

# Educate People with Physical Education: Analysis on the Value and Development Path of Dragon Boat in College Counselors' Ideological and Political Work



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**Abstract:** In order to carry out the fundamental goal of cultivating people by virtue in colleges and universities and realize a strong country in sports, the education mode of "taking sports as a person" has become one of the important ways. As an excellent traditional sport of the Chinese nation, the dragon boat project has a profound connotation, among which the patriotic elements, collective consciousness and fighting spirit in the dragon boat are conducive to promoting the all-round development of college students. College counselors shoulder the important mission of mastering students' ideological and political situation and cultivating students' good moral quality. The promotion of dragon boat is conducive to the completion of college counselors' mission. At present, the concept of "taking Educate people with physical education" is not paid enough attention; Lack of conditions for dragon boat project; The problem of limited ability of counselors. Put forward to strengthen the concept of "taking Educate people with physical education"; Increase investment in dragon boat projects; The countermeasures to improve college counselors' ability of "taking sports as talents" hope to improve the comprehensive quality of contemporary college students and inherit Chinese excellent traditional culture at the same time.

**Keywords:** taking educate people with physical education; dragon boat; counselor; ideological and political education

The fundamental goal of cultivating people by virtue in colleges and universities is the mission of major colleges and universities. Implementing the goal of cultivating people by virtue and strengthening the construction of a sports power has become one of the important ways. Practice has proved that "Educate people with physical education" can realize people's yearning for a better life. On the one hand, sports activities can improve students' physical quality and shape the meaningful quality of hard work and courage to struggle. On the other hand, sports practice can make up for the lack of vividness of traditional ideological and political education to a great extent.

Wang (2023) As one of the traditional sports cultures of the Chinese nation, dragon boat contains excellent national spirit and is the source of living water for the development of Socialism with Chinese characteristics culture. (Shi et al., 2023) Dragon boat is of great significance in cultivating talents with both ability and political integrity in colleges and universities, and dragon boat project has become the only choice in colleges and universities.

Decree No.43 issued by the Ministry of Education clearly points out that college counselors should help students to constantly strengthen Socialism with Chinese characteristics's road self-confidence, theoretical self-confidence, institutional self-confidence and cultural self-confidence, and cultivate students to become

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qualified builders and reliable successors of Socialism with Chinese characteristics who are both red and professional, have both ability and political integrity and all-round development. Ministry of Education of the People's Republic of China (2017) Moral education is the duty of college counselors. Ideological and political education runs through all the work of college counselors. In carrying out ideological and political work and daily management, it can not only cultivate students' "morality" and "wisdom", but also give full play to the educational effect of sports, especially China's excellent national traditional sports, to promote the all-round development of students' morality, intelligence, physique and beauty. (Bi, 2022) "Educate people with physical education" can not only strengthen the communication between counselors and students, but also improve the ideological and political efficiency and quality of counselors. College physical education plays an important role in students' ideological and political education. (Xiang, 2022) Especially the traditional sports dragon boat with educational value, the development of dragon boat project in colleges and universities is of special significance to cultivate the comprehensive quality of college students.

### **1. An analysis of the Value of Dragon Boat in the Ideological and Political Work of College Counselors**

National traditional sports is an important part of Chinese excellent traditional culture. Combining it with ideological and political education not only enriches the content and form of ideological and political education, but also can strengthen students' physique and establish firm ideals and beliefs for them. (Aaron & Chen, 2023) The dragon boat project has a long history. The earliest dragon boat appeared in the ancient Chinese book "Biography of Mu Zi Tian", in which "the son of heaven rides a bird boat and a dragon boat and floats on the marsh". (Wang, 2017) It implies that there was already a dragon boat at that time and it was a means of transportation for the emperor. In the long history of China, the dragon is an auspicious thing and a representative of noble status. Later, people portrayed the dragon totem in boats for sacrifice and prayer, so as to pin people's yearning for a better life. The unique culture of

dragon boat in China has been widely recognized and passed down by the Chinese people. It is of great significance to continue to explore the spiritual connotation and significance of the dragon boat for the ideological and political work of college counselors in the new era.

#### **1.1 Patriotism shows confidence**

In the records, the dragon boat is closely related to many famous people, such as Cao E, Wu Zixu and Qu Yuan. Among them, Qu Yuan said that it was recognized by most people. According to legend, the dragon boat project was carried out to save Qu Yuan, and Qu Yuan's unrelenting patriotism was highly respected and supported by the people, so as to commemorate Qu Yuan's patriotic enthusiasm for worrying about the country and the people by taking advantage of the Dragon Boat Festival on the fifth day of May. China combines dragon boat racing with traditional Chinese festivals, and the national hero Qu Yuan, dragon boat racing and traditional festivals blend organically, which endows the dragon boat with national sentimental significance. It is not only respected in China, but also has a certain position and influence in the international arena. In 2021, the China Dragon Boat debuted at the Tokyo Olympic Games, which means that the dragon boat, as a traditional project of the Chinese nation, has been affirmed and recognized by the world. It reflects the extraordinary status and value of the dragon boat on the side, is a unique symbol of the Chinese nation, is the spiritual sustenance of the Chinese people, and symbolizes the belief of the Chinese people to keep upright.

#### **1.2 The collective spirit to expand unity**

Dragon boat is a collective sport. Rowers' paddle frequency closely follows the drummer's rhythm, and the direction of the boat closely follows the helmsman's command. To succeed, we must strictly follow the drummer's command and be uniform. Every technical action of the rower needs to be unified, and the big paddle and the fast paddle work together to test the team members' ability of unity, cooperation and tacit understanding. Every member of the dragon boat needs to work together to keep up with the rhythm. A small frequency error of a member will lead to the failure of the race. Including the helmsman, the helmsman needs to find

out the nature of his dragon boat players, how to turn and shorten the distance while ensuring the smooth progress of the dragon boat, and all need coordination. Dragon boat is not a battlefield for one person, but for a group of people. The dragon boat race tests the ability of a group of people to unite and cooperate, and the inclusiveness of their efforts and cooperation. College students are in the initial stage of establishing their world outlook, outlook on life and values, and their team consciousness is relatively weak. College students in the new era are born after 00, with distinct personalities, their own ideas and opinions, and more self-centered. Dragon boat activities help counselors to carry out students' ideological and political work, let students feel the charm of unity in the dragon boat, let students realize the power of collective cooperation in the dragon boat and improve their personality. At the same time, the process of obeying the drummer's command helps students develop the habit of obeying the command and obeying the command. During the competition, students can develop good conduct of respecting referees, opponents and teammates. In every dragon boat learning competition and activity, let the students sum up their experiences and cultivate their collectivism spirit of helping each other in the same boat.

### **1.3 The spirit of hard work promotes progress**

Dragon boat race is a competitive activity. With the sound of the horn, drummers beat drums, rowers rowed with all their strength, and the audience shouted loudly. Especially at the last critical sprint moment, with the rapid drums, the rowers sprinted desperately and crossed the finish line with the cheers of the audience, and the dragon boat athletes were in high spirits with the shouts and applause of the audience. The fierce dragon boat race can effectively stimulate students' desire to win and lose, so that students can gradually realize themselves and break through themselves in the fierce dragon boat race. After a long period of training, students show their elegance in the stadium, so that their inner desire for attention is satisfied, especially to win the first place, which makes students' adrenaline soar. As the dragon boat team members of Geely University surveyed by the author said: "Although we are a new dragon boat star, we think we can definitely win the

first place if we work hard!" It is not difficult to see from the words of dragon boat players that they have a high degree of self-confidence and tenacious sense of struggle and competition. This kind of competition and hard work will affect the school spirit and study style of a school. The inheritance of dragon boat in colleges and universities is not only the successor of Chinese traditional culture, but also can help students to establish the spirit of forging ahead bravely and bravely, and cultivate students' will to never give up.

## **2. Dragon Boat in the Ideological and Political Work of College Counselors Problems**

### **2.1 The concept of "Educate people with physical education" is not paid enough attention.**

On the one hand, the degree of attention paid by students is not enough, and most students' leaders think that counselors should do their own thing well without major crisis events. Although it is emphasized time and again that counselors are the guides of college students' thoughts and need to attach importance to their ideological and political education, very few people will link ideological and political education with sports and the dragon boat of Chinese traditional culture. In the final analysis, the innovation of the ideological and political work of counselors needs to be strengthened, and the traditional way of talking and talking is adopted more, and the concept of "taking Educate people with physical education" is not paid enough attention. In the process of investigation, the author found that although some schools offer dragon boats, the leaders are worried about the risk of dragon boats, so they turn a blind eye to the school's dragon boat team and let it develop freely. The lax attitude of school leaders towards their dragon boat team has seriously hit the enthusiasm of counselors to develop dragon boats. On the other hand, the counselors themselves don't pay enough attention to the concept of "Educate people with physical education". According to the "Regulations on the Construction of Counselors in Colleges and Universities", among the nine responsibilities of counselors, it is not clearly stipulated that sports inheritance is one of the nine responsibilities. Some counselors think that physical education is a matter outside their own responsibilities. (Bi, 2022) I don't want to spend a lot

of time and energy on the promotion and inheritance of dragon boats. In particular, a large number of non-sports professional counselors are not enthusiastic about sports, let alone dragon boat, a relatively minority project, and they know nothing about it. It is rare to promote its wide spread among students.

## **2.2 The conditions for the dragon boat project are lacking.**

The lack of dragon boat conditions is mainly in three aspects. One is the environment. At present, colleges and universities have their own special projects, but except those in coastal areas who have special worship of dragon culture, teams in other regions know little about dragon boat projects. The development of dragon boat projects requires a good environment and certain waters. According to the author's investigation, the coastal areas such as Liaocheng University Dragon Boat Team and Qinghai University Dragon Boat Team are relatively mature, with their own training grounds and surrounding waters. There is no special water area for training in other southwest areas. Secondly, in terms of equipment, because the dragon boat is an aquatic event and a collective event, it is essential to have dragon boat related equipment. Among them, the dragon boat is divided into a small dragon boat with 12 people and a large dragon boat with 22 people. The most basic boat, paddle, drum and rudder of the dragon boat are essential. Dragon boat is an aquatic event, which is dangerous and needs necessary life jackets. Especially as a novice, the paddle frequency is easy to be confused, and it is often easy to cause damage to the paddle in the fierce competition. All of the above require a lot of money to maintain. The third is the system. First of all, professional coaches are needed to teach and teach counselors, and counselors can impart ideological and political information to students from practice. However, at present, most schools are carrying out the old and new, and sophomores and juniors bring freshmen, and the professional level is not enough, and counselors are also separated; Secondly, there is no characteristic physical education course in our school, and most of the studies do not offer such courses, so there is no systematic study; Thirdly, there is no stable community, which greatly limits the

promotion of dragon boat in the whole school.

## **2.3 College counselors have limited ability.**

There are three main aspects of ability limitation. First, the major is limited. The major of counselors in major universities is different, mostly ideological and political. Most counselors in colleges and universities are born in non-sports majors, and they don't know much about Chinese traditional sports and dragon boat events. Most college counselors in China lack professional knowledge, skills and experience in organizing sports activities.(Li & Shi, 2018) Secondly, time is limited. It is said that counselors are "busy with lights out". Indeed, counselors should be responsible for students' behavior at all times. When there is a problem, contact counselors immediately. It can be said that counselors' time is all students'. In the process of the author's research, the dragon boat team of Geely University is led by two young counselors, and even at the competition site, both team leaders are dealing with student affairs. Finally, energy is limited, counselors have many affairs,team training,daily affairs management, emergency response, etc. All kinds of affairs, large and small, have overwhelmed counselors. During the investigation, many counselors told the author that the dragon boat project feels very interesting, and they must try it when they are busy. There are only a handful of counselors coming, and most of them say that there is too much transactional work. Counselors are powerless to inherit the traditional national sports.

## **3. Dragon Boat in the Ideological and Political Work of College Counselors Development Path**

### **3.1 Strengthen the concept of "Educate people with physical education"**

First of all, the leaders of students and workers pay more attention to the concept of "taking sports as people" and entrust the Institute of Physical Education to strengthen the propaganda and inheritance of national traditional sports. Hold more activities related to national traditional sports, especially qualified colleges and universities, develop more dragon boat projects, and affirm the value and significance of dragon boat projects. Leaders need to change their minds. Any sports event has unpredictable risks, and they must not abandon

the dragon boat event because of the risks. The risk of dragon boat is inevitable, and the leader emphasizes that the counselor reminds students to put safety first and wear life jackets every time they train on the water. At the same time, through the dragon boat project, we will encourage the innovative development of counselors' ideological and political work and promote the infiltration of traditional culture into ideological and political work. Secondly, the physical education institutes of major universities pay more attention to national traditional sports, especially the support for dragon boat events. Actively recruit physical education teachers related to national traditional sports, improve the professionalism of the school, and take the initiative to contact counselors from various colleges and invite them to conduct training and study. Conditional colleges and universities can offer dragon boat elective courses, and some national traditional sports majors in physical education colleges can take dragon boat as a compulsory course to enhance the transportation ability of dragon boat talents. Finally, the counselors arrange their own time and energy reasonably, make rational use of resources according to the existing resources of the school, carry out dragon boat training and study, and attach importance to the inheritance of dragon boat. And timely use of class meetings, visits to dormitories, daily heart-to-heart talks and other ways to do ideological work with students, so that students can take the initiative to participate in dragon boat events and competitions, and correctly guide students to feel the charm and connotation of dragon boat.

### **3.2 Increase investment in dragon boat projects** **The investment in the dragon boat project is mainly in two aspects.**

On the one hand, it is the level of utensils, rationally using lakes and rivers inside and outside the school, actively reaching cooperation with the person in charge of managing lakes and other waters around the school, making full use of the surrounding water resources, and even creating practice waters by yourself if conditions permit. Dragon boat event is a competitive event after all, which can not be separated from the practice of various physical qualities. At the same time, schools need to provide daily training places, such as gymnasiums, and the

equipment in gymnasiums can help improve students' physical fitness. In addition to creating the environment, it is also necessary to strengthen the procurement of dragon boats, paddles, clothes and life jackets. In addition to school funding, the procurement can also exercise students' ability to attract sponsorship, enhance students' ideological and political consciousness, comprehensively develop students' quality in all aspects, and enhance their own hematopoietic capacity. On the other hand, at the institutional level, the school creates conditions and invites experts related to dragon boat to the school to train counselors and coaches on dragon boat, so that counselors can have a deeper understanding of dragon boat. As the saying goes, teachers can only give students a scoop of water if they have a bucket of water, and so can the promotion and inheritance of dragon boat. In addition, the counselor's achievements in leading the dragon boat should be affirmed, publicly praised and regarded as an important basis for year-end evaluation, so as to enhance the enthusiasm of the counselor.

### **3.3 Improve the ability of college counselors to Educate people with physical education.**

Counselors themselves actively learn about dragon boat, especially counselors in art disciplines. Calling students to join the dragon boat can not only improve students' own quality, but also talented students can even use the dragon boat as a way of employment. The combination of ideological and political education of counselors and students' social practice means that counselors can organize students to undertake services for the school and society, such as volunteers and participants in sports events.(Luo, 2020) As the direct managers of socialist young college students, college counselors need to instill full national self-esteem, self-confidence and pride in students, so that students can establish nationalist ideas, unite with ideological and political teachers and physical education teachers, and inherit excellent traditional national sports culture.(Chen, 2020) Counselors should set an example by themselves, go deep into dragon boat training and activities, actively hold dragon boat-related activities in various forms, and promote students to participate in dragon boat training in various ways to promote the steady development of dragon boat in colleges and

universities. The problem of counselors' time and energy, on the one hand, requires the refinement of school counselors' work, reducing some unnecessary and repetitive work, and leaving the real time for counselors to do meaningful things. On the other hand, counselors themselves should improve their management ability and work efficiency, so that their students can learn to solve their own problems and give them necessary guidance and help when they are independent, instead of becoming "nannies" who do everything themselves, changing the conventional management and education methods, fully setting aside time and energy to borrow dragon boat culture to complete ideological and political work and help students grow into talents. In a sense, it is not only to help students, but also to achieve counselors themselves.

### Summary

As an excellent culture of the Chinese nation for thousands of years, dragon boat is of great significance in cultivating patriotism, collective consciousness and fighting spirit, and it has a good inheritance effect and great influence in the ultra-dynamic group of contemporary college students. However, the realization of this effect requires a special group of college counselors to thread the needle. As the saying goes, "There are thousands of lines above, and a needle below."

### Conflict of Interest

The author declares that she has no conflicts of interest to this work.

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