

Practice and Thinking of Student Management of University of Physical

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Abstract

Higher normal sports colleges are the cradle of cultivating high-quality physical education talents, and student management is an important cornerstone to achieve the goal. Based on the characteristics of students in sports colleges and universities, this paper explores how to carry out education and practice activities based on moral education from the two levels of practice and thinking of student management in special periods. On the basis of ensuring students' physical and mental health, normal life and learning order, students can think and understand, enhance their sense of social responsibility, patriotism and responsibility, and propose to help students become a high-quality sports professional for the society through speculative education, moral identity education, network literacy education and other aspects.

Keywords: university of physical, student management, strategy

1. Introduction

In recent years, the sudden arrival of the virus has swept across the whole land of China, impacting and affecting the society. At the same time, it also provides an opportunity for the ideological and political education of students that is changed by events, advanced by times and new by times. In these three years, it has become the key point of the current students' ideological and political work to do a good job in students' emotional comfort and innovative media communication, and to guide and grasp the time, degree and effect. It has become the primary task of current college educators to guide students to have patriotism and the ambition of a strong country based on moral education. At this special node, sports colleges and universities actively launched around the characteristics of disciplines and specialties, and a number of epidemic prevention pioneers emerged. Although they did not go to the front line, they undertook the work of escorting in the rear. Based on this, the author is thinking about how to carry out effective guidance, education and management of student organizations in sports colleges and universities to ensure the maximum physical and mental health, normal life and learning order of students. On the basis of this, the author can also make students think, think and understand their own majors in special periods, enhance their sense of social responsibility, patriotism and sense of responsibility, and become a high-quality sports professional for the society.

2. Special Period Sports College Student Management Problems

2.1 Teaching Problems in Special Period

During the invasion of COVID-19, in order to ensure the safety of students and ensure the teaching order and personnel training, colleges and universities have opened one after another. On the one hand, the change of online teaching from offline to online teaching ensures the smooth progress of teaching activities under the premise of students' life safety, but it also exposes some problems.

2.2 Students' Psychological and Network Public Opinion Problems in the Period of COVID-19

The uncertainty and repeatability in the period of COVID-19 have a great influence on students' perseverance and concentration in learning, especially closed, semi-closed, strict control of management, etc., students from the free out to the closed to the strict control of the stage, the psychological gap is relatively large, easy to produce anxiety and irritability, and then lead to students' psychological problems. Especially during the closed and semi-closed period, the campus environment is easy to cause students' negative emotions, such as questioning the school epidemic prevention policy, paying attention to the accommodation conditions, school supporting facilities, etc., resulting in the outbreak of public opinion.

2.3 Student Life Issues During the COVID-19 Period

During the period of COVID-19, the closed management of colleges and universities made it difficult for takeout and express delivery to enter the campus, which caused the trouble of students' life to a certain extent. The problems of canteen feeding not conforming to taste, expensive living materials and few varieties in the school were concentrated, which brought many troubles to students.

3. Practice of Student Management in Sports Colleges During COVID-19

3.1 In the Maker Era, Home Fitness Helps Growth

The Chinese government put forward 'where the reader is, where the audience is, where the tentacles of the propaganda report will be extended, and where the focus and foothold of the propaganda and ideological work will be placed'. As a sports professional college, it is also actively thinking about the advantages of new media communication. By catching the express train of the new media era, the ideological and political education and teaching work can keep up with the social rhythm, so as to create a vivid, interesting and in line with the development law of college students. Guide students to give full play to their professional advantages to contribute to the society as a force of young sports people in the new era. In the special period, as the pioneer of anti-epidemic, the physical education teachers of colleges and universities take 'preventing virus, home fitness' as the theme, combined with the home environment, launch a series of fitness exercise videos of aerobics, kung fu football, martial arts fitness qigong-baduanjin, meditation yoga and other contents, to help children and parents who cannot go out in the special period, and bring them scientific and systematic exercise methods.

Through short video follow-up exercises and playing cards, more families have participated in sports and resisted the attacks of the virus. Such home fitness videos have also been reprinted by China Daily, Learning Power, New Hunan, Red Net and other media. With the guidance of teachers and the follow-up of students, students have considered and carried out the 'micro-preaching' activities of exercise and fitness with their majors as the carrier. Through practice, they not only show and enhance their professional skills, but also enhance their sense of collective honor and collective cooperation. The advantages of deepening value guidance and strengthening theoretical construction in colleges and universities are constantly showing. Encourage teachers and students to strengthen ideological and political education research, and encourage teachers to combine professional knowledge, skill learning and social reality problems in the process of network ideological and political education. It not only cultivates the sense of social responsibility of teachers and students, but also shows the patriotic feelings of young sports people who combine professional knowledge and skills to serve the society.

3.2 Based on the Discipline and the 'Event' as the Carrier, the Model of Competition Training Is Formed

Students in sports universities hone and prove themselves through sports events on weekdays. In the special period, how to use the 'event' as the carrier of ideological and political work, timely capture the educational function of different events, and stimulate the strong competition and catching-up psychology of sports people is the key point of ideological and political education in sports colleges. Such as integrating ideological and moral education, cultural knowledge education, social practice into various events, various links, and various roles, helping teachers and students improve their professional skills while improving ideological and moral character, humanistic quality, and cognitive ability.

Using WeChat public platform, QQ, Tik Tok and other self-media platforms to organize and carry out various forms of online event activities, such as carrying out thematic speech competitions and micro-video competitions to promote youth responsibility and responsibility, and encouraging young students to share their thoughts and feelings in special periods with their classmates through speech. In addition, such as carrying out patriotism education for students, carrying out 'a letter of home' to enhance the feelings of home and country, recording your moving story, online cloud recitation competition, etc., carrying out a series of activities of 'professional skills competition', organizing online speaking class competition, students preparing for class, teachers guiding and commenting, improving students' teaching skills through this process, etc., through the creation of students' favorite, dynamic and in-depth 'event' education mode, forming online multi-channel interaction, so that teachers and students can grow and comprehend in participation, and take the initiative to shoulder the historical mission and the responsibility of the times. Strive to grow into a sports professional who is responsible for

national rejuvenation.

3.3 Don't Forget to Cultivate People, Pay Close Attention to Network Ideological Education

During the special period, most sports colleges and universities turned to online teaching. Colleges and universities have seized the main position of the network, deployed the network ideological and political education work, and took 'using the network position to carry out ideological and political education' as an important task, from strengthening organizational leadership and enhancing responsibility consciousness; strengthen theoretical learning and do a good job of ideological guidance; strengthen the implementation efforts, pay attention to the effectiveness of the work and other aspects to make specific arrangements and implementation. In addition, some sports colleges and universities use the WeChat platform to set up a column on the battle against "epidemic," and launch the core sections such as "anti-epidemic news," "home fitness theme," "party members' battle against "epidemic" documentary," "current politics must be seen" and "psychological online assistance." A five-level network ideological and political propaganda grid with "Party General Branch, League General Branch, Student Party Members, League Cadres and Students" as the main body has been established, so that teachers and students can realize the leadership advantages of the Communist Party of China and the advantages of the socialist system with Chinese characteristics. Give full play to the role of network media, integrate excellent stories and cases into the whole process of network ideological and political education, and guide students to be more determined and confident in winning the battle of epidemic prevention and control under the strong leadership of the Communist Party of China. Through many excellent tweets, we can help students absorb rich nutrition in the national war 'epidemic', grasp the spiritual essence, achieve reasoning through things, explain reasoning through cases, and guide students to establish correct outlook on life, world outlook and values with data and cases, so as to enhance the attraction and influence of ideological and political education, and truly realize the full coverage of teachers and students' network ideological and political education.

3.4 Carry Forward the Advanced Learning Example, Cultivate the Feelings of Home and Country

The power of role models is infinite. Under the premise of sticking to the reality of students, most sports colleges and universities present heroic deeds in special periods through official public accounts to stimulate students' feelings of home and country. At the same time, we should dig deep into the excellent deeds and theoretical comments of teachers and students in the war epidemic, use the special period as a vivid material for ideological and political education, transform ideological and political education into the power to defeat the virus, organize and carry out his story to share with you. Tell the students the spirit of example, and guide young students to contribute their youth to win the people's war of prevention and control in the special period. Through the silent education mode of students in sports colleges and universities, the sense of responsibility and sacredness of occupation is passed to students, the feelings and mission of sports people are rooted in students' hearts, and students are encouraged to study hard and improve their professional skills, so as to realize the value of personal life and stimulate students' feelings of home and country.

3.5 Pay Attention to Body and Mind, Do a Good Job in Life Health Education and Safety Education

Physical and mental health plays an indelible role in a person's growth and development. In the special period, how to attach great importance to the physical and mental health education of college students, help them improve their physical and mental quality, and shape a sound personality is an important aspect of ideological and political work in colleges and universities. In the face of the epidemic, everyone has more or less negative emotions. Under the background of normalization, the propaganda and exhibition of thematic protection knowledge from the perspective of psychological protection can better popularize the knowledge of epidemic prevention and achieve the effect of scientific epidemic prevention. By using network resources, this paper comprehensively combs the common psychological stress response, practical psychological stress self-assessment method, psychological stress response and other contents in special period, and designs a 'guidance manual for psychological protection work in special period' suitable for students. With the help of network platform, it provides guidance and assistance to teachers and students, which can put an end to extreme phenomena such as blind optimism or excessive worry. With the help of information equipment, through the form of live webcast teaching, the psychological small classroom is moved to the learning life, the online teaching effect is enhanced, and the life health and safety education is implemented.

4. Reflections on Student Management in Sports Colleges During the COVID-19 Period

New media is both a challenge and an opportunity for ideological and political work in colleges and universities. The main characteristics of new media are the richness of information resources and the convenience of information exchange. New media information is also one of the main sources for college students to obtain information, and it is also loved by college students. New media has expanded the development space for ideological and political education in colleges and universities, built a new carrier for counselors to communicate

with students and carry out work, improved the pertinence and effectiveness of education, and has good development opportunities. At the same time, the ideological and political education in colleges and universities is also facing major challenges. In the face of the massive information of new media, it is inevitable that some negative information will have a negative impact on college students. Moreover, the characteristics of virtuality, entertainment and fragmentation of new media, once the traditional guidance and education methods can not keep up with the pace of the times, will cause students to reduce their interest in learning, which poses a certain challenge to the new media literacy, new media knowledge and new media application of college counselors.

4.1 Strengthening Critical Thinking Education

In the COVID-19 Period, in addition to the positive energy reports, there are also some confusing students' audio-visual speech, which has brought new impact to the ideological and political education in colleges and universities. For ideological and political educators in colleges and universities, how to use a variety of publicity channels and methods to popularize all kinds of information and improve students' critical thinking ability in the future education management process has become a problem that college teachers need to pay attention to. It is worth thinking of educators to keep awake enough, examine social events with scientific thinking, and inject more scientific power into the public. The organic integration of college students' education management and ideological and political education, through various forms of ideological and political education to regulate the basic behavior of individual students, gradually replace the traditional situation of students' passive participation in the management of the basic mode, make the students' autonomous management training become the mainstream trend.

4.2 Improve Moral Identity Education

In the special period, there are many touching moments, touching stories and touching figures in all walks of life, which are the vivid manifestation of socialist morality and the vivid presentation of socialist core values. Through the form of divergent theme education, students can understand the people and things around them. Through lively cases, students can be guided to take the initiative to learn and identify moral behaviors, moral requirements and moral norms worthy of recognition in special periods, and cultivate students' good personal qualities and core values.

4.3 Enhance Network Literacy Education

In the special period, all kinds of network information are overwhelming, and the good and the bad are intermingled. Students keep paying close attention to the strict control of the special period. Sensitive topics and in-depth articles related to special periods are easy to read. It is particularly important to strengthen students' network literacy education. In the face of network information, sports colleges and universities should strengthen the guidance of students' brainstorming and positive voice, and create positive network energy.

Encourage the official new media to strengthen the propaganda and education of prevention and control knowledge, prevention and control situation and advanced deeds, and the effect is obvious, but there are also some problems, such as fighting alone and weak security. For example, in the new media of sports colleges and universities, there are still official media 'free-range' and 'self-support' situations, lack of financial security and long-term planning. A considerable part of the tasks is completed by individuals from topic selection planning, content writing, text typesetting, picture shooting to comment and reply, lack of team support, and are in a state of hard maintenance. At the same time, WeChat public platform tweets also pay attention to image building, but in a timely and continuous way to promote college students to care about the topic of concern, the originality and ideological content of the tweet is not enough, the content quality is not high, the matter is more, the rich philosophy and insight is less. In addition, the number of hot articles is relatively small, the amount of reading and praise is not enough, and the grasp of time nodes, social hotspots, emotional perception and other aspects is not enough, and the potential pressure is at the same time.

As an ideological and political education worker, we should have the determination and confidence to make the best use of the situation and move with the times, and creatively carry out the work of student management, education and teaching. We should not only learn to grasp the direction, but also understand how to use various forms to grasp the link of educating people, become the bosom friend, warmhearted person and guide of young students, guide young students to perceive responsibility through vivid cases and events around them, clarify the mission, and be a good young person in the new era who has ideals, dare to play, can bear hardships, and is willing to struggle. Let the youth of young sports people bloom brilliant flowers in the hot practice of building a modern socialist country in an all-round way.

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