

# The Practical Dilemma And Optimization Path Of Ideological And Political Education In Basketball Courses In Universities In The New Era

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**Abstract:** This article uses literature research and logical analysis methods to study the difficulties in implementing ideological and political education in college basketball courses. Based on the explicit and implicit elements that affect the development of basketball teaching, this article analyzes the practical difficulties of ideological and political education in college basketball courses from two levels: (1) The insufficient integration of basketball main classroom and curriculum ideological and political education; (2) Inadequate integration of basketball practice classroom and curriculum ideological and political education; (3) The integration of online basketball courses with ideological and political education is insufficient. In view of this, an optimization path for ideological and political education in college basketball courses has been proposed: (1) Enhancing students' subjective learning initiative and enhancing the effectiveness of ideological and political education; (2) Strengthen the cultivation of teachers' ideological literacy and strengthen their awareness of educating people; (3) Accelerate the improvement of basketball teaching and research mechanism, promote teaching reform and innovation; (4) Improve the relationship between primary and secondary basketball classrooms, accelerate the integration of ideological and political resources; (5) Emphasize the innovation of diversified teaching methods and optimize the quality of basketball classrooms.

**Keywords:** Basketball teaching; Curriculum ideology and politics; Practical dilemma; Optimize the path

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Education is the foundation, and moral education comes first. The ideological and political teaching of physical education courses in universities is a fundamental project for implementing the fundamental task of cultivating morality and cultivating talents. It is also a key link for schools to promote "three complete education" and a top priority for physical education work in various universities in the new era. Therefore, all work in universities is closely focused on the goal of "cultivating morality and cultivating talents", and various departments and disciplines are actively carrying out moral education work, fully tapping into the educational function of ideological and political education in the curriculum<sup>1</sup>. Based on this, as one of the important projects of physical education in universities, how to carry out ideological and political education in basketball courses throughout basketball teaching, and how to cultivate students to form a strong body and perfect personality in the basketball course learning of "cultivating physical fitness, casting soul, and combining morality and physical fitness", is one of the important difficulties faced in the ideological and political practice of basketball courses.

## **I. Importance of Ideological and Political Education in Basketball Courses in Universities in the New Era**

### **New requirements for teaching quality proposed by the state**

Currently, the education industry is thriving, and the country's emphasis on education is constantly increasing. We are comprehensively promoting education reform and innovation, and promoting the comprehensive development of students. In order to enhance the overall strength and international competitiveness of China's higher education, the strategic decisions of "world-class universities" and "first-class disciplines" have been issued one after another, which are based on the cultivation of high-quality talents and integrate Core Socialist Values into the whole process of education and teaching, and further put forward the fundamental task of cultivating morality and talents<sup>2</sup>. Through the unity of knowledge impartation and value guidance, ensuring the implementation of the "three comprehensive education", curriculum ideological and political education is a key link in the "three comprehensive education" of universities and a necessary supplement to ideological and political education. Making basketball courses and ideological and political courses go hand in hand and promoting the improvement of teaching quality is the trend of integrating basketball teaching into the ideological and political concepts of the curriculum. The basketball teacher team should be the "main force", the curriculum construction should be the "main battlefield", and basketball classroom teaching should be the "main channel".

### **The inevitable requirement for achieving the goals of basketball courses**

The traditional basketball teaching philosophy is deeply rooted, manifested in an excessive pursuit of mastering basketball skills, tactics, and physical fitness improvement, with "indicator sports" as the dominant factor in the classroom, and the teaching setting of "emotional goals" being virtually non-existent, resulting in students losing their dominant position in the learning process, their creative ideas being buried, and their educational value appearing pale and powerless. In addition to enabling students to master the basic knowledge and skills of basketball, improve physical fitness, cultivate exercise interests and hobbies, and form a healthy psychology, cultivating students' tenacity, integrity, and ideological and political education has also become a necessary goal of basketball courses. The Sportsmanship behind the basketball movement runs through the basketball teaching process silently, realizing the same frequency resonance of basketball knowledge teaching and value guidance, basketball class "dynamic" and ideological and political class "static"<sup>3</sup>.

### **An important way to achieve ideological and political education**

The traditional ideological and political courses have significant problems such as being unable to keep up with the times in form, being preachy in theory, and being disconnected from social culture and social reality in educational content, resulting in a lack of attractiveness for students in ideological and political courses. On the contrary, basketball courses have multiple characteristics such as both physical and mental training, adversarial, entertaining, and collective, attracting many students to participate. Combining basketball courses with "curriculum politics" can cultivate students' willpower and character, while also learning basketball techniques and tactics. Basketball course is an important carrier of ideological and political education with unparalleled advantages compared to other disciplines. In the process of basketball teaching, teachers imperceptibly integrate elements of Ideology#Political ideologies education into various techniques, tactics and theoretical knowledge, which not only achieve the unity of rational enlightenment and emotional stimulation, but also achieve the teaching purpose of "teaching in sports".

## **II. Practical Dilemma of Ideological and Political Education in Basketball Courses in Universities in the New Era**

### **Insufficient integration of basketball main classroom and curriculum ideological and political education**

Basketball is a Team sport project of the same field confrontation. At present, the main classes of basketball in colleges and universities are mainly specialized, general and elective. The key to implementing the "morality cultivation" is to fully integrate ideological and moral education into these three main classes. For a long time, the main basketball classroom has played an irreplaceable role in imparting basketball knowledge, cultivating basketball skills, and shaping students' personalities. Among them, skills are mainly divided into enhancing physical fitness, mastering sports skills, and obtaining higher sports scores. Intelligence is mainly divided into forming good psychological qualities, exercising good social skills, and cultivating optimistic and tenacious qualities. From the analysis of the skills and intelligence gained by students in basketball courses, it can be seen that the sum of skills mastered by students in the main basketball classroom of universities is greater than the proportion of the sum of intelligence. The main reason is that there are defects in the design of the basketball general course teaching curriculum, with a large amount of teaching content and limited time, resulting in an increase in the proportion of basketball training time. Teachers have a serious shortage of time for ideological and moral education after basketball teaching, and they focus on transmitting basic skills knowledge and mastering basic skills, resulting in a weak concept of infiltration of moral education elements. In addition, the purpose of students is to learn basketball skills and improve their physical fitness. Furthermore, in order to cope with the school's exam arrangements and facilitate obtaining credits during the exam, they have not included improving their moral literacy in their academic career and life plans, making it difficult to fully achieve basketball teaching goals.

### **Inadequate integration of basketball practice classroom and curriculum ideological and political education**

The basketball practice classroom, also known as the basketball second classroom, is an activity that students voluntarily participate in without being limited by time, location, content, and methods. Unlike the main classroom, the practice classroom mainly lacks teaching content, teachers, teaching systems, and has a certain degree of blindness and arbitrariness. Therefore, students cannot comprehensively and systematically cultivate basketball skills and intelligence in practical classrooms. At present, there are significant deficiencies in integrating ideological and political elements into basketball practice classes in universities. The fundamental reason is that there is no one leading the way and the content does not focus on moral elements. Therefore, there are significant deficiencies in the infiltration of moral education elements in the second classroom of the course. What students gain in the second classroom is only reflected in releasing pressure, learning basic skills, and expanding their knowledge. It is also necessary to explore the cultivation of students' excellent personality traits. Therefore, in terms of teachers, it is necessary to establish an integrated curriculum structure system that integrates the main classroom and practical classroom, playing an integrated role in two-way interaction of teaching activities. At the same time, a dedicated person should be assigned to the basketball second classroom, with specialized talents responsible for implementing ideological and moral education. The leader of the ideological and political project in the second classroom curriculum should be set up to improve the ideological and political teaching system of basketball practical courses. Strengthen the management of basketball teams, basketball clubs, and internship bases, cultivate students with patriotism as the core, standardize their individual behavior, and cultivate excellent individual psychological qualities.

### **Insufficient integration of online basketball courses and ideological and political education**

At present, online basketball courses in colleges and universities lack guidance in ideological and political aspects. Online multimedia teaching, Flipped classroom teaching, micro class teaching and other teaching methods are still bound by traditional education concepts, and most of the time and energy are focused on the teaching of technical and tactical knowledge and theoretical knowledge. They are hard to read the textbook according to the content of the textbook, and do not really work hard to cultivate students' complete personality, There is a very obvious dogmatism. Therefore, as a teacher, one should be fully familiar with the new teaching methods of online basketball courses, and fully understand the purpose, nature, and teaching characteristics of ideological and moral education. Fully integrating online basketball courses with ideological and moral education, breaking traditional educational models, and carefully exploring through continuous learning and practice, promoting students' comprehensive development through better integration of ideological and moral cultivation into the teaching process. Online courses provide a good platform to stimulate students' initiative and divergent thinking, so teachers should also strengthen the guidance of basketball online courses on students' ideological and political value, fully utilize the convenience of online teaching methods, and leverage the advantages of online media to improve educational effectiveness. Teachers can use the convenience of the Internet to enhance students' ideological and moral literacy through multimedia playback and typical case teaching guidance, leaving a profound spiritual education for students.

### **III. Optimization Path of Ideological and Political Education in Basketball Curriculum of Universities in the New Era**

At present, most college students are only children. With the improvement of living standards, the excessive indulgence of parents towards their children has led to their loss of independence and autonomy. Most students are "unwilling to endure hardship and selfish", and most college students have an excessive preference for playing online games and Weibo, leading to the division of their personality. Students' values, personality psychology, and other aspects show multifaceted characteristics. A good physique is the guarantee for career development. As the foundation for the physical and mental development of college students, sports teaching is used as an opportunity to promote the comprehensive development of students' morality, intelligence, physical fitness, aesthetics, and labor. Therefore, from the perspective of talent cultivation goals in universities, basketball teaching is an important content of physical education teaching. Students can bloom their vitality by participating in basketball sports, cultivate their wit, bravery, flexibility, and decisive will and spirit, and thus demonstrate an important content in physical education teaching - the spirit of unity, hard work, and progress<sup>4,5</sup>.

### **Enhance students' subjective initiative in learning and enhance the effectiveness of ideological and political education**

To promote the comprehensive development of students, it is necessary to emphasize their initiative, mobilize their enthusiasm and creativity, and pay attention to their individual differences. Integrating basketball teaching and ideological and moral education into one, providing a reliable foundation for the development of ideological and political courses in physical education teaching. Teachers should pay attention to the improvement of teaching methods and means, teach students in accordance with their aptitude, and students' mastery of the courses they teach. Try to avoid indoctrination and Teaching to the test<sup>6,7</sup>. Students are independent and complete individuals with subjective initiative. In the teaching process, they follow the cognitive and moral education laws of students, and use humor and concise language as the main characteristics of classroom teaching language to instill their souls. Teachers should form good interaction with students,

construct a student-centered teaching model, intentionally explore students' needs in the learning process, stimulate their interest in actively participating in exercise, promote the cultivation of students' physical exercise habits, promote the integration of physical education courses and ideological and political education, enhance the effectiveness of ideological and political education, and promote the comprehensive development of students.

### **Strengthen the cultivation of teachers' ideological literacy and strengthen their awareness of educating people**

In the process of education, teachers are the main force in implementing the fundamental task of "cultivating morality and cultivating talents". It is imperative to increase the training of teachers and accurately enhance their awareness and abilities in education. By training teachers, they can actively explore the ideological and political elements in the teaching of subject knowledge, enabling them to actively integrate curriculum ideological and political education into the education process of different disciplines and majors<sup>8,9</sup>. At the same time, schools should attach importance to the construction of grassroots teaching and research organizations such as teaching and research rooms and course groups, and clarify the main position of grassroots teaching and research organizations. Strengthen interdisciplinary research and cooperation, and broaden teachers' research perspectives. Appropriate reward and punishment measures should be taken to play a motivating role. Honor is a kind of honor for each of us, and teachers also value honor. Excellent teachers can be selected for their effective moral education during the teaching process. Internalize the motivation of teachers to teach and educate people. Leading cadres should play a leading role. As a school administrator, one should assume the role and responsibility of managing and educating people. Leading cadres should set an example and lead by example. At the same time, improving the cultural and ability qualities of teachers, only when the cultural and ability qualities are high, can the teaching quality of teachers be guaranteed, teachers have prestige among students, and ideological and moral education can be more smoothly integrated into the teaching process.

### **Accelerating the improvement of basketball teaching and research mechanism and promoting teaching reform and innovation**

#### **Improving the integration system of ideological and political elements in basketball teaching documents**

Add a chapter on ideological and moral education to the teaching documents. Specifically, the top-level design of the basketball teaching documents should be done well, and the teaching outline should include ideological and political elements to provide guidance for the development of basketball teaching<sup>10</sup>. Add ideological and political elements to the lesson plan. This is reflected in the details of teaching methods, teaching tasks, venue equipment, exercise load, and classroom summaries. Strengthening the cultivation and cultivation of students' morality requires improving the content of physical education teaching and scientifically designing the pertinence and adaptability of physical education teaching documents in physical education teaching. On the basis of improving basic sports skills and special sports ability, Design education and attractive teaching documents to cultivate students' good sports ethics, civilized Sportsmanship, good sports character, healthy and positive mentality and healthy and civilized lifestyle.

#### **Optimizing the integration channels of ideological and political elements in basketball teaching process**

The classroom is the main battlefield for cultivating talents in basketball teaching. In the physical education classroom, it is necessary to strictly follow the regular education in the basketball classroom, so that students can develop good disciplinary behavior. By using classroom friendly matches, students can learn, understand, and cultivate their ability to abide by the rules, making them more cohesive. Queue formation

practice can cultivate students' strict organization and discipline, and achieve 'orders and prohibitions'. Endurance running can help students cultivate a spirit of perseverance and perseverance. In basketball teaching, the key to providing ideological and moral education to students lies in the teacher's words and deeds. In addition to having a solid foundation of professional knowledge, physical education teachers also need to have noble moral qualities. Establish a good moral image for students. Educators use their exemplary behavior to influence students, which has great influence and persuasiveness, and has a positive impact on the development of students' personality traits. Educators use their exemplary behavior to influence students, which has great influence and persuasiveness, and has a positive impact on the development of students' personality traits. So teachers should behave generously and speak with civility. At the same time, teachers should guide ideological and moral education according to the situation when dealing with emergencies. The methods should be flexible, the means should be diverse, and the language use should be appropriate. When dealing with representative events, feedback should be provided by observing students' actions and performance, ultimately achieving the goal of educating people. Therefore, in the process of basketball teaching, the ideological and moral education of students is more direct. It is more conducive to keeping students in mind. It is conducive to cultivating students' healthy ideological qualities.

### **Improve the relationship between primary and secondary basketball classes and accelerate the integration of ideological and political resources**

#### **Scientifically planning the integration of ideological and political elements in the main basketball classroom**

The basketball main classroom is the most important part of ideological and political education for teachers and students, and is the main battlefield of ideological and moral education. Therefore, it is necessary to fully utilize the main basketball classroom for ideological and moral education. Utilize the main classroom to guide students in their ideological values. Integrating ideological and moral elements into the main classroom of basketball is not as simple as simply writing ideological and political content. Instead, it is necessary to scientifically plan the structure of the basketball main classroom, respect the characteristics of basketball teaching, and use professional knowledge as a carrier to quietly integrate ideological and moral elements into relevant physical education teaching content. Have a subtle impact on students. The key to scientifically planning moral education in the basketball main classroom lies in balancing the elements and content of moral education, using the basketball main classroom as an intermediary between value and science, and integrating moral education into the entire process of teaching and educating people<sup>11</sup>.

#### **Improve the integration mechanism of ideological and political elements in the second basketball classroom**

The second basketball class is characterized by randomness and immediacy. It is an activity that students participate in outside of classroom learning, a Critical path method to improve students' ideological quality, an important channel for colleges and universities to educate people, and an important way to enhance students' vision and cultivate their sentiment. Therefore, it is very important to comprehensively plan and improve the working system of ideological and political elements in the second classroom. Universities should establish a multi-level curriculum ideological and political research system for the basketball second classroom, fully leveraging the role of the second classroom curriculum ideological and political teaching research center. Create a community of ideological and political learning, cooperation, and practice in the primary and secondary classrooms. In addition, schools should continuously improve the supervision and management system of the basketball second classroom and implement regular supervision and inspection. At the same time, ideological

and political course teachers should be encouraged to come to the second classroom to impart experience, led by a team of experts, to create a vertically and horizontally linked curriculum ideological and political learning body in the basketball second classroom. Improving the ideological and political system in the second classroom through carriers such as sports literacy training camps, moral lecture halls, physical fitness expansion camps, and sports skills exercise groups not only enriches the coordination and organization of ideological and political resources in basketball courses, but also promotes the synchronous development of students' moral literacy, mastery of sports skills, and understanding of basketball knowledge, ultimately providing assistance for the correct establishment of students' outlook on life and values.

### **Constructing a comprehensive ideological and political guarantee system for basketball courses**

The primary and secondary basketball classes are integrated teaching activities that interact and complement each other in both directions. Universities should establish targeted curriculum systems around the overall goal of "cultivating morality and cultivating talents", and transform them into dynamic courses based on the characteristics of the second classroom. Therefore, it is necessary to build a comprehensive curriculum ideological and political protection system. By strengthening cooperation between disciplines, establishing an interactive "student subjectivity" implementation model with activities as the carrier, and implementing open teaching in basketball primary and secondary classrooms to expand student autonomy. For example, enabling students to independently choose their favorite teachers, choose the required courses based on their interests, and shift from passive acceptance to active learning. Establish a scientific quality system led by evaluation and regulation. The second classroom has obstacles such as scattered time and scattered locations compared to the main classroom. The curriculum lacks quality standards and monitoring systems. Therefore, schools should establish a standardized administrative supervision system. Supervise and assess at any time to understand the operational status of the course. At the same time, expert groups can be invited to participate in the implementation and evaluation of curriculum ideological and political education. In terms of evaluation form, a combination of qualitative and quantitative evaluation, absolute and relative evaluation, and summary and diagnostic evaluation is implemented, fully respecting the meta nature of the subject. The establishment of a competitive mechanism and the role of the teaching staff in the construction of the second classroom are irreplaceable. Therefore, it requires teachers to invest a lot of time and energy. In order to mobilize teachers' enthusiasm, it is necessary to introduce a competitive mechanism and provide institutional guarantees for carrying out curriculum ideological and political education. When promoting teachers' professional titles and conducting annual assessments, the integration of ideological and political elements in the main and second classrooms should be considered as a mandatory indicator, linked to the teacher's work performance. This is beneficial for the coordinated development of the main and second classrooms, and for the improvement of students' comprehensive abilities and qualities.

### **Emphasize the innovation of diversified teaching methods and improve the quality of basketball courses**

In physical education teaching, teachers should pay attention to the flexible application of physical education teaching methods and try to choose multiple teaching methods. With the deepening of quality education and the new curriculum reform, there are significant differences in the learning process among current students. It is embodied in the mastery of basic basketball knowledge, the cultivation of learning interest, learning methods and learning habits. Therefore, teachers can no longer use the traditional "one size fits all" education model, and should choose diversified teaching methods to break the tradition. Choosing diversified teaching methods emphasizes the courage to innovate and challenge ideologically. Breaking through outdated teaching thinking and models requires us to incorporate innovative elements into basketball teaching. At the

same time, there are various teaching methods. In the basketball teaching process, teachers should make appropriate choices and applications based on the teaching content, so that teachers can implement the people-oriented teaching concept, construct a student-centered teaching model, and closely integrate basketball teaching and ideological and moral elements. Teachers should enhance their own qualities, not only by having a solid foundation in their profession, but also by setting an example and becoming moral role models for students. Teachers should continuously enhance and strengthen their awareness of education, enhance their ability to cultivate students, innovate teaching methods, and diversify to avoid poor teaching quality.

#### **IV. Conclusion**

In the new era, universities should start from the essential requirements of cultivating morality and cultivating talents, fully understand the true pursuit of ideological and political education in basketball courses in universities, solve the difficulties, strengthen the top-level design of schools, make comprehensive planning and improve the mechanism of ideological and political education in basketball courses, optimize the design of teaching objectives, optimize the supply of teaching content, innovate diversified teaching methods and means, improve the comprehensive guarantee system of ideological and political education in basketball courses, and strengthen the effectiveness of teaching evaluation, Establish a long-term operational mechanism for ideological and political education in college basketball courses, and promote the implementation of the responsibility and mission of "guarding one channel and cultivating a responsible field" in college basketball courses.

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