



Explore the Paths and Strategies for Integrating Red Culture into Physical Education in Higher Vocational Colleges in Hubei Province in the New Era

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Abstract: Physical education in higher vocational colleges in Hubei province, as an important part of cultivating young students' physical and mental health, how to integrate into the red culture in the new era and lead students to the correct life road is a topic worth exploring. Through literature review, this paper reviews the current situation and trends of red culture research at home and abroad, and discusses the path and strategy of integrating red culture into physical education of higher vocational colleges in Hubei in the new era. By analyzing the current situation of physical education and studying the connotation and value of red culture and red sports in the new era, the paper puts forward the path of integrating into red culture in the new era, and makes corresponding strategies. This will help enrich the connotation of physical education in schools and cultivate students' patriotic feelings and social responsibility.

Keywords: Higher vocational colleges; Physical education; Red culture; Path; Strategy

1 Introduction

As an ideology, red culture is the culture of a mass revolutionary movement under the leadership of the Communist Party of China and an important part of China's advanced culture. Today, with the rapid development of politics, economy, culture and other aspects, how to promote the red culture of Hubei Province, give full play to the advantages of Hubei Province's red cultural resources, and actively explore the integration of red culture into the physical education of vocational schools in higher vocational colleges in the new era (Red Sports), it is of great significance to promote the construction of spiritual civilization and build a harmonious socialist society.

Physical education in higher vocational colleges in Hubei Province plays an important role in cultivating students' physical and mental health, improving sports skills and cultivating comprehensive quality. The goal of school physical education is to promote students' physical, intellectual and moral development through sports activities, cultivate students' teamwork spirit and competitive awareness, and improve students' comprehensive quality and self-management ability. The mission of school physical education is to cultivate students' sports interests and hobbies and improve students' sports skills and physical fitness levels through physical education courses and sports activities. In terms of teaching content, physical education in higher vocational colleges in Hubei Province focuses on cultivating students' basic sports skills, including sports games, sports bodybuilding, sports dance, etc., and also focuses on cultivating students' sports knowledge and sports cultural literacy. In terms of teaching methods, school physical education focuses on the combination of theory and practice, and uses diversified teaching methods, such as classroom lectures, practical operations, sports competitions, etc., to improve students' learning interests and practical abilities. However, there are also some characteristics and problems in physical education in higher vocational colleges in Hubei Province. First of all, the school's physical education resources are insufficient, including insufficient venue facilities, equipment, etc., which limits students' physical exercise and development. Secondly, the teaching content and methods of school physical education are relatively simple, lack innovation and diversity, and cannot meet the individual needs of students. In addition, the integration of school physical education and subject education is not close enough, and there is a lack of interdisciplinary integration teaching model. In order to further improve the quality and effectiveness of physical education in higher vocational colleges in Hubei Province, it is necessary to increase investment and construction of physical education resources, improve teaching content and methods, and promote the organic integration of subject education and physical education. At the same time, it is also necessary to strengthen the cultivation of students' sports interests and hobbies, encourage students to actively participate in sports activities, and improve students' sports literacy and comprehensive quality.

Physical education in higher vocational colleges in Hubei Province is an important part of cultivating students' physical and mental health and all-round development. However, in the context of the new era, how to integrate red culture into physical education to cultivate students' patriotism and social responsibility is an important issue before us. This article aims to explore the paths and strategies for integrating red culture into the physical education of higher vocational colleges in Hubei Province in the new era, and provide some suggestions and reference for schools.

2 Literature review

2.1 Red cultural connotation

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Experts and scholars have different opinions on the understanding of the connotation of red culture. Xiao Ling believes that, in essence, red culture is the core social value system created by the Communist Party of China during the New Democratic Revolution period, and red culture constitutes the soul and core of new democratic culture. According to this view, the starting time of red culture should undoubtedly be the birth of the Communist Party of China in 1921^[1].

Chen Shifa, Li Li'e, Qi Yaozu and other scholars distinguished the meaning of red culture and red cultural resources in "Historical Investigation of the Study of Red Cultural Resources". "The soul of both meanings is the revolutionary spirit and revolutionary tradition. Red culture requires the combination of revolutionary spirit and tradition." Return to the specific regional environment, distinct historical background, and vivid revolutionary practice where it took root, sprouted, and developed to investigate. We must explore the commonality and individuality of the revolutionary spirit and tradition, and rise to the level of philosophy to summarize the regularities^[2].

Therefore, red culture refers to the sum of the revolutionary spirit and its carriers that have been formed and developed in the practice of revolutionary struggle under the leadership of the Chinese Communist Party. The connotation of red cultural resources includes: first, red cultural material resources, represented by the revolutionary sites and relics preserved by the Communist Party of China and the People's Army during the revolutionary war. Second, the red cultural spiritual resources are the national spirit and revolutionary values that advocate the core concepts of liberation, democracy and freedom, national prosperity, and national independence; they advocate and practice the concept of serving the people wholeheartedly, doing everything for the people, and relying on the people. The Party's sense of purpose and revolutionary morality; the communist ideals and collectivist value orientation formed during the revolutionary war; the fine revolutionary tradition of dedication and sacrifice for the struggle for national independence, national liberation and national prosperity; novels, dramas, and music during the revolutionary period and other literary and artistic works are valuable red material heritage.

2.2 The educational connotation of red culture

Education in red culture is divided into broad and narrow senses. Luo Haiying and Qiao Xiangping believed in "Research on Countermeasures to Enhance the Effectiveness of Red Education for College Students" that red cultural education can be divided into broad and narrow senses. Red cultural education in a broad sense can be summarized as the educational subject using all ancient and modern Chinese and foreign materials to reflect historical progress and Advanced figures, advanced deeds, monuments and the spirit of their inheritance in national development, and ideological and political education focusing on patriotism education for educational objects^[3].

Red education in a narrow sense mainly refers to the education subject taking as the carrier the advanced figures, deeds, monuments, and markers formed by the Chinese Communist Party's leadership of the people in the practice of revolution, war, construction, and reform for the party, the country, and the people, as well as all Inherited revolutionary history, advanced deeds and revolutionary spirit as the connotation, it is a method of educating educational objects in ideals and beliefs, revolutionary traditions and patriotism in a planned, purposeful and organized manner.

2.3 Research related to red sports

Xu Zhengxu pointed out in "Reunderstanding Red Sports - From the Perspective of Cultural Consciousness" that the current development of red sports still lacks cultural consciousness, which is mainly manifested in: unclear connotation, inaccurate denotation, and research. The method is single, the direction is lost, and the value is alienated^[4].

Dai Zhengjun (2014) pointed out in "Research on Red Traditional Cultural Education and the Development of the Quality of Contemporary Sports College Students" that in order to strengthen the belief education of sports college students and strengthen the red cultural education of college students, it is necessary to establish and improve the red cultural education guarantee system; create red cultural resources Utilize conditions to deepen the development mechanism of red culture; establish a scientific coordination mechanism to create a favorable environment for using red culture to expand the quality of sports college students^[5].

Gilina discussed the development and utilization of red physical education courses in "Development and Utilization of Red Physical Education Curriculum Resources"^[6]. In "Reflections and Preliminary Exploration on the Theory and Practice of Red Sports", Xu Zhengxu et al. explored the ways in which red sports are generated, clarified the superordinate concept of red sports, and clarified the "Tao" of red culture and the "instrument" of modernization. The relationship between^[7]

Yang Guanqiang and others conducted an in-depth discussion on the development path of the integration of red culture into campus sports culture in the "Research on the Integrated Development of the Xinjiang Corps' Red Culture and School Sports Culture" and pointed out that "the integrated development of the Xinjiang Corps' red culture and school sports culture" It plays an important role in promoting the healthy physical and mental development and correct value orientation of young people. Finally, a development path is constructed for the integration of the Corps' red culture into campus sports culture, with the hope of innovating the inheritance mechanism of the Corps' red culture in school sports and for uniting the Corps' youth. The patriotic spirit, enhance the Corps' identity and promote the physical and mental health of young people^[8].

To sum up, the academic community has done more research on red resources and red culture education, but less on the relationship with physical education, and has achieved some results, which have become the research basis of this topic. Research on red culture mainly includes: analysis of the connotation of red culture; research on the value of red culture; problems and countermeasures in the utilization of red cultural resources. However, the empirical research on the

integration of red cultural resources into school physical education in Hubei Province is still at an incomplete stage, and there are few specific investigations in the form of surveys. As the research on red culture continues to advance, the objects of physical education continue to change. We need to find specific countermeasures for the integration of red cultural resources in Hubei Province based on the continuous changes in these elements.

3 Research methods

3.1 Documentation method

Through the library of Xiangyang Vocational and Technical College, Xiangyang City Library, county-level cultural management departments, Beijing Sport University Library, CNKI database, etc., a large number of historical materials related to red sports in Hubei Province, as well as folklore, physical education, sociology, and culture can be accessed. Relevant research materials from multiple disciplines such as science and anthropology were summarized, used for reference, extended and comprehensively analyzed to lay a solid foundation for this study.

3.2 Field investigation method

The author used the holidays to conduct field investigations in various cities in Hubei Province. The main scope of the investigation was cities and rural areas with prominent red cultural characteristics in Hubei Province, such as the northern end of Yuemachang at the southern foot of Snake Mountain in Wuchang District, Hubei Province, Poyang Street in Hankou, and Hong'an County, Qujiawan Town of Honghu City, Xuanhuadian Town of Dawu County of Xiaogan City, Laohekou City, Yicheng City and other regions, the current situation of the development of red culture and the construction and inheritance of local higher vocational schools. Investigate the feasibility of introducing grenades, wrestling, survival walls, rock climbing, power grids and other projects into physical education in higher vocational schools. During the investigation process, we mainly conducted on-site observations, and communicated with relevant sports leaders, folklore experts, sports experts, and red cultural inheritance. People are the main method to collect first-hand information to ensure the objectivity and reliability of the research.

3.3 Interview method

Interviews were conducted with folklore experts, folk artists, and relevant personnel from relevant sports and culture departments to obtain professional and reliable opinions and information to provide a high-reliability basis for this study.

3.4 Oral history method

Conduct in-depth interviews with local Red Revolution inheritors and school students using oral history methods. In the early stage of the interview, a large amount of oral information was consulted and an interview outline was formulated. After the interview, adjustments were made based on the actual situation. It is in line with the purpose of oral history to excavate historical data and the opinions of inheritors and students on the introduction of red sports into campus.

4 Results and discussion

Through research, the following paths and strategies for integrating red culture into physical education in higher vocational colleges in Hubei Province in the new era were explored: As shown in Table 1:

Strategy	Implementation path	Expected result
4.1 Strengthen the education, publicity and popularization of red culture in the new era	By carrying out publicity of red cultural knowledge, red culture exhibitions, theme class meetings, etc., convey the important value and significance of red culture in the new era to students; Guide students to correctly understand history, inherit the red gene, and enhance patriotism and national spirit; Organize red culture knowledge competitions, hold red culture exhibitions and other activities.	Students can understand and study the history of the Chinese revolution, the glorious history of the Party, and Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era, thereby cultivating students' love and identification with the red culture of the new era; schools can guide students to correctly understand history and inherit the red gene, Enhance patriotism and national spirit; the school allows students to have a deeper understanding and feel the charm of red culture by organizing red culture knowledge competitions, holding red culture exhibitions and other activities, and educates students on red culture by conducting theme class meetings, red culture lectures and other forms Cultural understanding and identification ^[9] .
4.2 Innovate teaching content and methods of physical education	Integrate the new era red culture into the curriculum of physical education and design relevant teaching content and activities; Introduce red cultural elements and combine them with sports events to allow students to feel the power and emotion of red culture in sports;	By innovating the teaching content and methods of physical education and integrating the new era red culture into it, we can stimulate students' learning interest and participation, and cultivate students' love and identification with the red culture ^[10] .

	Use a variety of teaching methods, such as lectures, discussions, practical operations, etc.。	
4.3 Guide students to participate in red cultural activities and practices	Organize students to visit red cultural sites, such as the Revolutionary Memorial Hall, Red Cultural Corridor, etc.; Organize red culture knowledge competitions, speech contests and other activities to cultivate students' red culture awareness and inheritance ability; Enhance students' experience and identification with red culture, and cultivate patriotism and national pride.	By guiding students to participate in red cultural activities and practices, students' experience and identification with red culture can be enhanced, and students' red cultural awareness and inheritance abilities can be cultivated. This not only helps to cultivate students' ideological and moral qualities and patriotic feelings, but also helps to develop students' physical and mental health. Allowing students to personally experience the charm and influence of red culture can not only stimulate students' interest in learning, but also deepen their knowledge and understanding of red culture, and make positive contributions to the inheritance and development of red culture in the new era ^[11] .
4.4 Strengthen the construction of teaching staff and improve teachers' red cultural literacy	Organize teachers to participate in red culture training and seminar activities; Teachers share teaching experience and teaching methods to integrate red culture into physical education.	Improve teachers' red cultural literacy and teaching ability; stimulate students' learning interest and participation.
4.5 Establish special courses or elective courses on red culture education	Establish special courses on red culture education, covering modern and contemporary Chinese history, party history, revolutionary spirit, etc.; Students gain an in-depth understanding of the connotation and significance of red culture.	Cultivate students' patriotism, awareness of socialism with Chinese characteristics, social responsibility and national pride; develop firm ideals and beliefs, dedication to serving the people, and courage to take responsibility while learning red culture.
4.6 Strengthen cooperation with social organizations and units related to red culture	Cooperate with red tourist attractions to provide students with opportunities to visit and experience red history first-hand; Cooperate with red culture research institutions to provide students with professional learning resources and guidance; Cooperate with social organizations related to red culture to organize exhibitions, speech contests and other activities.	Students can feel the unique charm of red culture more intuitively, providing students with the opportunity to visit and experience red history in person; students can feel the heritage and power of red culture more deeply, and enhance their recognition and understanding of red culture; students can more Comprehensively understand the multiple aspects of red culture and cultivate a sense of social responsibility and teamwork spirit.
4.7 Develop an evaluation and assessment system to encourage school physical education to integrate into the practice of red culture in the new era	Develop an evaluation and assessment system to assess and evaluate the practice of incorporating red culture in the new era into school physical education; Encourage teachers and students to actively participate in red cultural education and improve the quality and effectiveness of education; Cultivate students' red cultural awareness and physical fitness to form an educational goal for all-round development.	Schools can better promote the organic combination of red culture and physical education, cultivate students' red cultural awareness and physical fitness, and form educational goals for all-round development.

Table 1: Paths and strategies for integrating red culture into physical education in higher vocational colleges in Hubei Province

To sum up, in the journey of the new era, the practice of integrating red culture into physical education in higher vocational colleges in Hubei Province will continue to move forward. The school will continue to innovate the education model, improve the quality of education, open a door to red culture for students, let them absorb the power of red culture

through physical exercise, and contribute to the realization of the Chinese dream of the great rejuvenation of the Chinese nation. In higher vocational colleges in Hubei Province, the integration of physical education and red culture will continue to sow the seeds of hope, cultivate more ambitious young people, and contribute to the prosperity of the motherland.

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