

# *Research on the Integration of "12345" Consciousness in College Physical Education Curriculum*

Ruiying Zhang<sup>1,a,\*</sup>, Yongsen Wang<sup>1,b</sup>, Chun Wang<sup>1,c</sup>

<sup>1</sup>Liaoning Institute of Science and Technology, Xianghuai Road, Benxi City, Liaoning, China  
<sup>a</sup>2622182912@qq.com, <sup>b</sup>wangyongsen0914@163.com, <sup>c</sup>442300960@qq.com

\*Corresponding author

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**Abstract:** In order to improve college students' physical fitness and sports skills, it is necessary to serve the major national strategy and carry out the awareness education of the Chinese nation community for college students. Therefore, colleges and universities should integrate the consciousness education of the Chinese nation community into the course of College Physical Education. The main paths are: strengthening the sense of responsibility of university physical education teachers, digging deep into the related contents of university physical education, innovating the teaching methods of university physical education, and reforming the teaching mode and assessment methods of physical education. In the teaching process of College Physical Education, teachers should not only keep pace with the times, integrate the consciousness education of the Chinese nation community into the course of College Physical Education, but also fully respect the authority, systematicness and integrity of the unified teaching materials, and avoid replacing the Outline with 'special topics'.

## 1. Introduction

General Secretary pointed out at the celebration of the 100th anniversary of the founding of the Communist Party of China that "history is constantly flowing and spirit is passed down from generation to generation. We must continue to carry forward the glorious tradition, continue the red blood, always inherit and carry forward the great spirit of party building, learn from history and create the future. We must strengthen the great unity of Chinese sons and daughters." In addition, General Secretary has repeatedly stressed the need to deepen the education of national unity and progress and build a strong sense of the Chinese nation community. This points out the direction and provides guidance for us to inherit the history of the Party and promote national unity. As we all know, education is born out of responsibility and thrives on responsibility. It is the bounden political responsibility of national higher education to serve the cause of national unity and progress, deepen the education of national unity and build a strong sense of the Chinese nation community.[1] Therefore, colleges and universities must make good use of college physical education courses to carry out "12345" Chinese national community consciousness education for college students.

## **2. The importance of infiltrating the course of College Physical Education into the consciousness of "12345" Chinese national community**

In recent years, China's colleges and universities have made great progress, and the number of teachers and students has increased significantly. The regional structure and ethnic structure of teachers and students in colleges and universities have also undergone very obvious changes, and the exchanges, exchanges and blending among ethnic groups have also accelerated obviously, and the situation is very gratifying. But at the same time, there are some new problems, such as the sharp increase of floating population, the differences in customs and development concepts of different regions and ethnic groups, and some frictions. If the counseling is not handled in time, it will also affect social harmony and stability. To deal with these frictions and carry out the consciousness of the Chinese nation community extensively, physical education is obviously the best choice. However, in practical work, there are still some shortcomings, such as the shortage of national traditional physical education teachers in some colleges and universities, which restricts the effect of building a strong sense of the Chinese nation community in colleges and universities. Moreover, some "managers at all levels in colleges and universities have insufficient understanding of their main position in educating people, and have not fully played their due role in casting the awareness education of the Chinese nation community. [2]"Some college students are indifferent to the ideological infiltration of international hostile forces, lack the ability to identify ethnic separatist forces, violent terrorist forces and religious extremist forces, and have problems such as confused beliefs, distorted values, and weak sense of national and ethnic identity[3].

At the same time, we can also see that college students can not only get a lot of related knowledge contained in the sports, but also have national resonance. Therefore, College Physical Education is the core course to build up college students' "12345" Chinese national community consciousness. Therefore, it is extremely important to use the course of "College Physical Education", especially the national traditional physical education course, in cultivating college students' awareness of the Chinese nation community. First of all, it helps college students to establish a correct view of history, and help college students overcome narrow nationalist wrong ideas. Secondly, it plays a positive role for college students to build a solid ideological Great Wall to safeguard national unity and national unity, safeguard national security and social stability, and effectively resist the infiltration of various extreme and separatist ideas. Thirdly, it helps college students to resolutely guard against major risks and hidden dangers in the ethnic field, effectively cope with possible risks and challenges in the process of realizing the great rejuvenation of the Chinese nation, and provide important ideological guarantee for the prosperity and long-term stability of the party and the country. As a College Physical Education course, it needs to keep pace with the times, embody the will of the country, and realize the goal of educating people for the party and cultivating talents for the country.

## **3. The path of College Physical Education course infiltrating into "12345" Chinese national community consciousness**

### **3.1. Strengthen the sense of responsibility of college physical education teachers**

The curriculum attribute of College Physical Education is very clear, which belongs to the compulsory course with the main purpose of enhancing health, is an important part of the school curriculum system, and is an indispensable main way for quality education and cultivating all-round talents with morality, intelligence, physique and beauty. However, in practical work, it often happens that students only think of teachers as physical education teachers, while ignoring their ideological and political factors. There are two main reasons for this situation: first, some students

misjudge the teacher as a physical education teacher simply from the course name; Second, some teachers have turned this course into a simple physical education class. According to the division of disciplines, there are four first-level disciplines in physical education major in China, namely, physical humanities sociology, physical education and training, sports human science and democratic traditional physical education. The most suitable teacher for teaching College Physical Education is physical education and training. However, due to the late development of physical education in China, the professional coincidence of teachers in this course is not high, and there are many sports humanities sociology and national traditional physical education teaching this course. Because the training objectives and methods of sports humanities sociology and national traditional sports are different from those of physical education and training, and teachers with high academic qualifications often have deep professional complex, in actual teaching, teachers often bring the professional ideas of their own disciplines into classroom teaching intentionally or unintentionally. Some teachers lack a clear understanding of the attributes of this course, and pay more attention to physical skills teaching than ideological and political education, which leads to the lack of enthusiasm for integrating the consciousness education of the Chinese nation community into college physical education courses.

Therefore, teachers of College Physical Education must strengthen their ideological and political concepts, establish curriculum teaching concepts that meet the requirements of the Party and the country, and actively implement the major policies of the Party and the country. Teachers must treat sports skills teaching and ideological and political education correctly, and combine them effectively from the bottom of their hearts. Only in this way can teachers strengthen the awareness of combining physical education with ideological and political education, pay more attention to the ideological, political, theoretical and educational nature of physical education courses, serve the major strategies of the Party and the country, keep pace with the times, actively preach 's socialism with Chinese characteristics in the new era, and actively claim the responsibility of integrating the awareness of the Chinese nation community into the teaching of college physical education courses.

### **3.2. Dig deep into the related contents of college physical education**

There is no doubt about the authority and standardization of the national unified textbook of College Physical Education, and teachers must take the textbook as the foundation. At the same time, we should also see that due to the continuous development of the times, most of the unified textbooks of College Physical Education often lag behind the development and changes of the situation. Therefore, teachers should combine the changes of the situation and add relevant ideological and political contents to educate people for the Party and cultivate talents for the country.

Therefore, local colleges and universities should dig deep into relevant materials according to the contents of unified teaching materials, and cultivate college students' awareness of the Chinese nation community. For example, in the hurdle teaching of track and field teaching, on the basis of explaining the basic technical movements, the teacher can supplement the history of Chinese athlete Liu Xiang winning glory for the country and breaking the black monopoly of track and field competition, tell his contribution to the country and the nation, and build a strong sense of the Chinese nation community among college students. For another example, when learning to swim freestyle, teachers can supplement and play the video of Sun Yang's request to replay the national anthem at the award ceremony, so that students can deeply feel Sun Yang's patriotic enthusiasm for arguing for reasons, cultivate students' feelings of home and country of "we should be self-reliant", and build students' awareness of the Chinese nation community.

### **3.3. Innovating College Physical Education Teaching Methods**

When integrating the consciousness of Chinese nation community into the course of College Physical Education, college teachers should not only attach great importance to the enrichment of teaching content, but also attach great importance to the innovation of teaching methods.

On the one hand, the practical teaching of Chinese nation community consciousness education is carried out in schools. For example, schools can hold a long-distance running competition with the theme of "Don't forget the national humiliation and revitalize China" before December 9th every year to cultivate students' awareness of the Chinese nation community. Another example is to stimulate students' interest in learning by organizing watching short videos such as movie clips of Chinese Women's Volleyball Team, so as to enhance students' recognition of the Party's national policy and cultivate the awareness of the Chinese nation community, thus guiding students to establish the idea that personal interests are subordinate to national interests, constantly "enhancing commonality" and cultivating the awareness of the Chinese nation community.

On the other hand, students are organized to go out of school to carry out practical teaching of awareness education of the Chinese nation community. Therefore, students can be led to go deep into national sports museums, exhibition halls, memorial halls, and places such as the awareness education bases of the Chinese nation community, so as to extend the awareness education of the Chinese nation community to social classrooms, actively create walking classrooms, set up on-site teaching topics according to local conditions, and carry out various practical teaching.

### **3.4. Reform physical education teaching mode and assessment method**

In the era of big data, college physical education teachers should make full use of modern technology and extend classroom teaching beyond 90 minutes. Teachers can adopt the flip classroom teaching mode to carry out the awareness education of the Chinese nation community. Teachers can publish relevant materials in advance on learning platforms such as Superstar Learning Pass, Enterprise WeChat and Nail, so as to guide students to think before class, discuss in class and summarize after class. Obviously, flipping the classroom teaching mode can improve students' interest in learning, help students internalize relevant knowledge, cultivate innovative ability, and cultivate the consciousness of the Chinese nation community, thus realizing the three-dimensional goal of ideological and political education.

At the same time, colleges and universities should reform the way of curriculum assessment. What College Physical Education needs to achieve most is the lifelong goal rather than the knowledge goal. Therefore, the assessment of specific skills is not the key point. Therefore, it is necessary to increase the proportion of assessment results in the learning process. Teachers can bring students' usual homework, classroom discussion, attendance and practical teaching results into the course assessment results, so as to realize the whole process and all-round education. On the one hand, urge students to strengthen their daily study and guide students to gradually cultivate their lifelong interest in physical education; On the other hand, while weakening stubborn knowledge points moderately, the ideological and political education effect of the curriculum should be strengthened. In addition, the final assessment should increase the open assessment, moderately weaken the mechanical skill assessment, and strengthen the cultivation of innovation ability and autonomous learning ability and the effect of ideological and political education. For example, similar on-the-spot adaptability can be set in the final exam: various technical actions can be applied in actual combat.

#### **4. The principle of infiltrating the curriculum of College Physical Education into the consciousness of "12345" Chinese national community**

In the teaching process, college teachers should "organically" integrate the awareness education of the Chinese nation community into the teaching process of "College Physical Education". Teachers should not only keep pace with the times, integrate the consciousness education of the Chinese nation community into the course of College Physical Education, but also fully respect the authority, systematicness and integrity of the unified teaching materials, and avoid replacing the Outline with "special topics". At the same time, teachers must adhere to the following principles.

##### **4.1. Adhere to the leadership of the Party and highlight the core role of the Party**

When integrating the consciousness of Chinese national community into the course of College Physical Education, teachers must uphold that "Chinese national community" is a new concept of the Communist Party of China in understanding and handling ethnic relations, which marks that the Communist Party of China has reached a new theoretical height in understanding and handling ethnic relations, and the promotion of the construction of Chinese national community by the Communist Party of China is a deepening process with revolution, construction and reform [4]. The theory of Chinese national community has a profound historical foundation and realistic background. At the same time, this theory is also the product of the practice of the Communist Party of China in dealing with ethnic issues in the past century and the latest achievement of the sinicization of Marxist ethnic theory[5] .

##### **4.2. Adhere to the duration of teaching and scientific research and strengthen relevant scientific research**

College physical education teachers should carry out relevant scientific research to realize teaching time and teaching and research time. Because of its distinct ideological orientation, the university physical education class is characterized by its academic atmosphere and democratic atmosphere. As a college student who advocates academic freedom and spiritual freedom, it is easy to regard the ideological and political education without academic nature as political preaching and produce rebellious psychology. Therefore, teachers can only teach students what they really study and understand and what they really understand deeply, so that they can be confident and free in class. Therefore, teachers should carry out in-depth scientific research work combining physical education with the consciousness education of the Chinese national community, truly grasp the historical background and profound connotation of the theory of the Chinese national community, and truly understand and believe. Only in this way can teachers explain the ins and outs of the Chinese national community and express their theoretical confidence.

##### **4.3. Adhere to the principle of authority**

In this era when We Media is very developed, as college physical education teachers, we must keep in mind the ideological and political attributes of College Physical Education. Therefore, we must be careful when selecting relevant materials, and we must choose authoritative books, newspapers, periodicals and official website materials. In terms of newspapers, the main reference is People's Daily and the organs of local party committees and governments, such as Liaoning Daily. In terms of periodicals, the main reference is the journals of major universities and so on. In terms of electronic resources, we mainly refer to the historical materials published on the official websites of Party committees and governments at all levels, such as the related contents published by

People's Daily Online, Xinhua Net and Guangming Net. At the same time, make full use of official learning platforms, such as learning powerful countries. In the teaching process, it is forbidden to be unconventional, grandstanding and misleading young college students for the sake of bloggers' attention. Teachers must read relevant materials extensively, treat history with a realistic and realistic attitude, and do not copy it indiscriminately. Teachers must improve their political standing, screen out reliable, credible, amiable and sensible materials from the vast amount of learning materials, and resolutely put an end to nihilism.

## 5. Conclusions

In a word, college physical education teachers must stand up to the tide of the times, according to the political requirements of the Party and the country, meet the needs of local economic and social development, and teach students in accordance with the times, places, people and aptitude. In addition, we should fully realize the importance of integrating the consciousness of the Chinese nation community into the course of College Physical Education, and start with excavating teaching contents, innovating teaching methods, reforming teaching modes and assessment methods, etc., so as to build up the consciousness of the Chinese nation community of college students and help the great rejuvenation of the Chinese nation.

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