

# Value Analysis of Improving College Students' Physical Education and Mental Health Accomplishments under Curriculum Ideological and Political Education

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## Abstract

To provide a significance for the future integration of the concept of "curriculum ideological and political" in physical education institutions across the country. The author conducted a research on the moral alienation of contemporary college students and the implementation of curriculum ideology and politics in basketball teaching in physical education institutions. As well as the dominant and recessive elements that affect the development of basketball teaching in sports colleges across the country, the main and second classes of basketball are analyzed and the results are obtained. The survey was conducted among 450 students on integrating ideological and moral education into basketball teaching. SPSS using software results indicates that 83 students believe that the proportion of rule awareness cultivated in basketball teaching is high, 142 students believe that the proportion of rule awareness cultivated is high, 72 students believe that the proportion of rule awareness cultivated is average, 55 students believe that the proportion of rule awareness cultivated is low, and 53 students believe that the proportion of rule awareness cultivated is low. In the process of basketball teaching, teachers have insufficient guidance concepts for students' mental health, which is detrimental to the reasonable penetration of mental health education in the basketball teaching process, therefore, the development ratio of students' mental health has not been effectively improved. Therefore, it is recommend that teachers can use basketball PE classes to cultivate students' self-confidence. Eliminate students' psychological barriers, improve their interpersonal relationships, and cultivate their team spirit. Promote the all-round development of students' mental health. Moreover, improving college students' physical education and mental health under curriculum ideological and political education can enhance overall well-being, resilience, and civic engagement.

**Keywords:** Curriculum Ideology and Politics; Physical Education Institutions; Basketball Teaching; Fusion Effect.

## Introduction

A value analysis study on enhancing college students' physical education and mental health achievement under the context of ideological and political education curriculum has been suggested for the purpose to greater comprehend importance of this accomplishment in connection with ideological and political education curriculum (Li, Gu, & Xu, 2022; Zhang, 2022b). Students' ideal belief and comprehensive quality are the important embodiment of national development vitality, and having correct values is indispensable for college students. For the cultivation of the comprehensive quality of college students, the core quality of the subject is also essential, which is the knowledge, skills and attitude of a qualified student in the society. The long-term growth of both country and nation, as well as physical and emotional health of pupils, depend on school physical education

(Hills, Dengel, & Lubans, 2015; Keating et al., 2005). It is important to fully use the educational benefits of physical education in the classroom, grow kids' healthy bodies, mold sound personalities, and encourage overall growth. This essay examines the cultivation value, primary material, and instructional technique of the fundamental quality of college students' physical education using the methodologies of literature, logical evaluation, and expert interviews (Feng, 2021; Ward, 2013; Xie & Xu, 2022). Based on the core literacy of physical education, this paper probes into the embodiment and significance of the values cultivated under the core literacy, and probes into the reform of teaching strategies in combination with the teaching strategies of physical education in schools. It aims to deepen the reform of teaching, teach students according to their aptitude, enrich sports with characteristics, promote sports ethics, and make unremitting efforts for the coordinated development of sports and moral

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education, intellectual education and aesthetic education. In recent years, a series of extreme behaviours caused by psychological problems among college students have occasionally occurred, it can be seen that the psychological health education carried out by colleges and universities for college students needs to be further strengthened, while the psychological health education for sports majors, a special group of college students, is not comprehensive and in-depth. Currently, the mental health situation of sports majors is particularly severe, with more and more sports majors experiencing mental health problems, and the factors affecting the mental health of sports majors are diverse and complex. A significant aspect of physical education teaching in China is to emphasize the importance of incorporating ideological and political education (Wang & Zou, 2023; Yang, 2022; Zhang, 2018). Therefore, for college students pursuing a degree in physical education, it is crucial to address their mental health concerns by integrating psychological education into the ideological and political education curriculum (Guliyimu, 2022). As a result, exploring this topic has become an essential area of research for current college physical education instructors (Zhang, 2022a).

“At the National Conference on Ideological and Political Work in Colleges and Universities”, the secretary accurately introduced the forms of talent cultivation in schools, specifying the nature of talent cultivation in schools (i.e., what kind of people to cultivate), the methods of cultivation (i.e., how to cultivate people), and the objectives of cultivation (for whom to cultivate people). “Cultivating morality and cultivating talents” must be regarded as the core content of talent cultivation in universities, in the training stage of universities, ideological and political work must be carried out throughout the entire process, and comprehensive talent cultivation should adopt a comprehensive and systematic education strategy (see Figure 1). Therefore, college

students must be regarded as the core content of ideological and political work, while paying attention to the growth of students, it is necessary to provide services for students, continuously improve their cultural, moral, and political awareness, and promote their growth into new types of talents with both moral and talent qualities and high comprehensive quality. The proposal of the concept of “curriculum ideology and politics” requires that every curriculum be integrated into core values education. According to the concept of “curriculum ideological and political education”, it is a comprehensive and complete ideological and political education curriculum innovation system. In traditional college physical education, teachers sometimes provide ideological and political education to students, but the actual effect is not ideal and lacks educational functions (Yu, 2022; Zhang, 2022c) Physical education teaching has traditionally prioritized the acquisition of professional knowledge, skill development, and physical fitness improvement, often neglecting the crucial aspect of ideological and political education for college students. Some physical education teachers believe that ideological and political education is beyond their scope of teaching and should be left to specialized teachers. Moreover, some physical education teachers lack the necessary skills to integrate ideological and political education into their curriculum, hindering the transfer of this knowledge to their students and impeding the improvement of teaching quality (Chen & Yu, 2022). Therefore, it is essential to implement the overarching objectives of “cultivating morality and educating people” and “curriculum ideology and politics” in physical education teaching to enhance the efficacy of physical education reform in colleges and universities. This approach recognizes the importance of merging ideological and political education with physical education to achieve comprehensive and holistic learning outcomes for college students (Huang, 2022; Li, 2020).



Figure 1. Structural Tower of Mental Health Core Literacy.

The current research indicates that improving college students' physical education and mental health accomplishments under curriculum ideological and political education is multifaceted and critical for several reasons. Firstly, physical and mental well-being are foundational for students' overall success and academic performance. By integrating ideological and political education into their physical education curriculum, colleges can nurture not only healthy bodies but also socially responsible minds, producing well-rounded individuals ready to contribute positively to society. Secondly, this approach fosters a deeper understanding and appreciation of ideological and political principles, enhancing students' critical thinking, civic engagement, and ethical decision-making abilities. Moreover, by promoting holistic development, colleges can create a supportive and inclusive learning environment, leading to reduced stress, anxiety, and depression levels among students. Ultimately, the successful implementation of this initiative can lead to a generation of resilient, educated, and socially conscious individuals, with far-reaching implications for the betterment of both the students' lives and the broader community. The study was divided into five sections, introduction, literature review, research methodology, data analysis and results, and discussion and conclusion.

## **Literature Review**

Improving the core quality of college students has always been the subject of in-depth research in college teaching. One of the subjects covered in college basic education is physical education, and the fundamental principle of college instruction is health education (Zhang, 2018). Physical education and health education perform a significant part in improving the core quality of college students: it stimulates their interest in sports, cultivates their healthy sports behavior, and teaches them good sports morality (Keating et al., 2005; Siedentop & Van der Mars, 2022). With the goal to establish idea of lifelong sports, the quality of college students' education seems to actively encouraged via physical education in colleges and universities. This promotes the comprehensive quality development of college students and places importance on their all-around moral, mental, physical, aesthetic, as well as labor creation. According to multiple problems with contemporary college students' physical education and health education, recent study on the subject suggests that, in order to improve college students' core competencies, physical education reform should be implemented in colleges, health education should be integrated into the

classroom, while the theory of lifelong physical education should be established in college physical education. in order to offer examples for enhancing college students' fundamental qualities.

Core qualities are the fundamental characteristics and skills that students must possess in order respond the demands of social as well as lifelong growth, placing more emphasis on independent learning, collaboration, involvement, and creative practice than on self-improvement, social care, family, and national emotions. When seen from the viewpoint of value orientation, It represents the quality necessary for students' lifelong learning and the values recognized by society, which can be cultivated, moulded and maintained and can be obtained through school education. The core quality of sports discipline is through the study of sports discipline and engaging in sports, so that students can master and form the sports emotion and character, sports ability and habits, health knowledge and behavior necessary for the overall development of lifelong sports. This concept indicates that the reform of physical education curriculum should always strengthen the quality of students in all aspects as the eternal goal and pursuit. The Guiding Outline over Ideological and Political Development of Curriculum in Higher Education Institutions (hereinafter identified as the "Outline") issued in May 2020 highlighted that ideological and political development of curriculum is to guide values in knowledge imparts and ability cultivation, and assists learners establish a correct worldview, perspective on life, along with values, thereby determining the correct interpretation and crucial aspect of skills training. The framework also highlights the importance of enhancing college students' ideological and political education, examining how different disciplines' ideologies and politics play a role in education, incorporating moral instruction throughout the entire teaching procedure, encouraging the integration of ideologies and politics into various fields and qualified teaching, enhancing students' all-round competence and quality, and enhancing teachers' teaching. Physical education curriculum has its unique function of educating people (Kelly, Kelly, & Melograno, 2004; Winnick & Porretta, 2016). Since the beginning of the 21st century, the new round of curriculum reform has put forward the requirements of physical health, technical skills, mental health, social adaptation, etc. Combined with the educational purpose of the current "Physical Education and Health" course, the process of continuously developing and improving students' physical education core quality, enhancing sports ability, forming healthy behavior and obtaining noble physical morality, and

obtaining coordination in these three aspects, It is not only necessary to reform and enhance school physical education, but also to delve thoroughly into the ideological and political education components in physical education instruction. Implementing pertinent national policies, the spirit of significant speeches made by Party officials, and fully using the moral education function of physical education courses at all levels and types of schools are other key measures.

Due to its unique functions and attributes such as strengthening the body, sharpening the quality and adjusting the psychology, physical education curriculum determines that the physical education and health curriculum of various schools at all levels contains a large number of ideological and political education resources, and has become the carrier of the inheritance of socialist core values and an excellent medium of ideological and political education. From the perspective of the development trend of students' physical and mental health, it can be found that sports and health courses have multiple attributes such as fitness, education, culture, competition, skill, entertainment and sociality in different levels and angles of sports. Therefore, by integrating the ideological and political elements of the curriculum with multiple attributes and multi-solid nature of physical education, through multiple functions of physical education and health education, students can imperceptibly establish a correct understanding of physical education and health, which can enable students to independently strengthen physical exercise and physical moral cultivation, cultivate the spirit of unity and struggle, and improve their comprehensive quality. The cultivation of sports ability, healthy behavior and sports morality is implemented into study and life, and the formation of a trinity of sports core qualities. This is conducive to the practice of Lide education essence.

Tang, Y., et al. The research on sports ethics behavior of high school athletes shows that sports participation should be carried out in a specific competition environment that cultivates athletes' self-esteem and values of respecting others (Tang, Wu, & Wang, 2022). Sports morality should be related to the following values: respect for oneself, respect for others, self-esteem, team spirit, discipline, loyalty, responsibility, tolerance, honesty, integrity, pride, calm, calm, humility, etc. Physical education classroom is the "main battlefield" for students to develop sports ethics and accumulate sports experience (Bailey, 2006; Bailey et al., 2009). In physical education curriculum, we should firmly grasp the classroom routine and teaching implementation,

seize the good opportunity to develop habits in the teaching process, and organically combine curriculum ideological and political elements with subject teaching content, methods and implementation means. Guide students to enhance physical fitness, gain happiness, enhance personality and cultivate will in the course of learning physical education and health, acquiring physical skills and daily physical exercise. The formation of good sports moral quality needs to be through students' continuous participation in sports (Liu, Qu, & Gao, 2023). The combination of the cultivation of students' sports moral quality and the curriculum ideological and political education is the task direction to implement the neutral moral education in sports teaching (Zhang, 2022a).

The objective of ideological and political education in colleges and universities is to cultivate socialist core values. As part of this objective, college students are taught Marxist concepts and techniques in order to help them develop the right perspective on life and their beliefs as well as good behavioural habits. The ideological and political course in college, those currently serves as the primary avenue for ideological and political education for college students, remains simply didactic in nature, while the textbook's materials is disconnected from social reality and cultural backgrounds, and this is unattractive for college students. In order to successfully deliver ideological and moral education for students in physical education, which is a program with distinctive execution, it is urgently necessary to find a way to depend upon the course's practical lessons and instructional materials. To improve ideological and political education in colleges and universities, we need to begin with the fundamental principle of education, "educating people," take the core connection of changing the curriculum, fully utilize the primary function of classroom instruction in education, concentrate on ideological as well as political education all over every step of school instruction and learning, carry out this through the essential channel of classroom teaching, and deeply examine the ideological and political landscape. Provide each course's educational role its due consideration, and carry out the instructors' educational duties in each topic. The clash between Chinese educational ideals and the experiences of other countries in education has resulted in curriculum ideology and politics, which is a reflection of the new age of educational concepts. The core competency of college students' physical education has to be developed, and a "college students as the center" physical education curriculum system needs to be established for the program to have The Times' traits and advanced nature.

## Methodology

The author consulted a large number of electronic materials on the ideological and political courses, physical education, basketball teaching, and ideological and moral education through CNKI for research, at the same time, the author used the paper materials and literature from the library of a sports college to review and sort out the literature. Summarize relevant domestic and foreign summaries on basketball teaching and ideological and moral education, providing reference for future reference. Aiming at the current situation of the integration of basketball teaching and ideological and moral education in physical education institutions, the author designed a teacher questionnaire and a student questionnaire. This

article analyses the dominant factors such as the integration of teaching documents into curriculum ideology and politics in basketball teaching, and the implicit elements such as the integration of teaching methods into ideology and politics in basketball teaching. At the same time, a survey was conducted among 450 students on integrating ideological and moral education into basketball teaching, and a conclusion was reached.

After completing the questionnaire design, the author invited 10 experts in physical education and sports training to provide their opinions, and conducted a validity test using expert subjective evaluation methods. The evaluation of the questionnaire is divided into five dimensions: very reasonable, reasonable, basically reasonable, unreasonable, and unreasonable, as shown in Table 1 below:

**Table 1**

*Expert subjective evaluation validity test Table*

Type	Very Reasonable	Rational	Basically Reasonable	Not Quite Reasonable	Unreasonable
Questionnaire content validity	2	7	1	0	0
Overall validity of the questionnaire	1	9	0	0	0

The author also used KMO and Bartlett's tests for teacher and student questionnaires, and obtained a KMO sampling fitness scale  $R=0.903$ . This questionnaire has been confirmed to be very reliable.

### Reliability Test of the Questionnaire

The reliability of the questionnaire refers to the reliability and repeatability of the measurement results of the two Tables. The higher the reliability, the less affected the environment such as time and place, and the more stable the detection results will be. The Clonebach coefficient of the teacher questionnaire and the student questionnaire in this questionnaire is 0.869 and 0.903, respectively, indicating that the reliability of the scale in this study is very good and can be used (Yu, 2022).

By analyzing the problem of moral alienation among college students, the author proceeds from two dimensions: the dominant element and the recessive element, which affect students' ideological and moral values, through the analysis of the implementation of moral education for students in the main basketball classroom, the second classroom, and online basketball courses, the content closely related to the author's research purpose is sorted out. Based on the collected questionnaires and facts, the author draws conclusions through research and analysis, providing a theoretical and practical basis for the implementation of curriculum ideological and political education in basketball teaching in physical education institutions.

The author screened and sorted out 55 teacher questionnaires and 458 student questionnaires collected, and put the effective data collected in the questionnaire into

a computer for sorting, the data were analyzed and sorted using Excel software and SPSS20.0, the differences between the data can be clearly seen by presenting them in the form of histograms and charts, the results of the data are relatively obvious and serve as data support for the author's research. Develop an interview outline based on the needs of the author's research content, through discussions with mentors and other experts, the experts believe that the structural and content validity of this questionnaire is reasonable, interviews were conducted on the ideological and political impact factors and implementation paths of the implementation of curriculum in basketball teaching in physical education institutions to enrich the relevant conclusions of the author's research.

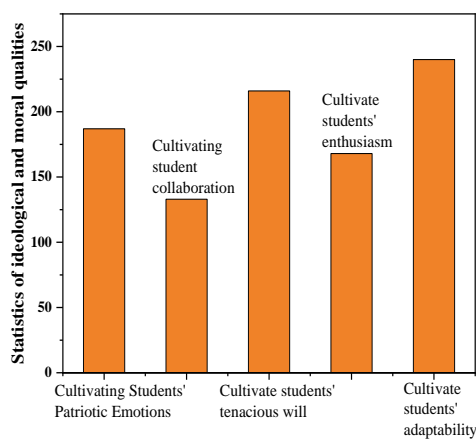
## Results and Discussion

### Effects of implementing curriculum ideological and political education in basketball teaching in physical education institutions

#### (1) Effect of Basketball Teaching and National Spirit Education

National spirit is a characteristic of a nation's character and a spiritual state nurtured by a nation's long-term development in history, it is a mission that is infected and integrated by race, descent, living habits, historical culture,

philosophical ideas, and so on, it is the inner state of mind and maintenance of a nation. In today's world of multipolarization, economic globalization, and cultural pluralism, people's values and lifestyles have undergone tremendous changes. As a manifestation of values, national spirit provides lasting support for human social life. College students are the main force in building socialism with characteristics, so it is crucial to strengthen the cultivation of national spirit. So basketball teaching plays an irreplaceable role as a means of cultivating national spirit, **Figure 2** shows the statistical diagram of teachers' training of students' national spirit while teaching knowledge during the basketball teaching process:

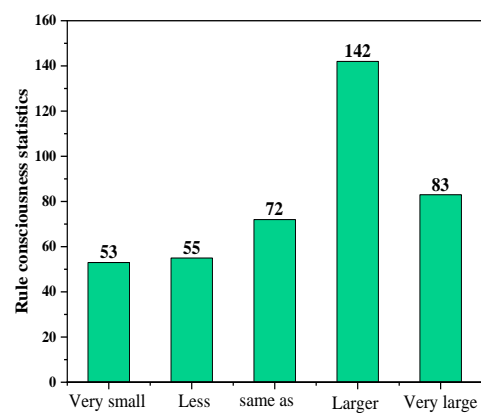


**Figure 2.** Statistical Chart of Cultivating Ideological and Moral Quality in Basketball Teaching in Physical Education Institutions

As can be seen from **Figure 2**, out of the 458 students counted, 187 students cultivated patriotism during basketball teaching, accounting for less than half of the total, basketball teachers pay more attention to cultivating students' social adaptability and tenacious will, ignoring the cultivation of students' patriotism. The national spirit centered on patriotism is the support of the soul of contemporary college students, obviously, in basketball teaching, teachers still need to improve their emphasis on the cultivation of national spirit. For example, teachers can conduct case studies of outstanding athletes during the teaching process to stimulate students' patriotism and national pride. At the same time, teachers can also organize students to watch patriotic educational films, use online courses such as multimedia teaching to infiltrate students' patriotism, help students establish correct values, stimulate patriotism, and feel the identity of sports culture. Therefore, teachers should integrate the ideological and political concepts of the curriculum into the teaching goal of overall planning, grasp the distinctive direction of education, and ultimately achieve moral education (Hu, 2022).

## (2) Effects of Basketball Teaching and Individual Behavioral Norms Education

Basketball is a comprehensive sport that requires athletes to possess comprehensive qualities. Strengthening the education of individual behavior norms for athletes is of positive significance for the great development of athletes, and is also the foundation for the smooth development of any competition. In a competition scenario, the reasonable actions of each athlete on the field, the observance of competition rules, and so on, are all manifestations of individual behavioral norms of athletes, which are of great significance for the development of competition. What are the specific results of cultivating students' personality behaviors in basketball teaching, as shown in **Figure 3**:



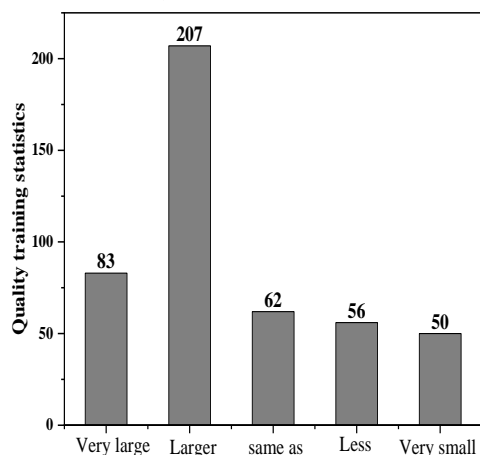
**Figure 3.** Statistical Chart of Cultivating Rule Awareness in Basketball Teaching in Physical Education Institutions

**Figure 3** is a statistical diagram of 458 students' awareness of their own rules in basketball teaching, there are 83 students who believe that the proportion of rule awareness cultivated in basketball teaching is large, 142 students who believe that the proportion of rule awareness cultivated is large, 72 students who believe that the proportion of rule awareness cultivated is average, 55 students who believe that the proportion of rule awareness cultivated is small, and 53 students who believe that the proportion of rule awareness cultivated is small. It can be seen that the quality of students' awareness of rules in basketball teaching still needs to be improved, and there is still insufficient attention paid by teachers to this aspect. No rules, no square (Zou, 2022). Therefore, teachers should consciously incline towards this aspect in the teaching process, providing a reliable guarantee for "establishing morality and cultivating talents".

## (3) Effects of Basketball Teaching and Personality Quality Education

Personality quality refers to the psychological and personality characteristics of a person's realistic attitude and behavior towards the external environment. There are

two types of personality qualities: One is internal personality, and the other is external personality. In basketball teaching, students are the main body of learning, reflecting distinct personality characteristics. The way one plays basketball can reflect one's personality. According to statistics, laziness and positivity on the basketball court can reflect his state in life. For example, people who try hard to rebound, block shots, and steal are generally more stable and down-to-earth. Therefore, basketball teaching plays a good guiding role in developing students' personality traits.



**Figure 4.** Statistical Chart of Cultivating Students' Personality Quality in Basketball Teaching.

Figure 4 is a statistical diagram of cultivating students' personality qualities during basketball teaching. According to the statistics of 458 students cultivating personality traits in basketball teaching, 83 students believe that the proportion is high, 207 students believe that the proportion is high, 62 students believe that the proportion is average, 56 students believe that the proportion is low, and 50 students believe that the proportion is low. From this, it can be seen that teachers focus on imparting students' knowledge and skills while ignoring the cultivation of students' personality qualities in the basketball teaching process. Therefore, teachers can intersperse some modules in the basketball teaching process that are conducive to the cultivation of students' personality qualities. Teachers can fully develop students' personalities in the teaching process, guide students to fully release their personalities in basketball teaching, shape good character, eliminate depression, and improve students' self-confidence (Chen & Pan, 2022).

#### (4) Effect Analysis of Basketball Teaching and Mental Health Education

According to incomplete statistics, about 25% of students in the student community have psychological barriers, and the future development trend of students' mental health

growth is not optimistic. Mental health is one of the important indicators to measure the development of students, and its value and significance are self-evident. In the process of basketball teaching, teachers can help students effectively feel the joy of success through basketball matches and other practical activities, thereby strengthening self-confidence and improving mental health.

In the process of basketball teaching, basketball teachers play a vital role in guiding and leading their students. Teachers' integration of psychological health education during basketball instruction is critical to promoting the development of students' mental health. However, the current level of mental health education provided by basketball teachers falls short, hindering the proper integration of mental health education into the basketball teaching process and impeding the improvement of students' mental health. Traditionally, teachers have prioritized teaching knowledge and skills, neglecting the optimization and improvement of students' mental health. This is mainly due to the influence of traditional educational concepts, which undervalue the importance of mental health education. This approach is not conducive to the development of students' mental health or the enhancement of teaching quality. As a result, it is crucial to increase awareness among basketball teachers of the essential role they play in promoting students' mental health during basketball instruction and to provide them with the necessary tools to do so effectively (Zhou, 2022). In the process of basketball teaching, the traditional teaching mode focuses on the mastery of students' skills and tactics, with instillation teaching as the main teaching core, based on this teaching mode, it is difficult for students to improve their mental health level through effective practical activities, this model is also not conducive to stimulating the enthusiasm and initiative of students. At the same time, due to the relatively simple setting of basketball teaching content, it is also difficult for students to effectively release pressure through reasonable development of basketball practice activities. Under long-term psychological pressure, it leads to psychological alienation of students and makes some unusual behaviors. For students, the mastery of their knowledge and skills under long-term high pressure will also result in twice the effort.

To sum up, teachers can use basketball and physical education classes to cultivate students' self-confidence, eliminate students' psychological barriers, improve students' interpersonal relationships, and cultivate their team spirit. Promote the all-round development of students' mental health.

## Analysis of the Elements Affecting the Ideological and Political Implementation of Basketball Teaching Courses in Physical Education Institutions

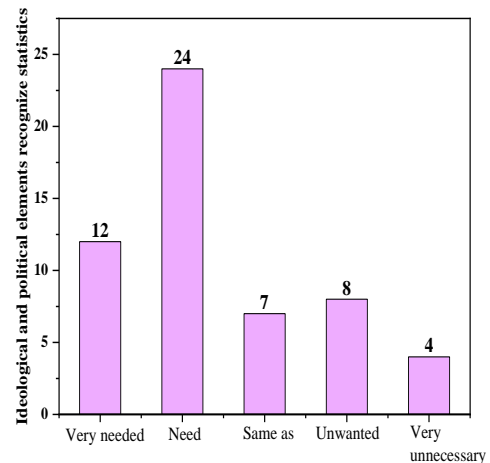
### (1) The Influence of Dominant Elements on Ideological and Political Education in Basketball Teaching in Physical Education Institutions

Through the research on the integration process of basketball teaching and ideological and moral education, it can be seen that the dominant factor in the current basketball teaching process is teaching documents, mainly reflected in three aspects of teaching materials, syllabus, and lesson plans.

Teaching documents play a leading role in the teaching process, providing a basis and plan for better imparting knowledge during the teaching process, and playing a crucial role in teaching. Help teachers plan and understand teaching content more carefully, comprehensively, and profoundly, so as to impart it to students in the best way. Textbooks are instructional materials that are organized based on curricular requirements and consistently represent the subject's content, textbooks are the embodiment of curriculum standards. The syllabus is a guide to the teaching sequence, teaching work, and a response to the degree of mastery of the course. The teaching plan is the blueprint for classroom teaching planning in teaching, a detailed and carefully designed teaching framework that reflects the quality, teaching level, and teaching experience of teachers, it is an important document in teaching.

From the perspective of ideological and political education in the curriculum, the modules of ideological and moral education for students in the textbooks used by the National Institute of Physical Education have not yet been fully reflected. As we all know, basketball textbooks play a role in grasping the direction of teaching. The introduction of ideological and political concepts into curriculum textbooks aims to further strengthen the educational orientation and function of curriculum textbooks. The construction of teaching materials for basketball courses should enhance the consciousness and sense of mission of the teaching materials through a complete and in-depth understanding. The spiritual features that basketball can embody include: Patriotism, collectivism, a sense of unity and cooperation, a sense of professional ethics, striving to be strong, hardworking, brave in climbing mountains, optimistic and upward, perseverance, a sense of legality, innovation, and integrity, however, for a long time, basketball curriculum textbooks have involved such thematic education, but it is not systematic and complete enough, lacking top-level design and there is

fragmentation. Therefore, government level education departments at all levels should strengthen the understanding of various schools on the importance of integrating ideological and political education into curriculum textbooks, and effectively grasp the "educating" core of integrating basketball teaching and ideological and moral education (Xiang, 2022).



**Figure 5.** Statistical Chart of Recognition for Integrating Ideological and Political Elements into Basketball Teaching Plans.

Figure 5 is a summary of whether ideological and moral elements need to be incorporated into the teaching plans used by basketball teachers in sports colleges across the country, it can be seen from the analysis of the elements incorporated into the teaching plans of 55 basketball teachers. In the use of teaching plans in basketball classes, 12 people, accounting for 23.5%, considered it necessary to incorporate ideological and political elements into the curriculum, while 24 people, accounting for 41.7%, considered it necessary. In the use of teaching plans in basketball classes, there are 7 people who think they are average, accounting for about 12.7%, 8 people who think they are unnecessary, accounting for about 12.8%, and 4 people who think they are very unnecessary, accounting for about 10%. It can be seen that nearly one-third of teachers still fail to integrate ideological and moral elements with basketball lesson plans in the process of writing lesson plans, teachers' integration of curriculum ideological and political concepts in the writing of lesson plans needs to be strengthened, and students do not gain ideological deepening in basketball classes. Therefore, teachers can introduce the deeds of outstanding basketball players at the beginning of the lesson plan, teach different students according to their aptitude, change teaching methods, and intersperse methods to cultivate students' strong willpower and quality in the teaching process, thereby sublimating the teaching content, achieving the goal of combining physical



education and ideological and moral elements to promote the comprehensive development of students.

According to the analysis of the elements incorporated into the teaching plans of 55 basketball teachers, 36 people (65%) incorporated the ideological and political elements of the curriculum into the use of the teaching plans in basketball classes, while 19 people (35%) did not. Basketball teaching syllabus is the main basis for basketball teaching progress, and teachers carefully arrange teaching content through the syllabus. There are different opinions on whether the guiding ideology of the syllabus is based on imparting knowledge and skills, or on exercising, or on ideological and moral education, or on the overall development of the three. Practice has proven that unilateral development does not conform to students' physiological and psychological characteristics, and it is impossible to mobilize students' enthusiasm and initiative. Only the three develop in a balanced manner, and ideological and moral education is integrated into the basketball program. In order to strengthen students' physique, combine imparting basketball knowledge and skills with physical exercise, and provide excellent ideological and moral education to students through the basketball teaching process.

## **(2) The Influence of Hidden Elements in Basketball Teaching in Sports Colleges on Ideological and Political Education**

The recessive elements in basketball curriculum teaching are mainly reflected in basketball classroom teaching and final assessment and evaluation. Basketball classroom teaching is currently embodied in practical and theoretical courses in physical education institutions across the country, theoretical courses mainly teach and personally demonstrate theories and sports rules related to technical movements, as a basic method for students to acquire sports knowledge. Basketball practice courses can be divided into technical and tactical courses, basketball matches, comprehensive courses, and examinations. No matter what kind of curriculum, it is necessary to fully explore the "curriculum ideological and political" elements, and comprehensively integrate ideological and moral education into the teaching process. Year-end assessment and evaluation is the focus of the construction and evaluation of "curriculum ideological and political". The assessment and evaluation of basketball teaching is a comprehensive evaluation of whether the construction of "curriculum ideological and political" has been carried out, whether the promotion work is standardized, and whether the implementation of work deployment requirements is in place. The assessment and evaluation of basketball teaching in accordance with the requirements and plans of ideological and moral education can provide effective feedback based on

the results, thereby promoting the construction of ideological and moral education in basketball teaching.

Currently, in the assessment content of basketball teaching, there are 19 people who focus on technical assessment, 36 people who focus on theoretical assessment, 34 people who perform ability tests, and 12 people who perform normally, however, no teacher pays attention to the assessment of ideological and moral integrity. Improving the assessment and evaluation in basketball teaching is conducive to basketball teaching management, and improving the basketball assessment and evaluation system is conducive to teachers' timely correction of problems encountered in the teaching process, promoting the development and completion of teaching work. Adding ideological and political elements to the curriculum of basketball teaching requires that ideological and moral elements be permeated throughout basketball teaching, assessment and evaluation of basketball teaching are essential links, so as to promote the development of ideological and political education in basketball teaching.

Through a survey of students integrating ideological and moral education evaluation in assessment and evaluation, it is found that the way teachers evaluate students' ideological and moral character still needs to be improved, teachers pay attention to the traditional assessment method of "skill assessment+theoretical assessment", teachers dominate the assessment process. With the development of integrating ideological and political education into subject teaching, teachers' assessment and evaluation of students should be comprehensively developed, and the problems of inconsistent assessment content, assessment methods, and the proportion of assessment results in the assessment process should be corrected in a timely manner, students' dominant position in the teaching process should be strengthened, and ideological quality module evaluation methods should be added to the assessment and evaluation methods.

## **Discussion**

Sports morality is the moral code that athletes, coaches and referees must abide by in the sports arena. The basic moral code is manifested in the form of rules, including love of sports, respect for opponents, respect for judges, fair competition, justice in law enforcement, etc. The public order and good customs in sports culture and rules have formed a good complement, and eventually become a feature of sports. For example, in a football match, if one side kicks the ball out of the boundary because a player is injured, the other side will take the initiative to return the boundary ball. In a badminton match, if the ball is hit on

the other side's body or rolled in tennis, the other side will apologize to the other side. Obeying the rules of sports and public order and good customs are the manifestations of sportsmanship. Sports morality and social morality are in the same line, and personal quality and accomplishment are reflected in words and deeds. Sports quality is the characteristics of individuals in participating in physical exercise, such as hard work, unity of knowledge and practice, clear rules and regulations, solidarity and cooperation, courage and so on are the embodiment of personal good character. Sports quality and sports morality are gradually formed through the learning of sports culture, the understanding of sports items, the teaching of teachers' words and deeds and the mutual learning of students in sports classroom teaching, which have a positive impact on the cultivation of college students' good sports behaviour and living habits.

Competition is one of the characteristics of sports, Shouting, blood struggle is the most exciting scene in college sports activities (Delaney & Madigan, 2021). On the road of pursuing success and victory, college students can experience the learning experience of participation, effort and success from sports organization, planning, participation and service, so as to transfer the proficiency of sports skills to the improvement of personal confidence. Every breakthrough and recognition is an innovation of self-cognition, and constantly improve self-cognition. It is helpful to help students build a high level of personal confidence, thus stimulating the pursuit of new goals, and ultimately forming a virtuous circle of personal development. The experience of participating in different links of sports and service provides opportunities for college students to adapt to various roles in society. At the same time, it can stimulate the flexible response of cerebral cortex, develop the vitality of neurons and potential intelligence, and consolidate the learned knowledge and motor muscle memory while mobilizing the coordinated development of the whole body and mind. Therefore, physical education in colleges and universities should create opportunities for college students to participate in sports practice, service and innovation both inside and outside the class, so that they can practice the theoretical knowledge and practical skills they have learned, solve the complex problems they actually encounter in cooperation, and finally form learning experience and personal ability. In practice, I experience the transformation of different roles, such as service provider, served, leader, led, participant and so on. Only by adapting to the transformation of multiple roles can I adapt to the switch of different social environments and gain a foothold in social life.

### **(1) Analysis of the Value of the Concept of "Curriculum Ideology and Politics" in College Physical Education Teaching**

College students are self managing in life, learning, finance, and practice, after learning from news reports that some students have high scores and have been admitted to universities, due to deviation of values and unclear positioning of life goals, there are phenomena such as school weariness, truancy, and failure to attend classes. Therefore, it is of great significance to guide students through correct ideological and political education during the college stage for their entire life. College physical education plays an irreplaceable role in school education, but it also affects the physical and mental health of students (Biddle & Asare, 2011; Zhang, Chen, & Chen, 2021). It can not only exercise students' bodies, but also subtly guide students' morality and wisdom. Therefore, the value of ideological and political education in physical education can be fully reflected.

### **(2) Compliance with Ethical Values**

Without the constraints of classroom behavior norms in physical education teaching, it is impossible to successfully carry out various sports activities. In physical education teaching, students should not only obey classroom discipline and sports competition rules, but also be constrained by hidden norms such as sports spirit, public opinion, and public morality. Compared to other courses, physical education has a more distinctive guiding role in the concept of discipline. Through physical education, cultivating students to consciously comply with the requirements of moral norms can also improve the implicit norms of students' own words and behaviors, when students are unsupervised, they can use ethical norms to restrain their aggressive behavior. Through the education of competition rules in physical education and the concept of equality for all in the competition, college students will form a self-restraint thinking in their educational concepts. From a long-term perspective, it can help students change their behavior habits and improve their moral quality (Ren, 2022).

### **(3) Psychological Adjustment Value**

When students sit in the classroom for a long time to learn cultural lessons, they may encounter a series of problems that affect learning efficiency, such as physical fatigue, inattention, mental retardation, and excessive tension. In physical education classes, there are a lot of physical activities, interesting sports games, and intense sports

competitions, which provide a window for students to vent their emotions and provide a platform for interactive communication between students. Ideological and political education in this way can achieve half the result with half the effort, by communicating with each other when participating in sports activities, students can improve their communicative ability, psychological adjustment ability, and interpersonal skills, making their psychological quality increasingly positive and healthy, and improving their social adaptability.

#### **(4) Core Cohesive Value**

Sports activities are dominated by group activities, and group projects require teamwork to win competitions. In the process of organizing sports activities, it is necessary to give full play to the subjective initiative of college students, implement team division of labor, and perform their respective duties in order to win the competition. Set team goals before the game, enhance cohesion, and form team cooperation. In ordinary physical education teaching, most of them belong to group cooperation and group practice, and carry out activities in the form of independent inquiry. During the learning process, team members will gradually develop emotional resonance, lead by example, do their best, and strive for the honor of the team. Through sports competitions, we can establish a sense of solidarity and mutual assistance, thereby cultivating the team spirit of college students.

#### **(5) Training of Students' Social Values in College Physical Education**

At present, society is in a transitional period, and the frequency of moral anomalies in the current society has increased, it is the collision of traditional and modern concepts, college students' moral concepts are experiencing intense conflicts, especially in recent years, the concepts of Western countries continue to permeate the campus, therefore, ideological and political education for college students is particularly important. Sports activities take fairness, impartiality, and openness as the norms of conduct, all sports activities must be conducted on the premise of consciously observing the rules, which is the most prominent feature of physical education. Physical education can embody the essence and core of moral standards in sports competitions, whether participating in sports activities in person or watching sports events on TV, the unique awareness of rules in sports has a potential impact on improving the moral level of college students. At the same time, it can effectively optimize the social moral environment and help college students establish the concept of fair competition.

## **Conclusion**

It is not enough for the basketball teaching syllabus to be limited to the integration of ideological and political objectives in the curriculum into educational goals such as three-dimensional goals. Basketball textbooks only focus on the learning of basic skills and tactics and basketball theory teaching, without the module of ideological and political elements of the curriculum. The basketball lesson plan compiled by teachers does not fully and thoroughly penetrate the ideological and political elements of the curriculum. Teachers' moral education concepts are not strong, and schools have failed to fully mobilize the teachers' team and exert their power. In the assessment and evaluation of basketball teaching, the proportion of modules for assessing students' ideological and moral qualities is relatively small, and the assessment model for basketball teaching is single, with teacher evaluation as the main body, some schools have a phenomenon of valuing technology over morality.

The main classroom teachers of basketball teaching are influenced by traditional education, and their moral education concepts are not strong, they focus on imparting knowledge and skills in class, while ignoring the ideological and moral education of students. Failure to mobilize students' interest in learning ideological and moral education. The purpose of students taking basketball lessons is to learn basketball skills and improve their physical fitness. Dealing with the school's exam arrangements, in order to facilitate obtaining credits during the exam, I have not included improving my moral literacy in my academic career and life planning. The basketball second classroom is not dominated by anyone, and the content does not focus on moral elements, what students gain in the second classroom is only reflected in releasing pressure, learning basic skills, and broadening their knowledge, the function of moral value still needs to be deeply explored. "In classroom teaching, the ideological and political concepts of the curriculum have not been integrated throughout the entire process, and the organizational form of the teaching model is single, failing to integrate the ideological and political concepts throughout the entire course."

College physical education and health education goals to improve students with a variety of physical illnesses, provide a pleasant and healthy university atmosphere for students, determine the idea of health initially for students, improve the quality of their studies and living, and ensure their healthy development. College pupils engaged in physical education is piqued by the physical education and health programs offered in colleges and

universities. These programs also help students develop healthy physical habits and a strong sense of physical morality while laying the groundwork for the development of discipline's core values. College physical education and health education have their roots in higher education, are among its foundational subjects, and are also a guarantee of the field's continued growth. Physical education in colleges and universities adheres to the principle of cultivating students' interests, actively pursues physical education reform, and views enhancing the fundamental characteristics of college students as the primary objective to support the all-around development of students. College education shoulders the heavy responsibility of training outstanding successors for the communist society, and the state earnestly guarantees the

implementation of college education to nurture generations of aspiring young people with healthy physical and mental development for China. The experimental results show that teachers can use basketball PE class to develop students' self-confidence. Eliminate students' psychological barriers, improve interpersonal relations, and cultivate team spirit. To promote the overall development of students' mental health.

## Acknowledgements

The work was supported by the Research results of the Beijing Higher Education Institute 2022 Topics "Research on the Reform of Practical Teaching of 'Labor and Social Security Law' Course under OBE Concept" (MS2022372).

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