

# Research on the Integration Path of Ideological and Political Education and Skill Teaching in Swimming Class in Colleges and Universities

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**Abstract:** As an important part of college physical education curriculum, swimming class is not only the imparting of sports skills, but also an important platform for shaping students' socialist core values. Through the analysis of the literature and the present situation, this paper makes clear the necessity and feasibility of the integration of ideological and political education and skill teaching in college swimming class; This paper analyzes the practical problems of the insufficient integration of ideological and political education and skill teaching in the course setting, course resources, teacher level and evaluation system, and puts forward the path and strategy of the integration of course setting and teaching content, standardizing teaching resources, strengthening teacher training and improving evaluation system.

**Keywords:** Universities; Swimming lessons; Ideological and political education; Fusion path

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## 1. Introduction

The public physical education curriculum in colleges and universities, adhering to the concept of "moral education, health first", has gone beyond the scope of traditional sports activities. It has become a key path for students' all-round development, not just a means of physical exercise. This course not only helps to enhance students' physical fitness, but also should cultivate the ideological and political education function of collectivism spirit, teamwork consciousness and social responsibility. Under this framework, swimming, as an effective way to promote physical and mental health, plays an indispensable role in the public physical education curriculum in colleges and universities. However, the traditional swimming teaching mode often overemphasizes the teaching of skills, but ignores the integration of ideological and moral education. This single teaching method is not conducive to the overall growth of students, nor can it meet the requirements of modern society for higher education.

In order to make up for this defect, college swimming courses need to combine ideological and political education with swimming skills training to form an organic whole. Based on the concept of ideological and political education and the characteristics of swimming courses, we need to deeply explore the internal relationship between ideological and political education and swimming skills teaching, and seek effective integration strategies. This exploration will provide a solid theoretical basis for improving the teaching quality of college swimming courses and promoting the overall growth of students.

## 2. Current situation and problems of the integration of ideological and political education and skill teaching in college swimming class

### 2.1 The integration of curriculum is insufficient

First of all, the content of the course is relatively monotonous, and the swimming teaching in most colleges and universities overemphasizes the skills training, mainly teaching basic swimming skills and water safety knowledge. Secondly, the integration of ideological and political education and skill teaching is not balanced enough, usually the content of the two is separated, lack of organic combination. Finally, in some colleges and universities swimming courses, ideological and political education and skill teaching classes are unevenly distributed, the content lacks pertinence, and it is difficult to achieve integration.

### 2.2 Curriculum resources lack unity and standardization

At present, the integration of ideological and political education and swimming skill teaching in colleges and universities mainly depends on the personal consciousness of teachers. The ideological and political content of swimming course design is usually decided by teach-

ers independently, which leads to subjectivity and lack of systematic and scientific content selection. In addition, the lack of ideological and political education resources closely combined with the teaching content of swimming skills makes the combination of ideological and political education and swimming skills teaching not smooth and in-depth.

### **2.3 Teachers vary in quality**

At present, there are some deficiencies in the integration of ideological and political education and skill teaching in the swimming course of Chinese colleges and universities, mainly due to the difference of teachers' quality. Although some teachers have a solid teaching ability of swimming skills, they are bound by traditional educational concepts, fail to update their educational concepts in time, lack of experience and skills in ideological and political education, and still rely on a single skill teaching method. Some teachers overemphasize ideological and political education, and relatively neglect the teaching of swimming skills. In addition, in our colleges and universities, the number of teachers specializing in swimming course teaching is insufficient, and most of the teachers do not have deep research in the field of ideological and political education, which limits the in-depth development of integrated teaching method.

### **2.4 The evaluation system is not perfect**

In the teaching evaluation of swimming skills, the mainstream evaluation methods focus on students' mastery of swimming skills, and the evaluation system overemphasizes technical level and competitive performance, often taking technical ability as the only criterion for scoring. This approach ignores the performance of students in the field of ideological and political education, and lacks systematic evaluation standards and incentive mechanisms for the effectiveness of this field. This evaluation system may cause teachers and students to neglect ideological and political education, and students may focus too much on the improvement of skills, and then ignore the values that the swimming course aims to cultivate in the learning process. The importance of ideological and political education in the swimming course has not been fully reflected because of the defects of the evaluation system, resulting in the students' ideological and moral level can not be comprehensively evaluated.

## **3. The path of integration of ideological and political education and skill teaching in college swimming class**

To solve these problems, we need to reform the curriculum setting, the construction of teachers and the evaluation system, so as to improve the integration of ideological and political education and skill teaching in college swimming class, so as to improve the overall quality of the course.

### **3.1 Promote the integration of curriculum and teaching content**

#### **3.1.1 Improve teaching methods and means**

The teaching methods of swimming courses in colleges and universities need to be reformed. Teachers can effectively combine ideological and political education with skill training through teaching methods such as situational teaching method, model teaching method, interactive teaching method, reflective teaching method, evaluation and incentive method, and comprehensively improve the teaching quality. In addition, in order to enhance students' interest in learning, teachers should also adopt a variety of teaching methods, such as group competitions, games and other activities, to create a relaxed and pleasant learning atmosphere, so that students can master swimming skills in fun.

#### **3.1.2 Enrich teaching content**

In the teaching content design of swimming course, ideological and political education should be cleverly integrated into it. We should not only pay attention to the teaching of swimming skills, but also focus on cultivating students' self-learning ability and innovative thinking. In the teaching process, the stories of outstanding athletes and ethics in swimming competitions are introduced to ensure that students can master swimming skills and be nourished by ideological and political education. Teachers should guide students to explore the deep principles of swimming skills in order to enhance their scientific thinking and innovative consciousness. In ideological and political education, combined with the characteristics of swimming, cultivate students' unswerving will and fearless enterprising spirit. Using modern information technology means, such as online teaching and virtual reality, to enrich the teaching methods and improve the teaching effect of swimming course. At the same time, through the network platform, encourage students to take the initiative to pay attention to the ideological and political information related to swimming, in order to broaden their horizons.

#### **3.1.3 Optimize the curriculum**

By integrating curriculum resources and optimizing teaching programs, we can effectively improve students' swimming skills and ideological and moral qualities.

First of all, the curriculum needs to combine theory with practice, and the history, culture and safety knowledge of swimming can be integrated into the theoretical teaching, so as to cultivate students' patriotic feelings and social responsibility. In practice teaching, we should

focus on improving students' swimming skills and teamwork ability, and cultivate students' competitive spirit and team spirit through swimming competitions and team training activities.

Secondly, in course design, ideological and political education should be cleverly integrated into swimming skill teaching. At the same time, teachers should lead by example, transmit positive energy, and influence students by words and deeds. When students encounter difficulties, teachers should encourage them to overcome difficulties and persevere to the end. This kind of spiritual encouragement also applies to ideological and political education.

In addition, the organization of swimming competitions and other forms of activities, so that students learn to cooperate and compete in the competition, cultivate team spirit and fair competition consciousness. At the same time, safety education can not be ignored, and the importance of safety rules and self-protection should be constantly emphasized in the teaching process, which is not only the protection of students' bodies, but also the care of students' souls, reflecting the connotation of ideological and political education.

### 3.2 Establish system guarantee and standardize teaching resources

Policy support is very important to realize the organic combination of ideological and political education and skill teaching in college swimming course. The Chinese government attaches great importance to the reform of physical education and has issued a series of policy documents to provide policy support and guidance for the integration of ideological and political education and skill teaching in swimming courses. With the help of these policies, universities should improve the system to ensure the integration of ideological and political education and skill teaching in swimming courses. At the same time, colleges and universities should optimize teaching resources, build systematic and modular ideological and political education content, make it seamless with skill teaching, and form a scientific and reasonable education system. In addition, colleges and universities should also strengthen the construction of curriculum resources, make full use of high-quality resources inside and outside the school, enrich the connotation and extension of swimming courses, and provide students with more diversified and diversified learning experience.

### 3.3 Evaluation system integration

It is very important to construct a comprehensive evaluation system that integrates ideological and political education and skill teaching. We need to establish a comprehensive and objective swimming course evaluation system to fully demonstrate the achievements of students in ideological and political education. This evaluation system should not only pay attention to students' swimming skill level, but also cover many aspects such as teamwork and moral quality, so as to achieve a comprehensive evaluation of students' comprehensive quality. Specifically, the evaluation system should include multiple dimensions such as skill level, learning attitude, team spirit and moral character. Through diversified evaluation methods, we hope to make students realize that swimming course is not only a skill course, but also an important means to cultivate students' comprehensive quality.

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