



Research Paper

## Visual Analysis of Hot Topics in Ideological and Political Research of Physical Education Curriculum in Colleges and Universities Based on Knowledge Map

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**Abstract:** In order to display the achievements of the ideological and political research of physical education curriculum in China's universities, the author uses the CNKI literature database from 2013 to 2022 as the source, uses the methods of literature metrology, visual analysis, and other methods to draw a knowledge map through the literature metrology software such as Citespace, VOSviewer, Ucinet, and carries out a historical review and hot topic analysis of the ideological and political research of physical education curriculum in China's universities. The results show that there are many problems in the research of ideological and political education in college physical education curriculum in China, such as "sufficient quantity" and "low quality", and the cooperation between scholars and institutions is not prominent; The research focuses on the ideological and political construction of college physical education curriculum, the ideological and political teaching reform of college physical education curriculum, and the ideological and political practice path of college physical education curriculum.

**Key words:** Colleges and universities; Ideological and political education in physical education curriculum; Bibliometrics; Visual analysis; knowledge map

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The ideological and political construction of physical education courses in Chinese universities is a way to implement the fundamental task of "cultivating morality and cultivating talents" in physical education curriculum teaching, and it is also a manifestation of the "moral education" function of physical education. It is also the theoretical basis for universities to carry out ideological and political education through physical education courses. In 2020, the Ministry of Education issued the "Guiding Outline for the Ideological and Political Construction of Curriculum in Higher Education Institutions (hereinafter referred to as the "Outline"), requiring all universities and disciplines to comprehensively promote the ideological and political construction of curriculum. At the same time, it is pointed out that "physical education courses should establish the educational concept of health first, pay attention to patriotism education and traditional culture education, cultivate students' tenacious struggle and self belief, and stimulate students' sense of responsibility to improve the physical fitness of the entire nation. Since then, the ideological and political research on physical education courses in Chinese universities has entered a new stage. Over the years, the research on ideological and political education in physical education courses in Chinese universities has also achieved fruitful theoretical results and practical experience.

Based on this, this article uses bibliometric research methods and perspectives, and comprehensively utilizes bibliometric software such as VOSviewer and CiteSpace to visualize and analyze the author, institution, and keyword information of ideological and political research literature on physical education courses in Chinese universities. Through the social network analysis software Ucinet, high-frequency keywords in this field are visualized and analyzed, Thus, a systematic review and review of the current hot topics, context, and trends in ideological and political research on physical education courses in universities will be conducted, in order to provide reference for future research in this field.

## I. Data sources and research methods

### 1.1 Data source

To comprehensively analyze the research status and evolution trend of ideological and political education in physical education courses in Chinese universities, this article uses China National Knowledge Infrastructure (CNKI) as the database source. The retrieval process is as follows: First, select the advanced retrieval type. Secondly, under the journal column, "course ideological and political education", "physical education", and "universities" are identified as search keywords. Finally, set the journal sources to all journals and conduct topic searches. The search for this article was conducted on November 14, 2022, and a total of 939 references were retrieved. After selecting and removing invalid references, a sample of 710 references was ultimately determined as the data source for the article.

### 1.2 Research methods

**Bibliometric method:** It refers to the use of statistical methods to analyze retrieved literature, and describe the data changes and characteristics of the literature through data. This article uses statistical software such as Excel to analyze the annual publication volume of sample literature, as well as the number of publications by authors and institutions, in order to explain the patterns and characteristics of the literature.

**Visual analysis method:** refers to the presentation of various data in the form of images and graphics. This study utilized visualization software such as Citespace<sup>[1]</sup>, Vosviewer<sup>[2]</sup>, and UCInet<sup>[3]</sup> to draw a knowledge map of authors, institutions, and hotspots related to ideological and political research in university physical education courses, for analysis.

**Word frequency analysis method:** refers to the method of further demonstrating the internal laws and quantitative changes of the development of things based on the frequency of the keywords that can represent the central content of the article. This study explores the cutting-edge dynamics and trends of ideological and political research in university physical education courses by conducting time line analysis, collinear analysis, and network analysis on high-frequency keywords that occur more than 5 times.

## II. Data analysis and results

### 2.1 Analysis of interannual changes in literature

According to the publication time and interannual distribution of 710 academic literature, the process of ideological and political research on physical education courses in Chinese universities is divided into two stages (Figure 1), namely: the slow enlightenment period (2013-2018) and the concentrated outbreak period (2019-present).

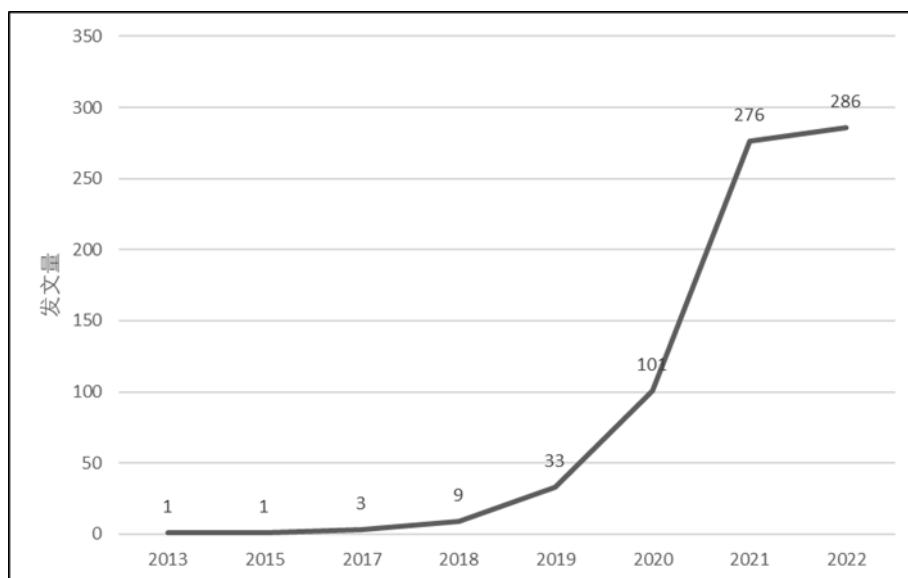


Figure 1. Inter annual changes in published articles

#### 2.1.1 Slow Enlightenment Period

From the perspective of the number of articles published, a total of 14 articles were published in the five years from 2013 to 2018, indicating that the level of attention paid to ideological and political education in college physical education courses did not receive widespread attention during this period. At the same time, its

research mainly focuses on the field of public sports in universities. For example, the integration path between public physical education courses and ideological and political education in universities, and the analysis of physical education teaching reform in universities from the perspective of ideological and political education. Due to the characteristics of a single research perspective and limited achievements, considering the time span and publication volume of this stage, it is considered that this stage is in the slow enlightenment period of ideological and political education in university physical education courses.

### 2.1.2 Sudden upward period

In terms of the number of articles published, in the past four years from 2019 to 2022, the number of articles published has jumped from 33 in 2019 to 286 in 2022, showing an explosive growth trend. The reason for this is closely related to the issuance of a series of guiding documents for China's ideological and political construction. In 2018, the Ministry of Education issued several opinions on strengthening the construction of "Situation and Policy" courses in universities in the new era, implementing ideological and political education courses in universities nationwide and promoting collaborative education. The issuance of this document has attracted the attention and attention of many scholars to the theme of ideological and political education in university courses. Subsequently, with the promulgation of the 2020 Outline, a large number of research results on the ideological and political aspects of physical education courses in universities were produced. This not only increased the number of publications, but also made qualitative leaps in research institutions, research perspectives, and other aspects, achieving fruitful research results, providing numerous scientific references for the effective implementation of curriculum ideological and political aspects in physical education disciplines in universities.

## 2.2 Analysis of research authors and institutions

### 2.2.1 Analysis of research authors

The Citespace visualization software was used to draw a contribution graph of sample literature authors, and the publication status of the top 20 authors was counted. Through co-occurrence analysis of the authors, the cooperation relationship and intensity between authors in the field of ideological and political education in university physical education courses were obtained. As shown in Figure 2, the font size represents the author's publication volume. The more publications, the larger the font size, and the connections between authors represent a collaborative relationship between them. According to statistics, there are 188 authors engaged in ideological and political education in college physical education courses. The authors have a total of 104 nodes in the graph, with 188 edges and a network density of 0.0059. This indicates that the cooperation network between authors has basically formed, but the degree of cooperation is relatively low, and the independent research conducted by authors dominates. At the same time, based on the presentation of the co-occurrence graph, we conducted statistics on the number of articles published by the top 20 authors (see Figure 3). Among them, scholar Zhao Fuxue had the highest number of articles, with around 4 articles published by other scholars. Overall, there was no significant difference in the number of articles published by the top 20 scholars. Taking the scholar Zhao Fuxue's research on the ideological and political construction of college physical education curriculum as an example, his earliest relevant research in 2021 focused on the integration of the centennial red spirit of the CPC into the ideological and political construction of college physical education curriculum, and then based on the quality supervision and evaluation of the ideological and political construction of college physical education curriculum, the path of improving quality and efficiency Research has been conducted on the regional cooperation mechanism of resource co construction and sharing, as well as the transformation of thinking direction and the generation of promotion strategies. The research results have been published in influential sports journals in China, providing many references for the construction and development of ideological and political education in physical education courses in Chinese universities. Overall, there has been a preliminary cooperative relationship among the ideological and political researchers of physical education courses in Chinese universities, and there are several scattered author groups present. However, the academic cooperative relationship between authors still needs to be improved.



reached a significant focus and consensus among research institutions, which also indicates that the current research institutions are in an independent and decentralized state.

Table 1. Number of publications by top 8 institutions

Serial Number	Institution	Number of Publications
1	Nanjing Sport Institute	12
2	Henan University	11
3	Capital University of Physical Education And Sports	11
4	Wuhan Sports University	10
5	Xi'an Physical Education University	9
6	Beijing Sport University	7
7	Chengdu Sport University	7
8	Guangzhou Sport University	7

### 2.3 Analysis of research hotspots

#### 2.3.1 Keyword timeline analysis

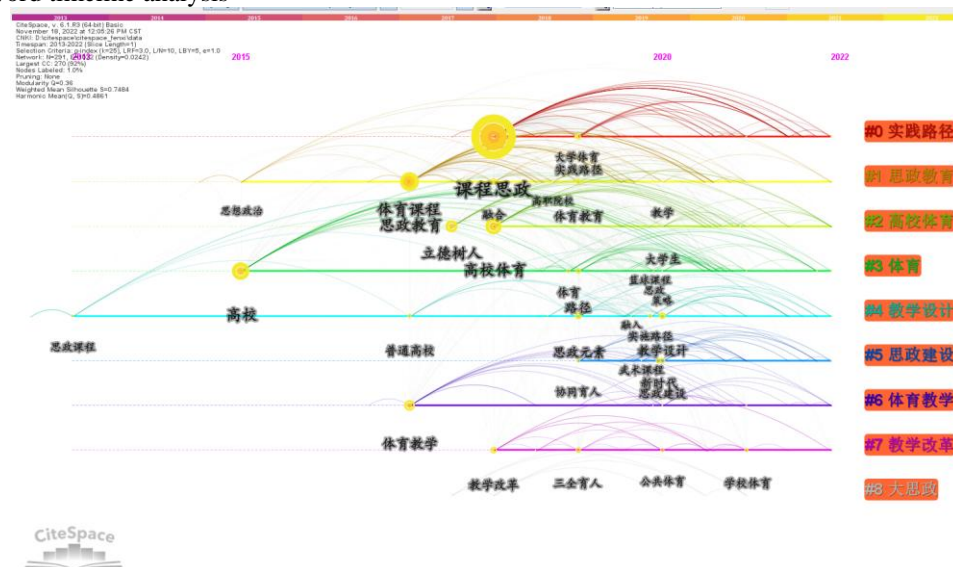


Figure 4. Keyword Timeline Analysis

Keywords are an important component of each literature and a highly summarized and condensed summary of the main content of the literature by researchers<sup>[4]</sup>. Through Citespace visualization software, a total of 710 articles were statistically analyzed for common keywords. Among them, the keyword timeline view displays keywords in chronological order, representing the evolution of research hotspots and stage characteristics of keywords in the field (as shown in Figure 4). Since 2013 until today, a total of 9 keyword clusters have emerged in the hot topics and evolution trends of ideological and political research on university physical education courses. They are "practical path", "ideological and political education", "university physical education", "physical education", "teaching design", "ideological and political construction", "physical education teaching", "teaching reform", and "great ideological and political". Among them, "curriculum ideology and politics" first appeared in 2013, so it has also become the longest lasting keyword. The emergence of "universities" began in 2015 and continues to this day, while the keywords "ideological and political education in physical education courses" and "ideological and political education in courses" saw a sudden increase in attention around 2017-2018. Tracing the reasons for this, it was found that this time node is in the same historical period as the introduction of national policies, so it is consistent. Overall, from 2013 to 2022, researchers' research in the field of ideological and political education in college physical education courses mainly focused on ideological and political construction, teaching reform, and practical paths. Through the content presented by keyword clusters, it can also be seen that their research mainly focused on the construction path of ideological and political education in college physical education courses, physical education teaching reform, and the infiltration of ideological and political education in teaching. From this, it can be seen that the starting point of the researchers is based on the effective and better implementation of ideological and political

education in physical education courses in universities, in order to strengthen the improvement of ideological and political education for Chinese college students and achieve the goal of comprehensive development in talent cultivation.

### 2.3.2 Keyword co-occurrence analysis

In order to better clarify the research hotspots and evolution trends in the field of ideological and political education in college physical education courses, further co-occurrence analysis of keywords was conducted using VOSviewer software. VOSviewer visualization software is a visual tool that can co-occur keywords and intuitively obtain research hotspots in the ideological and political era of university physical education courses. Firstly, relevant literature is retrieved through CNKI and exported in Endnote format. Then, invalid information is removed through merging, deletion, and other methods, and the processed data is converted into Ris format. Secondly, import the Ris keyword data processed by Endnote into VOSviewer software and set the minimum threshold for word frequency statistics to 2. Finally, a co-occurrence graph of ideological and political keywords in college physical education courses was drawn through the visualization function of the software (see Figure 5).

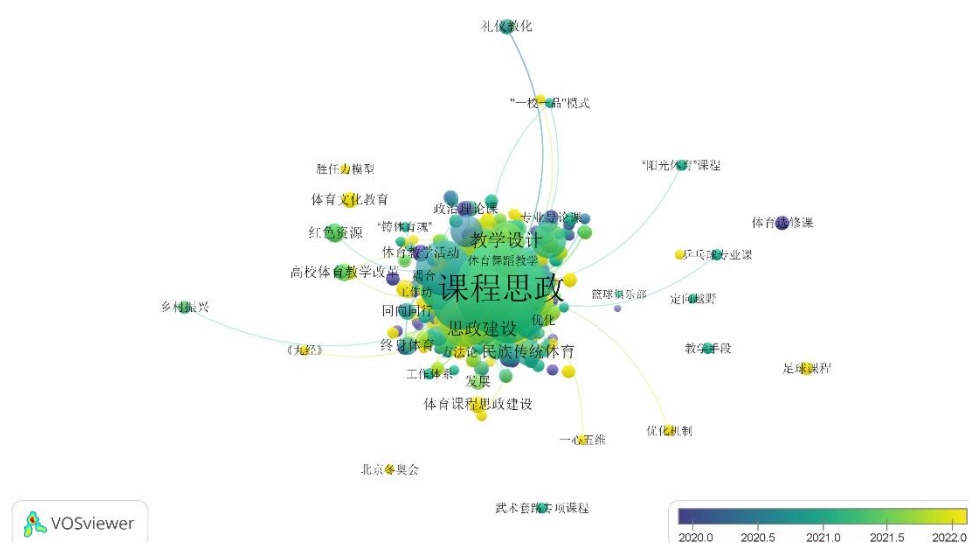


Figure 5. Keyword co-occurrence diagram

Among them, the larger the node of the keyword, the higher the frequency of occurrence, while the color of the node represents the research hotspot at a certain time stage, and the lines of each node represent the flow of knowledge<sup>[5]</sup>. Therefore, it can be seen that the color changes from purple to yellow in chronological order, and the keyword "curriculum ideology and politics" indicates its status as a research center issue, regardless of node size or location. Other keywords have formed a close co-occurrence network around this central theme, and also reflect the highly clustered characteristics of the research field of "curriculum ideology and politics". From the perspective of color distribution, keywords have formed multiple different types of clusters, indicating that there are currently multiple hot topics in the field of ideological and political research in physical education courses in Chinese universities. From the perspective of color changes, purple nodes represent before 2020, while yellow represents after 2022. The more nodes with keywords lean towards yellow, the more cutting-edge the research field is. The process of color transition can reveal the changing trend of ideological and political research in college physical education courses. Therefore, using the VOSviewer visualization tool to visually analyze keywords can clearly and intuitively capture the research trend of ideological and political education in college physical education courses.

### 2.3.3 Keyword network analysis

In order to better and more broadly reflect the characteristics of the hot topics in ideological and political research on physical education courses in universities, this article further selected keywords with a frequency greater than 5 for social network analysis.



"universities", "curriculum", "philosophy", and "education", indicating that the above keywords are the key to connecting various group networks in this network and play an important role in forming an overall large network.

Table 2. List of Top 20 Main Keywords in Frequency

Number	Keyword	Frequency	Number	Keyword	Frequency
1	Curriculum ideology and politics	602	11	Path	31
2	Colleges and universities	138	12	Fuse	31
3	Ideological and political education	110	13	Sanquan Education	25
4	College physical education	108	14	Physical education	24
5	Physical education curriculum	108	15	Sports	24
6	Establishing virtue and cultivating talents	88	16	Ideological and political construction	23
7	Physical education teaching	58	17	Implementation path	23
8	Teaching reform	34	18	University physical education	22
9	Ideological and political elements	33	19	The new era	21
10	Instructional design	32	20	Ordinary universities	21

### III. Research Conclusion

#### 3.1 Literature and authors of ideological and political research on college physical education curriculum

In terms of literature publication, the annual publication volume of ideological and political research on physical education courses in Chinese universities can be divided into two stages: the slow enlightenment period and the sudden rise period. Tracing back its reasons is closely related to the issuance of the "Several Opinions on Strengthening the Construction of" Situation and Policy "Courses in Universities in the New Era" document in 2018. The promulgation of the "Outline" document in 2020 is a key factor in further increasing scholars' attention to the field of ideological and political research in university physical education courses, and has also become an important reason for the sudden increase in research results in the field of ideological and political research in university physical education courses. From Figure 1, it can be seen that since 2021, the number of articles published annually has slowed down compared to before, but overall, it still shows an upward trend. From this, it can be concluded that the research in the field of ideological and political education in China's physical education curriculum is still in a high level of enthusiasm. However, an increase in the quantity of publications is not equivalent to an improvement in the quality of publications. According to research findings, the proportion of research results published in high-quality journals and journals in China since 2018 remains relatively low, with only 16 research results published in core journals, of which 14 were published in CSSCI journals. It can be seen that the current ideological and political research on physical education courses in Chinese universities is facing the dilemma of "sufficient quantity" but "low quality".

In terms of author institutional collaboration, a total of 188 scholars engaged in ideological and political research on physical education courses in Chinese universities have been counted since 2013, each from 185 different academic institutions, mainly involving the fields of physical education, education, and Marx's research. Among them, scholar Zhao Fuxue holds the top spot with the current publication volume of 7 articles, and has formed a cooperative network centered around Zhao Fuxue and connected with scholars such as Wang Jie, Zhao Peng, and Li Lin. At the same time, scholars such as Zhu Lihong, Liu Song, Ma Yufen, and Ding Jiahai also have a more obvious cooperation network. However, according to Figure 2, it can be seen that the collaborative network among many scholars in the ideological and political research of physical education courses in Chinese universities is relatively low, and independent research still dominates. In addition, by ranking the top 8 affiliated institutions of the author, it was found that the research results of ideological and political education in physical education courses in Chinese universities mainly come from experts and scholars in the field of sports. Among comprehensive universities, scholars from Henan University have a high level of attention and interest in the research of ideological and political education in physical education courses in Chinese universities.

#### 3.2 Hot topics in ideological and political research of college physical education curriculum

A hot topic is a topic that is commonly discussed in a certain discipline or field within a certain time frame. Keywords are the essence of an article, a high level of summarization and refinement. Analyzing the



keywords of an article, the most frequently used keywords are often used to determine the hot topics in a certain research field<sup>[9]</sup>. Based on the timeline, co-occurrence, and social network analysis results of key words in the ideological and political research of university physical education courses, this paper summarizes the hot topics of ideological and political research in university physical education courses in China since 2013, mainly including three aspects of research: ideological and political construction of university physical education courses, reform of ideological and political teaching in university physical education courses, and practical paths of ideological and political practice in university physical education courses.

### 3.2.1 Ideological and political construction of physical education courses in universities

The construction of ideological and political education in the curriculum is an important support for the implementation of ideological and political education in the new era, and a great measure for schools to implement the fundamental task of cultivating morality and cultivating people. The ideological and political construction of physical education courses in universities is a systematic project that integrates the theoretical knowledge, value concepts, and spiritual pursuits of ideological and political education into physical education courses, in order to achieve the organic unity of education and talent cultivation<sup>[10]</sup>. The relevant research on "ideological and political construction" appeared in 2019, which is mainly related to its use as a prerequisite for carrying out ideological and political education in physical education courses in universities. At present, scholars' research on the ideological and political construction of physical education courses in universities mainly focuses on the macro level, and there is less research on the micro level.

At the macro level, it mainly includes research from the perspectives of the new era, cultivating moral character, educating people through three aspects, the Olympic spirit, and the red spirit. The main research aspect is the reflection and exploration of the ideological and political construction of physical education courses in universities from different perspectives. Some scholars also believe that comprehensively promoting the ideological and political construction of physical education courses in universities in the context of the new era is an urgent need for ideological and political education in the new era, a self-need for moral education in universities, a self-need for physical education in schools, or an inseparable social function of physical education. From the perspective of cultivating morality and cultivating talents, some scholars have explored the connotation of ideological and political construction in physical education courses in universities, including the goal of cultivating new talents of the times, the fundamental adherence to core values, and the essential requirements of cultivating sports talents and cultural talents. Some scholars have also proposed that the ideological and political construction of physical education courses is an effective way to promote the comprehensive development of students, and is the main battlefield for school education to achieve comprehensive education. Deeply promoting the ideological and political construction of physical education courses can comprehensively improve the effectiveness of moral education and talent cultivation in universities<sup>[11]</sup>. From the perspective of "three comprehensive education", scholars have summarized the drawbacks of the current ideological and political construction of physical education courses in universities. For example, some teachers have problems such as lagging educational concepts of "curriculum ideological and political", lack of innovation in teaching, and inadequate implementation of "sports oriented education". At the same time, some scholars have analyzed the time and curriculum advantages of ideological and political construction in university physical education courses based on the concept of "three complete education", and proposed construction paths from four aspects: objectives, content, methods, and evaluation<sup>[12]</sup>. From the perspective of the Olympic spirit, scholars believe that the Beijing Winter Olympics spirit is an important ideological and political resource for cultivating college students' ideal beliefs and fighting spirit in the ideological and political construction of physical education courses in universities. It is necessary to fully explore the Winter Olympics spirit and promote its integration into the ideological and political construction of physical education courses in universities. From the perspective of red spirit, scholars mainly studied the value, goal and practice path of the centennial red spirit of the CPC and the integration of red resources into the ideological and political construction of college physical education curriculum. They proposed that after the shaping of the centennial red spirit of the Party, it should be combined with the content requirements of the ideological and political construction of college physical education curriculum, which would help guide college students to combine learning with thinking, knowledge with practice, The viewpoint of improving the quality of ideological and political construction in physical education courses<sup>[13]</sup>. At the micro level, scholars have analyzed the teaching design and implementation path in the ideological and political construction of different physical education courses such as ball games and martial arts. They believe that there are problems such as "two skins" and "excessive theorization" in the ideological and political construction of physical education courses. Moreover, many mathematicians have proposed that in the construction of ideological and political education in physical education courses, the teaching design content should be complete, and the practical path should be operable. It is necessary to avoid the research on ideological and political education only staying at the theoretical level, and to increase the promotion and radiation effect of successful cases of ideological and

political education in college physical education courses.

### 3.2.2 Teaching reform of physical education courses in universities

Society develops with the progress of education, and education reforms with the new needs of society. The two promote each other and thus drive the changes of the times. Since the establishment of the People's Republic of China, education reform has never stopped in the fields of higher education and basic education. In education reform, some scholars believe that curriculum reform is the core issue of education reform<sup>[14]</sup>. Therefore, promoting teaching reform with the goal of "ideological and political education in courses" is an important measure to build a system of ideological and political education in physical education courses in universities<sup>[15]</sup>. The reform of physical education curriculum teaching is a key link in achieving the "landing" of ideological and political education. Its research mainly focuses on the reform of ideological and political education in physical education courses from different perspectives, the design of ideological and political education content in physical education courses, and the excavation and integration of ideological and political elements in physical education courses.

Different scholars have conducted multi-dimensional research on ideological and political education in college physical education courses based on different perspectives, mainly including the perspectives of moral education, collaborative effects, and life transformation. The common research content among them is to point out the drawbacks and problems in the current reform of physical education teaching in universities, and to put forward their respective views on the optimization path of future curriculum ideological and political education reform. For example, most scholars point out that there are problems such as "formalization", "inefficiency", and "two-level" in the process of carrying out ideological and political education for teachers. In response to this dilemma, some scholars have proposed that the design of ideological and political education content in college physical education courses needs to integrate small and large ideological and political education, clarify the core direction, and establish a coupling model of explicit and implicit ideological and political education<sup>[16]</sup>. Some scholars have also analyzed the value implications of the reform of ideological and political education in physical education courses in universities, pointing out that the reform of ideological and political education in physical education courses has special advantages for students to shape socialist qualified citizens. They have also proposed that the reform of ideological and political education in physical education courses in universities should be carried out in four aspects, namely, the training of ideological and political theory in physical education teachers' courses, the improvement of the tolerance of ideological and political education in physical education courses Exploring new teaching models and strengthening the systematic thinking of ideological and political construction in physical education courses. In terms of designing the content of ideological and political education in physical education courses, as different physical education course contents have completely different physical education teaching processes, some scholars believe that the effective implementation of ideological and political education in courses requires the reform of physical education teaching based on different physical education course contents. The teaching design should be in line with the teaching reality, and ideological and political education should run through the entire teaching process. Meanwhile, some scholars believe that physical education teachers in universities are implementers of ideological and political education, and they play a crucial role in the reform of physical education curriculum teaching in universities. Therefore, it is proposed to improve the ability of ideological and political education and transform educational concepts for teachers. How to integrate ideological and political elements into the teaching of physical education courses in universities or fully tap into them is also a key issue discussed by many scholars regarding the reform of ideological and political education in physical education courses. Deeply exploring the ideological and political elements in physical education curriculum and integrating the two is a common viewpoint of many scholars on the ideological and political construction of physical education curriculum. Whether the ideological and political elements in physical education courses can be deeply explored and widely utilized is the key to evaluating the successful implementation of ideological and political education in physical education courses. Regarding the excavation and integration of ideological and political elements in physical education courses, some scholars believe that the ideological and political elements in physical education courses have significant characteristics such as interest, experience, and regularity, and should follow the logical principles of regularity and purposefulness. The excavation of ideological and political elements needs to be carried out based on the principle of linking theory with practice, and combining physical education in and out of class<sup>[17]</sup>. In addition, there are still many mathematicians who believe that there are still problems in the current ideological and political construction of physical education courses, such as a lack of deep theoretical understanding, form exceeding content, and the mismatch between physical education teaching content and ideological and political elements. In response to this issue, some scholars have also proposed that the integration of ideological and political elements should focus on aspects such as school positioning, professional characteristics, curriculum system, classroom channels, etc., and effectively promote the organic

integration of ideological and political elements in curriculum design and curriculum system<sup>[18]</sup>.

### 3.2.3 Ideological and political practice path of physical education courses in universities

The implementation of the ideological and political practice path in college physical education courses is the ultimate goal of ideological and political education, and the research on the implementation path is the only way to carry out ideological and political education in college physical education courses, and it is also a top priority. Some scholars believe that the ideological and political construction of physical education courses aims to rediscover the value of education, opening up a new path of "sports ethics"<sup>[19]</sup>, while others have proposed implementation paths for ideological and political construction of physical education courses in universities based on different research perspectives. However, overall, the main focus is on improving teachers' ideological and political education abilities, deepening the reform of physical education curriculum content, and improving evaluation mechanisms.

In terms of the construction of ideological and political abilities of college physical education teachers, most scholars unanimously believe that the ideological and political education ability of college physical education teachers has a direct impact on the effective implementation of ideological and political education in college physical education courses. College physical education teachers are the executors of ideological and political education in college physical education courses, so it is pointed out that the primary task is to improve the level of "ideological and political awareness" and "ideological and political cognition" of college physical education teachers. Only by having a profound understanding of the ideological and political education of physical education courses in universities in the new era, a deep understanding of the mission of ideological and political education in physical education courses, and a keen awareness of ideological and political education, can we effectively explore ideological and political elements in traditional physical education courses, and thus carry out ideological and political education for students. The specific implementation paths proposed by scholars for this viewpoint mainly focus on the following points: firstly, improving the training mechanism for ideological and political education abilities of college physical education teachers; Secondly, create a multi school teacher ideological and political education learning platform; Thirdly, optimize the evaluation mechanism for the ideological and political education ability of college physical education teachers; Fourthly, do a good job in top-level design, etc. In terms of deepening the reform of college physical education curriculum content, most scholars believe that the effective implementation of ideological and political education in college physical education curriculum should take the opportunity of the reform of college physical education curriculum content and move forward synchronously. Due to the integration of knowledge, technology, physical fitness, skills, emotions, and morality in physical education curriculum teaching, the mastery of motor skills and knowledge is achieved through the cognitive path of "body mind body". This cognitive approach endows physical education curriculum teaching with unique and profound educational value. Therefore, many scholars have proposed implementation paths in the reform of physical education curriculum content in universities, mainly focusing on teaching design, teaching methods, and other aspects. In teaching design, scholars generally propose to combine real-life materials and achieve a silent and educational effect of ideological and political education through reasonable teaching design<sup>[20]</sup>. In teaching methods, integrating ideological and political education into physical education teaching is the view of most scholars, mainly proposing innovation in teaching methods based on traditional teaching methods and effective integration of ideological and political education. In terms of improving the evaluation mechanism, analysis shows that many scholars believe that the current ideological and political evaluation mechanism for physical education courses is insufficient and urgently needs improvement. Most scholars propose to use process based evaluation for the evaluation of ideological and political education in physical education courses, while some scholars maintain the view of combining process based evaluation with outcome based evaluation. In addition, some scholars have proposed advocating the concept of "continuous improvement" to continuously improve the ideological and political evaluation process of the curriculum<sup>[21]</sup>. Analysis and summary have found that in improving the implementation path of the evaluation mechanism, the main focus is on the following aspects: firstly, it is recommended to use multiple evaluation methods; Secondly, it is proposed to continue improving the evaluation system; Thirdly, establish an evaluation and feedback mechanism.

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