

The Significance of Ideological and Political Education in College Physical Education

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Abstract: *Physical education is an indispensable part of the ideological and political education in Colleges and universities, and it is a course to promote the all-round development of students' morality, intelligence, physique, and beauty. By Integrating Ideological and political education into various sports activities, college students can develop excellent ideological and moral character. But at present, there are still some colleges and universities of physical education is still in the exam oriented teaching state, or there are some deficiencies, can not help college students to shape the correct outlook on the person and values, this paper also puts forward some suggestions; the following is the ideological and political education function of College physical education. Document, picture, and audio are static teaching content display in micro course, which can let students receive knowledge directly. For example, in the construction of document resources, designers need to highlight the content theme, and use color to distinguish the key points in the document, which can not only help students quickly obtain important content, but also change the boring long text. The picture resources are relatively simple, only need to be modified and processed by PS and other image processing software. Finally, audio resources mainly use text or pictures to prompt the content. This kind of audio resources can be directly produced through mobile phones. At present, there are many ways to make audio resources by using mobile phones.*

Keywords: College physical education; Physical education; Ideological and political education.

1. INTRODUCTION

Sports can play a role in maintaining the peace and stability of human society, such as the summer and Winter Olympic Games, Paralympic Games, Paralympic Games, summer, and Winter Youth Games, etc., which can promote cultural exchanges between countries and enhance the emotion of different countries. Moreover, the hosting of these important events can also improve people's patriotism and nationalism spirit, such as the one held in China in 2008 In the summer Olympic Games, every Chinese can't forget. In the Olympic Games, our athletes won 51 gold medals, 21 silver medals and 28 bronze medals, which made all Chinese proud. Although the vast majority of college students have no chance to participate in the Olympic Games and other international sports events, but students can resonate with it, and even recall the various "soul stirring" events of the 2008 Olympic Games many years later can also cause waves in the hearts of students, which is also the emotion that can not be conveyed through the text. The ideological and political education function of college physical education can mainly cultivate students' patriotism and nationalism spirit, competitive concept and enterprising consciousness, will quality and social adaptability, collective consciousness and dedication spirit, self-awareness and good interpersonal relationship, as well as improving students' life interest and enriching students' emotion The integration of the students can better feel the value of sports, and then students love sports more, and can play the role of edifying students' spiritual quality, so that students can be more positive in the learning stage of colleges and universities, and then promote the comprehensive development of students [1-3]. Fandom culture is becoming more popular, not only because the subculture that fans appreciate is being tolerated and even pushed by the mainstream, but also as a result of the social discourse that young people are taking over at this moment of media revolution. Fandom culture has the ability to be highly explosive in a short period of time while also stimulating a strong desire for participation and expression. However, whether this strong reaction to a specific object becomes a long-lasting and sustained behavior is largely dependent on whether the star himself has enough content to support his consumption and commemoration. Individual emotions and historical legacies may be the source of this content, as well as marketing or communication power. David Bowie, on the other hand, was a symbol for the British in the 1970s who could not be replaced. His own rich imprint as a star in a range of sectors, including film, music, and fashion, has also contributed to the emergence of a long-term communication mechanism. It may be determined that fandom is the key to making David Bowie's star never die by examining the various facets of his fandom in terms of formation, behavior, and underlying logic.

Fans are one of the most important parts of popular culture, the consumers of production, the purveyors of culture, the source of remarkable creativity, the people behind the camera, the readers engaged in writing, the real driving force behind popular culture. of all the stars of the twentieth century and the fans behind them, David Bowie was

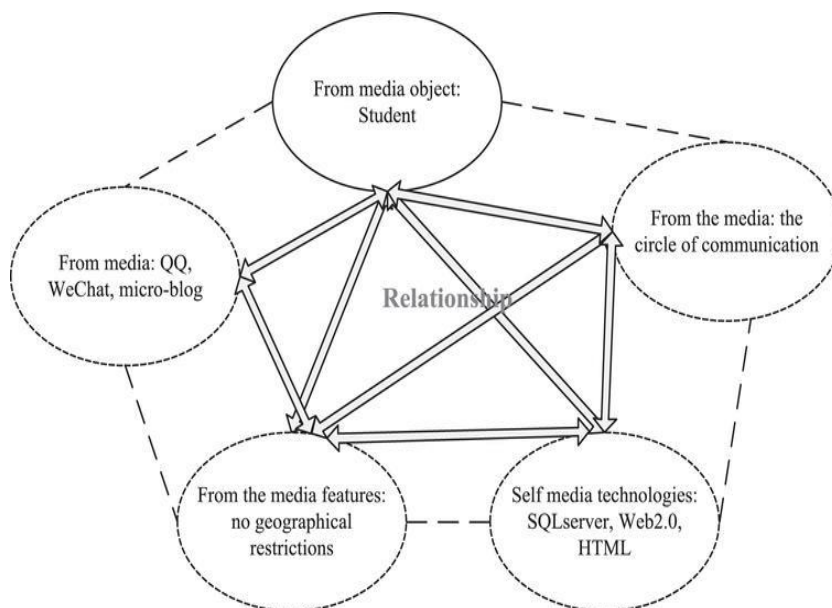
one of the most unique and visionary. the power of fame itself hinges on power, but in our period everyone seems to have that same power, and David Bowie has used it to its peak. He is not the first or the last person to do so in the field of icon making, but he is one of the most important ones. His fan base garnered a variety of people from all professions, all with a strong creative passion and desire to express themselves, creating a fantastic structure that was both massive and loosely linked. Five years have passed since David Bowie's departure, but he remains an eternal figure in the world of rock music, fashion, and film. His fans have played a very visible role in constructing such an immortal icon.

And divided by Stacy into three levels including imitating clothes, imitating language, obtaining similar social status and self-confidence from it. [6] Stacy also pointed out that imitation is a hypothesis and simulation of a star's personality. These three levels involve in the process in which fans gradually get closer to their stars through the image-remaking from inside to outside, and also show fans' different degrees of love for their idols. Imitating clothes stands on star magazines and advertisement to a certain extent, to promote their products through celebrity effect, so you don't have to be a fan to buy a bottle of Chanel No. 5 perfume or wear a black dress similar to that worn by Heidi Klum, since these products have been recognized and spread by the dominant culture. However, the imitation behaviors are more concrete as fans will try to imitate some classic scenes of the stars. For Bowie's fans, the worship of their idol is to dress up as one of Bowie's seven characters. Moreover, their choices reflect their diversified understandings of Bowie. Feix holds that the diversity of group characteristics also features the Fandom.

2. THE CURRENT SITUATION OF IDEOLOGICAL AND POLITICAL EDUCATION OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES

Andy Lau, who is a famous male star in China, committed suicide because her father was heavily in debt due to her blindly worshiping stars, which arouse only the discussion among people at that time, but far less so than the influence of this changes in 2020 on most youngsters' life. It has been observed that the number of people voting for a star on Sina Weibo, a social media in China, has reached 1.377 million. However, the reasons for these drastic changes involve not only in those star-chasers who scrambled for tickets of the front row of the concert, but also in the internal conflicts of the fan circle result from the creative fans' loss of voices because of the above- mentioned "those star-chasers".

As a consequence, many people have new understanding on fans that they are not all extreme, and the girls shrieking hysterically for their idols in the Beatles Era have been outdated. Fans today form an essential part in the popular culture, who are the consumers of production, the messengers of culture, and also the source of amazing creativity, while the people behind the cameras and the readers involved in writing actually drive the pop culture.



With the continuous implementation of the new curriculum reform, the relatively backward examination oriented

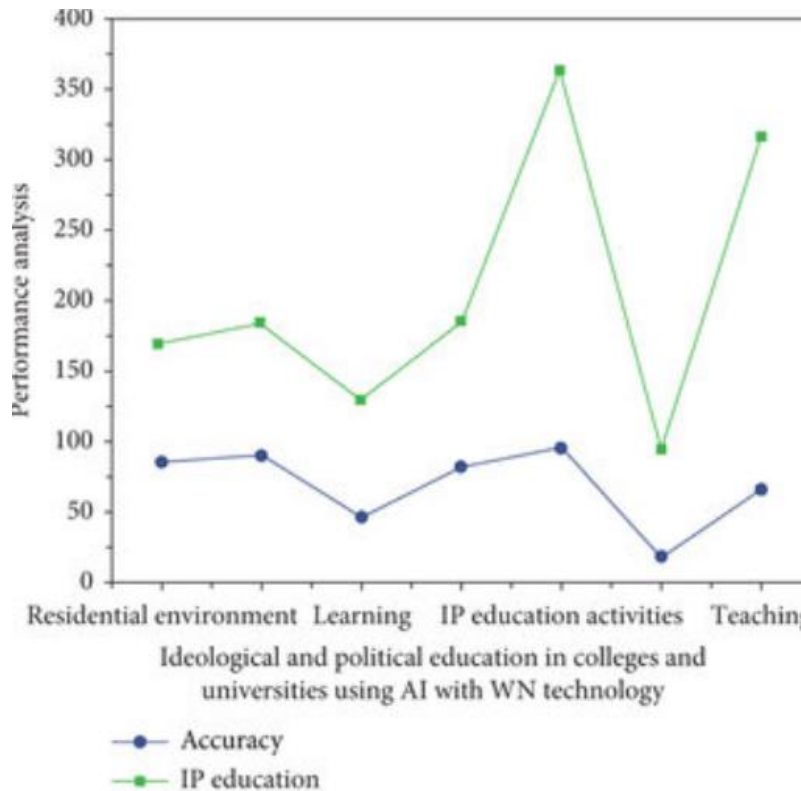
physical education curriculum has been very rare, but it is undeniable that some colleges and universities still use the teaching mode of warm-up and free activities, which not only can not effectively improve the physical quality of students, but also can not effectively carry out ideological and political education work, so that the physical education courses in Colleges and universities are more emotional. It is a state of flowing on the surface. In addition, in the physical education of some colleges and universities, teachers do not attach great importance to students, which greatly reduces students' confidence in sports learning and training. Moreover, in teaching, it is easy to see the status quo of "valuing martial arts and neglecting literature". Teachers blindly strengthen students' physical training, but they do not attach great importance to other parts of physical education except physical training. The ideological and political education can not be effectively implemented under the "indoctrination" physical education mode. In addition, some colleges and universities sports facilities are not perfect, schools in the choice of sports facilities and cultural teaching facilities are more inclined to update teaching equipment, which makes physical education in an awkward situation. Even if teachers have better teaching methods, they are suffering from the lack of hardware supporting facilities to effectively implement [2]. Secondly, the comprehensive quality of some physical education teachers still needs to be improved. In the case of teachers' low comprehensive quality, it is easy to affect students' awareness of sports, which makes college students unable to complete a series of physical exercises independently, and can not carry out ideological and political work during teaching. In addition, the change of social environment leads to the psychological pursuit of contemporary college students for material. More and more intense, so that the awareness of physical exercise is not high.

2.1 Animation resources construction method

During NC lathe programming and processing, if animation is needed to show the teaching content, it is necessary to use NC simulation to make the teaching content, and then determine the course content to be produced. Then engineers write code and script, and record through recording software after final confirmation, and then use video processing software to add dubbing and subtitles and some special effects, this kind of animation teaching construction mainly through Adobe animation CC this type of animation software production. Among the stars and fans behind them in the 20th century, David Bowie was the most special and far-sighted, who has been called as "walking fashions front-end" and is believed to inspire admiration and imitation by the Times. [2] As an icon, he was a high achiever in film, fashion, vision and so on and was creative in the way that few people can be. No matter the protagonist or the supporting roles appeared for just a few minutes that he played in Merry Christmas! Mr. Lawrence and Twin Peaks: Fire Walk with Me, the Last Temptation of Christ, continued his unique style. He has also shaped many special images that are also the discussing objects of people now, such as the geisha corset, retro fashion of Weimar, Kimono warp, fishnet jumpsuit, matador's cape, etc. He has become the source of inspiration for the fashion because of his creativity, of whom the images created were used as key elements in products of the brands such as Prada, Givenchy, etc. In the covers of album, he often made his appearance more astonishing and refreshing. What's more, he could intervene in politics in an appropriate way as an idol, and express pornography in a proper way. Peter Burke wrote a book named the Fabrication of Louis XIV, in which he detailed how Louis XIV made himself a star, that is, he, with his team, made a promotion of himself by almost all artistic ways such as oil painting, printmaking, sculpture, literature, souvenir medals, drama, ballet, opera, etc., and armed the king with ideology, "advertising and control of popular will, which clearly shows the interactive relationship between power and art".

2.2 Application strategy is the premise of resource construction research

In the teaching process of NC lathe programming and processing, it is necessary for the professional course teachers to preview the teaching for students in advance, and then only focus on Teaching Analysis in teaching to ensure that students can quickly and accurately find the teaching content. Finally, students need to consolidate and improve the learning content by using micro teaching resources, and solve the teaching problems that they do not understand in the teaching process. Learning content [2]. Therefore, according to this situation, first, teachers need to introduce the teaching content well. No matter how to use video or animation, they need to have certain guidance to encourage students to actively explore teaching. Then use the teaching resources in class to complete the students' questions and puzzles, and classify the teaching resources in the micro course carefully, and make the search of resources more effective and faster through the navigation column. Finally, in the use of resources after class, we should reflect the consolidation of classroom knowledge.



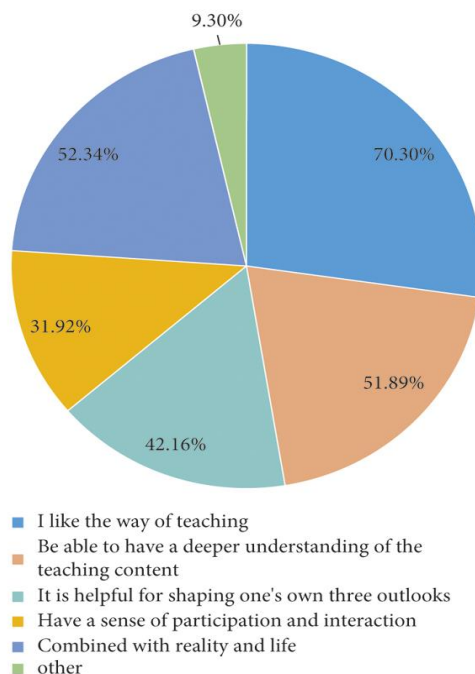
2.3 Main role of application strategy on Resource Construction Research

The emergence of NC lathe programming and machining micro course resources can help the teaching course better display, because the application strategy plays a decisive role [3]. The main characteristics of micro course practice teaching process are high degree of visualization, online and offline synchronous teaching, which greatly make up for the teaching environment, teaching content is not detailed, and in the process of resource construction, we also need to consider specific teaching countermeasures, such as how to improve the utilization rate and practical rate of teaching resources, how to achieve teaching effect, etc The resource construction of NC lathe programming and machining micro course plays an important role. 3.1. Steve Maffei, a fan attitude researcher, believes that the earliest fan behavior can be traced back to the 18th century when people expressed excessive and irrational love for opera singers, especially Castrati. the series of ballet dancers of Degas showed us that there was also an almost morbid fascination with ballerinas at that time. Franz Liszt, a talented pianist in the 19th century, led a new trend, whose popularity was described as "Lister-mania" by Heinrich Heine, a German poet, which was carried over into Beatlemania and Prince mania in the 20th century. Steve Maffei held that the modern Fandom should have its roots in the era of youth culture since the 1940s, and be defined by specific age groups. According to statistics from a French television station, youngsters under the age of 20 spent as much as \$50 billion on idols at that time.

3. PROMOTE THE IMPLEMENTATION OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGE PHYSICAL EDUCATION

With the continuous reform of education in our country, the standard of education is also constantly changing. During the development of university curriculum, we should pay attention to the importance of physical education curriculum, and do a kind of personal situation of each student; physical education curriculum is to enable students to get effective physical exercise and learn more sports knowledge during the learning period, and in the new situation, the higher the physical education curriculum is School physical education classroom should avoid the use of relatively backward traditional education methods, that is, warm-up and free activities of teaching methods, but should pay attention to the purposeful development of physical education, and during the teaching period, teachers should also pay attention to the physiological and psychological needs of students, through more humane teaching and management methods, so that students can learn effectively in a happy mood Xi. In addition, the leadership of colleges and universities should pay more attention to the position of physical education curriculum

in the overall teaching, and strengthen the cultivation of comprehensive teaching ability of physical education teachers during the teaching period. In the training of teaching ability of physical education teachers, in addition to the training of more advanced teaching methods and concepts, ideological and political education should be integrated into the training to highlight the socialist ideological and political education with Chinese characteristics. The status of education in physical education, and through meetings and other forms, teachers can share the experience of Ideological and political education in physical education, so that they can correctly realize the importance of Ideological and political education in physical education.



3.1. Tracing the source, the root of the word "fans" is fanaticism, which originally means "crazy"

Teachers should be consistent in their words and deeds in physical education class, and influence students through their own high standards and high requirements. During the teaching period, teachers should also pay attention to students' personal needs, and actively reflect the importance of students in the stage of physical education in sports activities. Through guiding teaching, students' autonomous initiative can be fully brought into play, and students' learning morale can be stimulated, so that students can constantly surpass themselves in the learning stage of colleges and universities, to improve the teaching quality of physical education courses. In this regard, teachers can carry out ideological and political education through large and small sports activities, such as carrying out school sports events before and after the "Sports Health Festival", which is the "328 sports new model public welfare promotion and Sports Health Festival" held on March 19, 2017, and officially proposed by the State General Administration of sports to designate March 28 of each year as the national "Sports Health Festival". It is to promote national fitness and achieve the goal of national health. Through the ideological and political education in the process of sports events and sports culture education, to promote students to develop good ideological and moral character, and in the process of organizing and participating in sports activities, students can feel the collective sense of honor and enhance the self-identity of college students. In addition, teachers can also actively expand extracurricular teaching activities, such as playing swings and outings on the Qingming Festival, or watching dragon boat races on the Dragon Boat Festival, to further implement ideological and political work through extracurricular expansion.

3.2. "The popular culture today spread exactly the way a virus spreads"

Carlos Loas, an expert in Chinese literature, film and television from Florida, at the Pop Culture Sub-forum of the Harvard Project for Asian and International Relations in 2007, [4] by summarizing the characteristics of pop cultural communication. Three basic conditions for virus transmission include the infection source, the transmission route and the susceptible population. Fans play the role of "susceptible population" and also "transmission route". In 2019, the commemorative film Anita Mui funded and starred by fans of Anita Mui was released in Hong Kong and met with fans in mainland China in 2020. For those fandom researchers, this film was

very legendary, not only because it was about stars, but also for its stories of fans written and acted by these fans themselves. Even though the film was seemingly under-budgeted, and most actors were not good at acting, as well as the poor production, it also showed the deep feelings of fans for their idols all the time. Similarly, some creative fans play essential roles in the development of a pop culture. For instance, others in the world would not have had real experience of the great impacts of Hippie culture without the Woodstock Music Festival that gathers large group of fans. Comparing the influences of stars on fans and of fans to viruses does vividly summarize the susceptible features and promotion mode of fandom. In accordance with the classic Sinatra Theory, Frank Sinatra, a famed jazz musician, hired several young girls to scream at his performance, which successfully got the others audience involved when they screamed hysterically, thus forming an excellent performance effect.

3.3 In addition to the above-mentioned metaphor

Matt Hills has made another point in his article on "Sherlock Holmes Mania" that "it's a 'great game' for the fans of Holmes and the original work. Fans assumed that Sherlock Holmes is a real person, and the original provides a lot of details and stage. "[5] There are something in common between the interaction of stars and fans and the games. In the article, the earliest fans who "participated" in the game could be traced back to 1902. Frank Sidgwick has pointed out in an article some irrational contents in the famous the Hound of the Baskervilles, while in the "Studies in the Literature of Sherlock Holmes" published by Ronald Knox in 1912, the participating fans were described in Henry Jenkins's Textual Poachers as "marginal and disadvantaged" poachers and "powerless and independent" nomads. From the form, this view of Jenkins hits close to home for most creative fans, but in the new media era, fans are somewhat more skilled and intelligent. Throughout the life of David Bowie, there was a sense of religious ritual in the "games" between him and his fans in the heyday, more like the outbreak of virus, while in the 1990s and since the 2000s, the games had become more veiled. Besides allowing fans to participate in the creation on BowieNet, his image was renewed through screen and advertisement, to refresh the memories of people. the analysis made by Fans on Bowie's personality and career with Ziggy Stardust, Aladdin Sane, Halloween Jack, Major Tom and the Thin White Duke was similar to the great games played by Sherlock Holmes' fans.

4. CONCLUSION

The ideological and political education work of physical education in Colleges and universities in China still needs to be explored and summarized during the teaching period, and actively improve teaching ideas and methods, and implement the requirements of the new curriculum reform for college students' physical education, so as to present more effective teaching methods in front of students, and create a high-quality ideological and political education learning path for college students To lay a solid foundation for the all-round development of students. To sum up, the development of NC lathe programming and machining micro course is a powerful premise to improve the teaching quality and teaching content. Therefore, in the construction process, we need to consider the different needs, different angles, and different effects of students, and constantly change the teaching effect, so that the online and offline hybrid teaching mode of micro course can be fully implemented. Jenkins and many researchers of fans attitude agree that fan culture exists in youngsters. "And we all know that there were no young people before the 1950s. " says Steve Maffei. "Young" here is not a concept differentiated by age and time, but the people who are becoming the major audience for the new media. There is no escaping the fact that the youth symbol was appropriated, produced and even invented by the entertainment industry, while the youth culture was quickly split and reorganized in the form of subculture produced at an amazing speed. It's hard to tell how much of a role fans play in it, but each of us has more or less had unspeakable passion for something that is not valued, from which, we are all fans.

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