching subjects of swimming courses are mostly beginners, the ideological and political teaching syllabus for swimming courses is designed based on the characteristics of swimming and the actual situation of the teaching subjects, including theoretical part, practical part, physical fitness, and practical lifesaving skills in water, etc.

### **3.3.2. Ideological and Political teaching content in swimming courses**

In line with the concept of ideological and political education in swimming courses, specific teaching contents are formulated based on the teaching syllabus. The ideological and political elements reflected in the teaching contents of each stage include the value guidance of the integration of swimming courses and ideological and political education for students' survival, life and life education, the cultivation of students' sound personality and the formation of lifelong sports habits through the integration of swimming courses and ideological and political education, and the value orientation of improving students' sports ability and promoting their all-round development through the integration of swimming courses and ideological and political education.



### **3.4. The implementation and feedback of teaching**

#### **3.4.1. Implementation of ideological and political teaching in swimming courses**

Based on the completion of the teaching syllabus for ideological and political education in college students' swimming courses, the program was applied to the swimming courses at Guangdong University of Foreign Studies. A total of 60 students from the experimental teaching class of breaststroke in the swimming course and the general teaching class of breaststroke in the swimming course were the subjects of the investigation.

The teaching experiment lasted for 16 weeks, with one swimming class per week and two class hours per class. The breaststroke experimental teaching class was the experimental group, with a total of 30 students, and the teaching was conducted in accordance with the swimming course syllabus of Guangdong University of Foreign Studies. The general breaststroke class was the control group, with 30 students. The ideological and political teaching of the swimming course was mainly arranged in accordance with the ideological and political teaching syllabus of the swimming course, and the teaching activities were carried out in accordance with the teaching design listed in the previous text. The theoretical courses were mainly taught through video teaching in the classroom.

#### **3.4.2. Feedback on ideological and political teaching in swimming courses**

By comparing with the number of ideological and political elements mastered by students in the experimental group, it was found that the reverence for life was still very high, indicating that the teaching of life-saving and self-rescue skills left an extremely deep impression on students during the learning process, and at the same time, the self-transcendence, sense of social responsibility, teamwork produced in the normal teaching process were closely related to the normal teaching process. Other ideological and political elements do not lead to a deeper understanding of students without deliberate storytelling or guidance.

### **3.5. Teaching effects**

The effectiveness of ideological and political teaching in swimming courses through the implementation of the application of ideological and political teaching in swimming courses for college students, according to the final grade standards of ideological and political teaching in swimming courses (excellent: 90 points and above, good: 80–89 points, qualified: 60–79 points, fail: The proportion of students on the swimming course ideological and political teaching final grade sheet, swimming course ideological and political teaching final grade score among them: excellent: 90 points and above 16.67%, good: 80–89 points 53.33%, qualified: 60–79 points 30%, to be improved (59 points and below) 0. It can be seen from the result that 16.67% of the students reached the excellent level in the final assessment of the swimming course, 53.33% reached the good level, 30% reached the qualified level, and no students were at the failing level. Overall, the ideological and political teaching effect of the swimming course in the experimental group was good this semester.

Overall, students' ideological and political quality has generally improved after receiving ideological and political education in the swimming course, and the differences are more significant in terms of patriotism and equal competition.

## **4. Conclusions**

This paper re-established the teaching objectives of the ideological and political education system in swimming courses, enriched the diversity of the ideological and political education content, and perfected the teaching

methods of ideological and political education in swimming courses. By comparing the frog kick experimental group and the control group, it was found that the experimental group showed significant results in ideological and political education, with students gaining a better grasp and understanding of the ideological and political elements during the teaching process. Compared with the control group, the ideological and political education in swimming courses has a significant impact on the ideological and political level of university students, effectively enhancing the ideological and political quality of students in swimming courses.

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## Disclosure statement

The authors declare no conflict of interest.

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