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Research on the Integration of Chinese Sports Spirit into the Moral Education System of General Colleges: Practical Dilemmas and Innovative Paths

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Abstract

This paper focuses on the practical issues in the integration of the Chinese sports spirit into the moral education system of general colleges, exploring the main dilemmas and innovative paths in this process. By combing the connotation of the Chinese sports spirit and the cultivation goals of college students' moral education, this paper proposes the fit between sports spirit and moral education in terms of value pursuit and practical logic. It analyzes the obstacles in the current integration of sports spirit into moral education in terms of curriculum system, teacher team, practical activities, and evaluation mechanism. To this end, this paper constructs a theoretical model of "unity of knowledge and action, integration of physical education and moral education, and full participation, full process, and all-round", and designs innovative paths on this basis, including enriching moral education curriculum content, strengthening the ideological and political education of physical education courses, creating campus sports culture, improving the sports competition system, and establishing a mechanism for the integration of physical education and moral education. The aim is to enhance the effectiveness and pertinence of moral education, providing theoretical references and practical guidance for the cultivation of college students with comprehensive development in morality, intelligence, physical fitness, aesthetics, and labor.

Keywords

Chinese sports spirit; moral education system; general colleges; practical dilemmas; innovative paths

1 Introduction

With the rapid development of economy and technology, students' values, lifestyles, and sense of social responsibility are constantly evolving. Traditional moral education methods can no longer meet the requirements of modern society for high-quality talents[1]. In the context of the new era, college moral education has shown a trend of shifting from "knowledge impartation" to "ability cultivation," from "heteronomy" to "autonomy," and from "inoculation" to "experiential learning"[2]. As an important carrier for cultivating college students' comprehensive qualities and improving moral cultivation, the educational value of sports in moral education is becoming increasingly prominent. However, many colleges still focus on theoretical teaching in moral educa-

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tion courses, neglecting students' experiences and feelings in real life, leading to low student participation and limited educational effects. This problem reflects the prominent dilemmas of moral education being detached from reality and insufficient practical links, which urgently requires innovative paths to deepen the integration of sports and moral education[3].

The Chinese sports spirit, as an important part of China's excellent traditional culture, contains the core ideas of unyielding self-improvement, integrity, and friendly cooperation, which are highly compatible with the needs of the growth and development of college students in the new era. It has a unique role in shaping students' values, moral cultivation, and personality development[2]. Integrating the Chinese sports spirit into the college moral education system can not only innovate the content and form of moral education, enhance its appeal, but also give full play to the educational function of sports in shaping students' comprehensive qualities, providing important support for cultivating college students who are well-rounded in morality, intelligence, physical fitness, aesthetics, and labor[4]. Therefore, in the face of the complex situation of college moral education reform in the new era and the urgent need for sports education, in-depth research on the theoretical foundation and practical paths of integrating the Chinese sports spirit into moral education is of great significance for refining the core of sports spirit, innovating moral education practice models, and improving the quality of moral education.

This study intends to start from the background of the times and the needs of moral education reform, with problems as the guide, to deeply analyze the practical dilemmas of integrating the Chinese sports spirit into college moral education, explore innovative integration paths, and strive to provide theoretical references and practical guidance for the reform of moral education in colleges in the new era.

2 Theoretical Foundation and Literature Review

2.1 Connotation of Chinese Sports Spirit

The Chinese sports spirit is a precious spiritual wealth accumulated and sublimated by the Chinese nation in long-term sports practice, which embodies the sports traditions and moral pursuits of the Chinese nation. By combing the development context and ideological evolution of Chinese sports, the core essence of the Chinese sports spirit can be condensed, mainly including patriotism, martial spirit, robustness, unyielding self-improvement, and unity and cooperation[4]. These elements complement each other and jointly construct the rich connotation system of the Chinese sports spirit.

The patriotism in the Chinese sports spirit highlights the close connection between individual sports pursuits and national rejuvenation and social progress; the martial spirit emphasizes the spiritual characteristics of bravery and ambition in sports; robustness reflects the will and quality of tenacious struggle and striving for progress in sports practice; unyielding self-improvement highlights the belief of perseverance and relentless pursuit in the face of setbacks and difficulties; unity and cooperation emphasize the value pursuit of collective supremacy and shared honor and disgrace in sports competition[4]. These ideological cores profoundly reflect the sports character and moral conduct of the Chinese nation, highlight the educational connotation of sports, and provide rich nourishment for the growth and development of college students in the new era.

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2.2 Connotation and Goals of College Students' Moral Education

College moral education is the main channel for colleges to implement the fundamental task of moral education, aiming to guide college students to establish correct worldviews, outlooks on life, and values, improve moral cultivation, shape noble personalities, and cultivate builders and successors of socialism. The new era has endowed college moral education with new era connotations, emphasizing helping students to deeply root their patriotism, guiding students to firm their ideals and beliefs, and cultivating students' patriotism, collectivism, and values[5]. At the same time, the new era moral education highlights the cultivation of students' consciousness and ability for autonomous development, self-management, and self-service, focusing on the unity of students' comprehensive development and individual development[3].

In terms of moral education goals, the new era college moral education emphasizes "six efforts" on students, namely psychological guidance, political leadership, moral shaping, behavior cultivation, practical training, and institutional guarantees, striving to build a moral education work pattern of full participation, full process, and all-round[6]. This goal system highlights the unity of ideological leadership and practical cultivation, emphasizing the importance of both internalization and externalization, providing a broad space for the integration of sports spirit into moral education.

2.3 Theoretical Basis for the Integration of Sports Spirit and Moral Education

Sports and moral education have inherent compatibility in terms of ideological origins and value pursuits, laying a theoretical foundation for their deep integration. From the ancient Greek concept of "sports is education" to the core values of modern "Olympism," the educational value of sports has been widely recognized. Sports aim to enhance physical fitness, cultivate sentiment, temper will, and cultivate noble character, and its inherent educational laws are highly consistent with the value pursuit of moral education[7].

The Chinese sports spirit, as a crystallization of the Chinese nation's sports moral pursuit, is an important resource for college moral education in the new era. Under the perspective of "four confidences," exploring and promoting the Chinese sports spirit is of great significance for firming cultural confidence, gathering national spirit, and cultivating new era talents[2]. The patriotism, struggle spirit, and other elements contained in the Chinese sports spirit are vivid embodiments of the socialist core values and spiritual guidance for the growth and development of college students in the new era[6].

Contemporary educational theories further provide theoretical support for the integration of sports spirit into moral education. The "character is virtue" theory proposed by American psychologist D. Hawkins emphasizes the core position of character in moral education, providing a theoretical basis for shaping college students' character and conduct through sports spirit[8]. The "learning by doing" theory by American philosopher J. Dewey emphasizes obtaining moral cognition and behavior cultivation in practical experience, revealing the unique advantages of sports competition and exercise in moral education[7]. Modern moral education theories further point out that moral education is valuable in the unity of knowledge and action, focusing on practice cultivation, and paying attention to cultivating moral cognition, moral emotion, moral will, and moral behavior in specific situations, and sports activities are an ideal situation for cultivating these four dimensions[8]. It can be seen that sports spirit and moral education have a high degree of com-

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patibility in terms of ideological pursuit and practical logic, and the integration of sports spirit into college moral education has a solid theoretical support.

3 Analysis of Fitting Points

3.1 The Fit Between Chinese Sports Spirit and Moral Education Goals

The value core of the Chinese sports spirit is highly compatible with the cultivation goals of college students' moral education. By analyzing the internal connections between the two, it can be found that the sports spirit can provide spiritual nourishment and practical guidance for the growth and development of college students in terms of ideal beliefs, moral qualities, and will qualities[7].

In terms of ideal beliefs, the patriotic and self-improving value pursuit advocated by the Chinese sports spirit is highly consistent with the goal of cultivating new era talents with ideals, capabilities, and responsibilities in college moral education[2]. The enterprising and striving qualities contained in the sports spirit help guide college students to establish lofty ideals, forge struggling qualities, and shoulder the responsibilities of the times[6]. The patriotism and national pride displayed in sports activities can stimulate students' patriotic enthusiasm and enhance cultural confidence[7].

In terms of moral qualities, the moral norms of honesty, fair competition, and unity and cooperation in sports provide behavioral standards and value benchmarks for the moral development of college students. Sports activities provide students with rich practical scenarios, cultivating awareness of integrity, awareness of rules, and collective concepts, which are greatly beneficial to the improvement of college students' moral cultivation[4]. By participating in sports competitions and training, students can experience and internalize moral norms such as fair competition, respect for others, and unity and cooperation in practice, thereby enhancing their moral judgment and behavioral consciousness[9].

In terms of will qualities, the tenacious struggle, unyielding, and self-improving advocated by the Chinese sports spirit provide practical approaches for the cultivation of college students' will qualities. By participating in high-intensity sports training and intense competitions, students can temper their qualities of hard work, facing difficulties, and cultivate a tenacious and never-give-up spirit of struggle, enhancing their confidence and courage to overcome difficulties[7]. This tenacious character forged in sports practice can be transferred to other aspects of learning, life, and work, helping students cope with various challenges[9].

In summary, the Chinese sports spirit is a vivid interpretation of the socialist core values and a precious resource for college moral education. Integrating it into college moral education practice is of great value for enriching moral education content, innovating moral education forms, and improving the quality of moral education. The fit between sports spirit and moral education goals provides a theoretical basis and practical possibility for the deep integration of the two[10].

3.2 Practical Dilemmas in Integrating Sports Spirit into Moral Education

Although the Chinese sports spirit is highly compatible with the moral education goals of college students, there are still many dilemmas and challenges in the actual integration process[7]. At present, the moral ed-

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ucation and sports activities in many colleges are still in a "two skins" state, and the educational function of sports spirit has not been fully exerted, which restricts the improvement of moral education effects[7]. Through in-depth analysis, it can be found that the integration of sports spirit into moral education faces the following main dilemmas:

In terms of the curriculum system, many colleges still focus on theoretical teaching in the setting of moral education content, and less integrate the moral norms and will qualities contained in sports activities, leading to a disconnection between moral education content and real life, which is difficult to resonate with students[7]. The exploration of ideological and political elements in physical education courses is insufficient, and their moral education function has not been fully exerted[4].

In terms of teacher teams, there is a lack of effective communication and collaboration between physical education teachers and moral education workers, and they have insufficient understanding of each other's work content and professional characteristics, making it difficult to form a synergistic education force[6]. The moral education consciousness and ability of physical education teachers need to be improved, and the understanding and application of sports spirit by moral education workers are not deep enough[2].

In terms of practical activities, the participation in moral education practical activities is not high, and the educational elements of sports are not fully explored. There is a lack of systematic interpretation and behavioral demonstration of the connotation of sports spirit, making it difficult to help students internalize sports spirit into their own cultivation[7]. The moral education function of sports competitions and sports culture activities has not been fully exerted[7].

In terms of evaluation mechanisms, there is a lack of a scientific and comprehensive evaluation system for the integration of sports spirit into moral education, making it difficult to accurately measure the integration effect and the degree of internalization of students[10]. The existing moral education evaluation and sports evaluation are often independent of each other and have not formed an organic and unified comprehensive evaluation mechanism[6].

In terms of cultural atmosphere, in campus cultural construction, the integration of sports culture and moral education culture is not enough, and a strong atmosphere of sports spirit education has not been formed[11]. Students' understanding of the relationship between sports spirit and moral education is insufficient, and their enthusiasm and initiative in participating in sports activities need to be improved[8].

The existence of these dilemmas reflects that the systematic, holistic, and collaborative nature of integrating sports spirit into moral education needs to be strengthened. Solving these problems requires systematic design and comprehensive measures from the levels of concept renewal, system innovation, and resource integration[10].

3.3 Construction of Theoretical Model for Integrating Sports Spirit into Moral Education

Solving the problems of integrating sports spirit into moral education requires the construction of a sys-

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tematic and logically rigorous theoretical model to provide theoretical guidance and action guidelines for practical activities[7]. By combing related domestic and foreign research and drawing on moral education theory and physical education theory, this study constructs a theoretical model of "unity of knowledge and action, integration of physical education and moral education, and full participation, full process, and all-round" for the integration of Chinese sports spirit into college moral education.

The core concept of the model is to achieve the organic unity of sports spirit and moral education goals, and to give full play to the unique function of sports in moral education. The basic framework of the model includes three dimensions:

The dimension of unity of knowledge and action emphasizes strengthening moral practice in sports activities, guiding college students to internalize sports spirit, and externalize it in actions to enhance the practical effect of moral education. This dimension emphasizes the unity of theoretical learning and practical experience, allowing students to truly feel and practice sports spirit through sports activities[2].

The dimension of integration of physical education and moral education emphasizes the organic integration of physical education courses and moral education courses, giving full play to the educational function of sports, and achieving mutual promotion and joint progress of sports and moral education. This dimension requires breaking down the barriers between sports and moral education, and achieving deep integration in curriculum setting, teaching implementation, and evaluation assessment[4].

The dimension of full participation, full process, and all-round emphasizes fully mobilizing the strength of teachers, coaches, students, and other parties in sports activities, infiltrating moral education into the whole process and various links of sports management, training, competition, etc., and achieving the integration and coexistence of campus sports culture and moral education culture. This dimension highlights the systematic and holistic nature of integrating sports spirit into moral education[7].

The internal logic of the model is to achieve integration based on the unity of knowledge and action, to achieve integration through the integration of physical education and moral education, and to deepen the educational effect in the practice of full participation, full process, and all-round. The rationality of this model lies in: it is based on the characteristics of sports spirit and the essential requirements of moral education, fully considering the dilemmas faced in the current integration practice, and emphasizing the unity of theory and practice, explicit education and implicit education, and in-class and out-of-class[6].

Constructing a theoretical model for the integration of Chinese sports spirit into college moral education helps to build consensus, clarify ideas, and clarify directions, enhancing the systematic, holistic, and collaborative nature of integrating sports spirit, and providing a solid theoretical support for designing specific practical paths. The proposal of this model provides theoretical guidance for solving the current integration dilemmas and also opens up new directions for follow-up research[10].

4 Innovative Practice Path Design

4.1 Innovation of Moral Education Curriculum System

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4.1.1 Integrate sports spirit elements to enrich moral education curriculum content

To solve the problems of moral education curriculum content being detached from reality and lacking appeal, it is necessary to actively integrate the Chinese sports spirit into it and innovate the supply of moral education content[2]. Specific measures can be taken as follows:

First, in the curriculum standards and textbook compilation of moral education, the essence of sports spirit such as patriotism, tenacious struggle, and integrity and friendliness should be fully reflected, and should be integrated into curriculum goals, curriculum content, and teaching activities[2]. For example, in the "Ideological and Moral Cultivation and Basic Laws" course, a special topic of "Sports Spirit and Moral Cultivation" can be added to systematically explain the moral connotation of sports spirit and its practical significance.

Second, innovate moral education teaching cases and materials, fully explore the deeds of outstanding athletes, major sports events, classic game segments, etc., to vividly interpret the connotation of sports spirit and enhance the appeal of moral education[4]. For example, the "Chinese Sports Spirit Story Collection" can be compiled as a moral education auxiliary teaching material, and the growth stories of Olympic champions can be used to guide students to perceive the moral power in sports spirit.

Third, explore the development of moral education elective courses, lectures, and seminar courses with sports themes, to build a learning platform for students of different majors and levels with sports spirit[7]. For example, the "Sports Spirit and Personal Development" elective course can be offered, and outstanding athletes and sports coaches can be invited to the classroom to share the impact of sports spirit on personal growth with students.

Making good use of sports spirit resources and integrating sports and moral education can effectively stimulate students' interest and improve the quality of moral education teaching.

4.1.2 Innovate physical education ideological and political education to exert the moral education function of physical education

Physical education courses are the main venue for college students to participate in sports activities and perceive sports spirit. Colleges and universities should give full play to the ideological and political education function of physical education courses and actively explore physical education ideological and political education to achieve the same direction and joint progress of sports and moral education[4]. Specific measures can be taken as follows:

First, scientifically design teaching goals, clarify the requirements of ideological and political education, and run through the entire process of physical education teaching with moral education[6]. For example, in the teaching syllabus of physical education courses, ideological and political goals can be added to clarify the sports spirit and moral qualities that should be cultivated in each teaching unit.

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Second, optimize teaching content, organically integrate patriotism education, collectivism education, and inspirational education in the process of physical skill teaching, and guide students to understand sports spirit in sports practice.

For example, in basketball class teaching, the development history of basketball can be combined to introduce the development process of China's basketball career and stimulate students' patriotic feelings[11].
Third, innovate teaching models, adhere to student-centered, and widely use situational teaching, case teaching, group cooperative learning, etc., to enhance students' character in a subtle way[9]. For example, a "team relay race" can be set up in track and field classes to cultivate students' spirit of unity and collective honor.

Fourth, strengthen team building, enhance the moral education consciousness and ability of physical education teachers, and guide them to consciously spread sports spirit and promote socialist core values in the process of military training, classroom teaching, and activity guidance[7]. Physical education teachers can be organized to participate in moral education thematic training to improve their ideological and political literacy and moral education ability.

4.2 Campus Sports Culture Construction

4.2.1 Organize characteristic sports festivals and sports events to create a campus sports culture atmosphere

Rich and diverse campus sports culture activities can effectively strengthen sports spirit education and enhance college students' emotional identification and value pursuit of sports spirit[11]. Colleges and universities should be based on their own traditions and characteristics, and hold various forms of campus sports festivals, sports events that are widely welcomed, and create campus cultural brands that highlight the connotation of sports spirit[9]. Specific measures can be taken as follows:

First, regularly hold sports festivals, sports meetings, ball games, traditional sports project performances, etc., to create a strong atmosphere of advocating sports and participating in sports throughout the school. For example, the "Chinese Sports Spirit Cultural Festival" can be held, which displays the charm of sports spirit through various forms such as sports competitions, cultural exhibitions, and theme lectures[10].

Second, in the planning and organization of sports events, it is important to emphasize the essence of sports spirit, promote the Olympic spirit, and advocate sports moral norms such as "friendship first, competition second"[11]. For example, a "sports spirit oath ceremony" can be held at the opening ceremony of the school sports meeting to strengthen the moral consciousness of the contestants.

Third, when commending outstanding athletes and excellent referees, it is important to focus on their sports morality and spiritual style, and guide teachers and students to internalize sports spirit into action consciousness. For example, the "Sports Morality Style Award" can be established to commend athletes and teams that show noble character in competitions[6].

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Fourth, make full use of sports venues, school history museums, and other places to create sports culture education positions. For example, a "Chinese Sports Spirit Display Wall" can be set up in the gymnasium to display the development process of Chinese sports and the deeds of outstanding athletes, creating a strong sports culture atmosphere[9].

4.2.2 Strengthen the construction of sports associations and cultivate student sports backbone

Sports associations are an important carrier for college students to perceive the charm of sports and appreciate sports spirit. Colleges and universities should attach great importance to the construction of sports associations, actively guide students to establish student associations with distinct sports characteristics, and cultivate a group of students who love sports, have obvious expertise, and have both moral and technical qualities[7]. Specific measures can be taken as follows:

First, regular training classes for the backbone of the association can be held to provide students with opportunities to deeply learn sports culture knowledge, systematically master the skills and tactics of sports projects, and widely participate in sports event practices, helping them to deeply understand the connotation of sports spirit. For example, the "Sports Spirit and Leadership" training camp can be held to improve the ideological quality and organizational ability of the backbone of sports associations[10].

Second, encourage sports associations to hold various forms of sports culture exchanges, sports project displays, sports volunteer services, etc., to serve teachers and students and enliven the campus while further cultivating sports moral feelings and promoting sports humanistic spirit. For example, the "Campus Sports Culture Festival" can be organized by sports associations to promote sports culture through competitions, displays, lectures, and other forms[6].

Third, support sports associations to carry out exchanges and cooperation with external sports organizations, expand students' horizons, and improve practical abilities. For example, cooperate with local sports associations to organize students to participate in community sports volunteer services, and spread sports spirit in practice[11].

Student backbone plays a leading role, driving more students to actively participate in sports activities, and inherit and promote the Chinese sports spirit in a subtle way.

4.3 Innovation of Sports Practice Education Mechanism

4.3.1 Improve the sports competition system and strengthen the educational function of competitions

Sports competitions have an irreplaceable unique role in promoting the comprehensive development of students and cultivating sports spirit[9]. Colleges and universities should further improve the internal sports competition system and provide more opportunities for students with different levels and hobbies to participate. Specific measures can be taken as follows:

First, when formulating competition rules, it is important to emphasize sports moral norms and include the assessment of sports spirit in the competition evaluation system. For example, a "Sports Morality Perfor-

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mance" item can be added in the scoring details of the school sports meeting, accounting for a certain proportion of the total score[10].

Second, in the organization of competitions, the guiding and exemplary role of coaches and referees should be fully played, and the moral and spiritual performance of sports should be summarized and commented on in a timely manner to educate and guide students to abide by rules and discipline, obey referees, respect opponents, and unite and cooperate, and consciously practice sports spirit. For example, a "Sports Spirit Theme Class Meeting" can be organized before the competition to strengthen the moral consciousness of the contestants[6].

Third, for major comprehensive sports events, sports spirit theme education can be widely carried out, and sports culture knowledge can be popularized to guide teachers and students to temper their character, strengthen their physique, and improve their cultivation while participating in sports competitions. For example, a "Sports Spirit and College Student Growth" theme lecture can be held during the school sports meeting, and outstanding athletes can be invited to share their growth experiences[11].

Fourth, innovate competition forms and set up characteristic projects that reflect sports spirit. For example, the "Sports Morality Style Cup" series of events can be held, and the assessment of sports morality and civilized behavior can be highlighted in the competition[9].

4.3.2 Establish a mechanism for the integration of physical education and moral education to promote the synergy of sports and moral education

There are long-standing problems such as "fighting separately" in school sports and moral education work, which restrict the educational effectiveness of sports spirit. The key to solving this problem is to establish a long-term mechanism for the integration of physical education and moral education and collaborative education[7]. Specific measures can be taken as follows:

First, the school party committee and administration should strengthen the overall leadership of sports work and moral education work, include the cultivation of sports spirit in the overall planning of school moral education, and improve the coordination operation mechanism. For example, a "Physical Education and Moral Education Integration Work Leading Group" can be established to coordinate and promote related work[10].

Second, the school's physical education department and student work department should establish a "people-oriented" concept, establish regular consultation and key collaboration systems, and promote resource sharing, complementary advantages, and joint efforts[6]. For example, a "Physical Education and Moral Education Work Joint Meeting" system can be established to regularly study and solve problems in integration.

Third, strengthen the integrated training of physical education teachers, coaches, and counselors, and head teachers to improve their comprehensive quality and collaborative education ability. For example, a "Physical Education and Moral Education Integration Capacity Enhancement Training Class" can be organized to enhance teachers' interdisciplinary education ability[7].

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Fourth, improve the assessment and evaluation mechanism of physical education and moral education, and include the effectiveness of sports spirit cultivation in the performance assessment of teachers and the comprehensive quality evaluation of students, forming a vivid situation of physical education integration and competition. For example, in the comprehensive quality evaluation of students, a "Sports Spirit and Moral Quality" evaluation index can be added.

Fifth, innovate the second classroom report card system and include participation in sports activities and performance in sports spirit in the assessment content. For example, a "Sports Spirit and Morality Development" module can be set up in the second classroom report card to record students' performance in sports activities[11].

Sixth, explore the "coach system" in physical education courses, encourage outstanding athletes to serve as guidance teachers for student sports associations, and give play to their unique role in spreading sports spirit[10].

Through the above measures, effective promotion of the deep integration of sports and moral education can be achieved, giving full play to the unique role of sports spirit in the moral education of college students, and providing strong support for cultivating college students who are comprehensively developed in morality, intelligence, physical fitness, aesthetics, and labor.

Integrating Chinese sports spirit into college moral education is a complex systematic project that requires the joint participation of the whole society to form an educational force. As the main position for talent cultivation, colleges and universities should give full play to the main channel role of moral education, deeply explore the core ideas and contemporary values of Chinese sports spirit, continuously innovate the content, form, and path of integrating sports spirit into moral education, guide college students to perceive and pursue truth, goodness, and beauty in sports, consciously transform the Chinese sports spirit into the spiritual motivation for forging character and dedicating to society, and contribute youthful strength to the realization of the Chinese Dream of the great rejuvenation of the Chinese nation.
The integration of Chinese sports spirit into college moral education is a complex systematic project that requires the joint participation of the whole society to form an educational force. Colleges and universities, as the main positions for talent cultivation, should give full play to the main channel role of moral education, deeply explore the core ideas and contemporary values of Chinese sports spirit, continuously innovate the content, form, and path of integrating sports spirit into moral education, guide college students to perceive and pursue truth, goodness, and beauty in sports, consciously transform the Chinese sports spirit into the spiritual motivation for forging character and dedicating to society, and contribute youthful strength to the realization of the Chinese Dream of the great rejuvenation of the Chinese nation.

5 Conclusion

The Chinese sports spirit is an important part of the excellent traditional culture of the Chinese nation, containing rich moral education resources and educational functions. Integrating it into the moral education practice of colleges and universities is an inevitable requirement for implementing the fundamental task of moral education, and it is an important measure to enhance the pertinence and effectiveness of moral educa-

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tion. The core elements of patriotism, fighting spirit, and unity and cooperation in the Chinese sports spirit are highly compatible with the cultivation goals of college students' moral education, providing a theoretical basis for the deep integration of the two.

At present, the deep integration of sports spirit and moral education practice still faces many dilemmas, mainly manifested in the curriculum system, teacher team, practical activities, evaluation mechanisms, and cultural atmosphere. These problems reflect that the systematic, holistic, and collaborative nature of integrating the Chinese sports spirit into moral education needs to be strengthened.

The theoretical model of "unity of knowledge and action, integration of physical education and moral education, and full participation, full process, and all-round" constructed in this study provides theoretical guidance for solving the dilemmas in the current integration practice. This model emphasizes the unity of theory and practice, explicit education and implicit education, and in-class and out-of-class, providing a framework support for designing specific practical paths.

Through a series of innovative practices such as the construction of physical education ideological and political education, the shaping of campus sports culture, and the improvement of the sports competition system, problems can be effectively solved, and the resonance and joint effort of sports spirit and moral education can be achieved. Specifically, in terms of curriculum system innovation, the integration of sports spirit elements into moral education curriculum content and the innovation of physical education ideological and political education should be focused; in terms of campus sports culture construction, efforts should be made to organize characteristic sports festivals, sports events, and strengthen the construction of sports associations; in terms of innovation of sports practice education mechanism, the sports competition system should be improved, and a mechanism for the integration of physical education and moral education should be established.

College moral education in the new era must be people-oriented, give full play to the comprehensive educational effects of sports, and actively innovate in aspects of curriculum system, teaching content, practical activities, and evaluation mechanisms. A systematic design plan for the all-round integration of Chinese sports spirit and moral education should be developed to promote the unity of knowledge and action, and integration, thereby guiding college students to internalize sports spirit and practice it, and to grow into socialist builders and successors who are comprehensively developed in morality, intelligence, physical fitness, aesthetics, and labor.

The integration of Chinese sports spirit into college moral education is a complex systematic project that requires the joint participation of the whole society to form an educational force. Colleges and universities, as the main positions for talent cultivation, should give full play to the main channel role of moral education, deeply explore the core ideas and contemporary values of Chinese sports spirit, continuously innovate the content, form, and path of integrating sports spirit into moral education, guide college students to perceive and pursue truth, goodness, and beauty in sports, consciously transform the Chinese sports spirit into the spiritual motivation for forging character and dedicating to society, and contribute youthful strength to the realization of the Chinese Dream of the great rejuvenation of the Chinese nation.

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