

# Exploration and Enlightenment of Track and Field Curriculum Ideological and Political Practice in Sichuan University of Light Chemical Technology under the Guidance of Characteristic Spirit

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**Abstract:** This study takes the track and field course of physical education major of Sichuan university of light chemical industry as the core research object, systematically explores the practical path and educational efficiency of embedding Zigong salt worker spirit and 652 spirit into the ideological and political construction system of the course. Based on the combination of educational theory and practice, this paper deeply analyzes the internal coupling mechanism between local characteristic spirit and ideological and political elements of track and field curriculum, and focuses on explaining the value-oriented and spiritual cultivation function of characteristic spirit in the process of ideological and political implementation of track and field curriculum. Through systematic sorting out and deep excavation of innovative measures in the process of ideological and political construction of track and field courses in Sichuan University of Light Chemical Technology, the practical mode with demonstration significance is extracted, aiming at providing experience examples and theoretical references for ideological and political construction of track and field courses in colleges and universities nationwide, and promoting the high-quality development of ideological and political construction of physical education courses.

**Keyword:** Characteristic Spirit; Track and Field Curriculum Ideology; Sichuan University of Light Chemical Industry; Salt Worker Spirit; 652 Spirit

## 1. Introduction

Relying on the regional cultural resources and the spiritual accumulation of school history, Sichuan University of Light Chemical Technology innovatively integrates Zigong Salt Worker Spirit and 652 Spirit into the ideological

and political education practice of track and field curriculum, and successfully creates a distinctive educational model. Among them, Zigong Salt Industry Spirit, as the spiritual condensation of millennium salt industry civilization, embodies the pioneering and innovative courage of "digging wells and breaking rocks and perseverance"; while 652 Spirit carries the struggle course and spiritual inheritance of "hard work and perseverance" since the establishment of the school. These two characteristic spirits form a deep fit and synergy effect with the pursuit of value of striving and challenging limits contained in track and field sports. Through this practice exploration, it not only infuses brand-new cultural connotation and spiritual support into the ideological and political education of track and field curriculum, but also opens up a new path to realize the deep integration of regional culture, school history tradition and physical education. The systematic research and deep analysis of practical experience of Sichuan Light Chemical University helps to break through the homogenization dilemma existing in the ideological and political construction of current physical education curriculum at the theoretical level, and provides a model for promoting the coordinated development of ideological and political education and physical education at the practical level, which has remarkable theoretical value and practical guiding significance.

## 2. Analysis of the Correspondence Between Characteristic Spirit and Track and Field Curriculum Ideology

### 2.1 Zigong Salt Worker Spirit: Practical Wisdom and Value Core Accumulated for Thousands of Years

Zigong salt spirit is the crystallization of the long-term integration of regional culture and labor production practice in Bashu. After more

than 2,000 years of salt production activities, it has formed a spiritual system with "perseverance, innovation and coordination" as its core essence. From the ancient manual drilling technology "Dun file method" to create a new era of world drilling technology, to the modern vacuum salt making technology major breakthrough, salt workers group under extremely harsh production conditions, relying on the firm belief that "things are man-made" to overcome technical difficulties, relying on tenacious perseverance to complete the drilling of thousands of deep wells. This courage to challenge the limit and perseverance constitute the core characteristics of the salt worker spirit. At the same time, the "well-factory system" with clear division of labor in salt production and the innovative tradition of cross-field technology integration fully demonstrate the important value of collective wisdom and innovative thinking. The above spiritual characteristics are highly consistent with the competitive concept of "higher, faster and stronger" held by track and field sports at the cultural level, which provides rich spiritual materials for the ideological and political construction of track and field courses.

## **2.2 652 Spirit: Struggle Imprint and Education Element in School History**

The spirit of 652 originated from the practice of running a school in Sichuan University of Light Chemical Technology during the period of "Three Lines Construction" and carried the precious historical memory of the older generation of educators who "rooted in the west and worked hard to run a school". In the special historical stage, teachers and students overcome multiple difficulties such as material shortage and bad environment with the struggle spirit of "tent as classroom, oil lamp with study", and successfully built a modern campus in a deserted place. This struggle spirit of "starting from zero and unswerving" has become the spiritual banner in the development process of the school. The collectivism values, dedication consciousness and responsibility contained in 652 spirit are naturally consistent with the team cooperation emphasized in relay events and the honor concept emphasized in collective events in track and field courses; the idea of "breaking through difficulties and making progress in challenges" contained in it provides localized spiritual guidance for frustration education in track and field training.

## **2.3 Three-Dimensional Synergy Mechanism Between Spiritual Culture and Curriculum Thinking**

Analyzed from the practice level, the physical characteristics of track and field sports resonate with the labor practice attribute of characteristic spirit at the behavior level. Whether it is the continuous output of strength and endurance in the process of salt drilling, or the physical input of 652 builders in the process of construction, it forms an intuitive connection with physical training and technical movements in track and field training. At the educational level, the "process value" embodied in the two spiritual cultures--salt workers need to spend several years to dig a well, and the dedication of 652 builders for decades echoes with the training concept of track and field athletes "realizing qualitative leap by continuous accumulation", which provides a feasible way to solve the problem of "emphasizing achievements and neglecting process" in physical education curriculum. This multi-dimensional combination promotes the characteristic spirit to naturally and effectively integrate into track and field curriculum, and realizes the successful transformation from cultural symbols to educational resources.

## **3. Practice and Exploration of Integrating Ideological and Political Characteristics into Track and Field Curriculum of Sichuan University of Light Chemical Technology**

Sichuan University of Light Chemical Technology adheres to the educational concept of "spiritual culture nourishes curriculum teaching, curriculum system inherits spiritual core", deeply excavates regional cultural resources and spiritual vein of school history, and systematically constructs track and field curriculum ideological and political practice system with distinct local logo and profound historical accumulation. Through systematic reconstruction of teaching content, innovative reform of teaching methods and scientific reshaping of evaluation system, this system realizes the organic blend and coordinated development of characteristic spirit and physical education, and explores a new path of differentiated and characteristic education for ideological and political construction of college curriculum.

From the point of view of practice process, the

school takes "deconstruction-reconstruction-fusion" as the logic main line to promote curriculum reform. Firstly, the author disassembles Zigong salt worker spirit and 652 spirit, extracts core elements such as innovation, perseverance and teamwork, and then rearranges and integrates these spiritual elements according to the teaching objectives and skill training needs of track and field courses. Finally, through the links of teaching content design, method innovation and evaluation optimization, the transformation of characteristic spirit from abstract concept to concrete teaching resources will be realized, and a virtuous cycle mechanism of "spirit leading teaching and teaching practice spirit" will be formed. This practical exploration of integrating regional culture and school history tradition into professional curriculum provides a new solution to the problem of homogenization of ideological and political construction in physical education curriculum.

### **3.1 Design of Teaching Content: Constructing the Fusion Matrix of Characteristic Spirit and Track and Field Teaching Content**

Sichuan University of Light Chemical Technology extracts core educational elements such as innovation, perseverance and teamwork through analyzing Zigong Salt Industry Spirit and 652 Spirit, and integrates them into track and field course teaching content. For example, in the sprint project, take the "efficiency innovation" in the development of salt industry as the cut-in point to guide students to understand the importance of scientific and technological innovation to the improvement of sports ability; in the long-distance running project, create the theme teaching unit of "Salt Road Spirit Run", so that students can understand the spirit of perseverance in the process of simulating salt transportation route.

The design of this kind of teaching content not only enriches students' knowledge system, but also cultivates their spiritual quality invisibly. Students improve their sports skills, but also enhance their sense of social responsibility and historical mission.

### **3.2 Innovation in Teaching Methods: Construction of Multi-Modal Immersion Teaching Mode**

Sichuan Light Chemical Industry has made a great breakthrough in the traditional physical education teaching framework and constructed a

trinity teaching system with "situational experience-case discussion-practice innovation" as the core, realizing the transformation of spiritual value from cognition to behavior through technical empowerment, case deconstruction and practice driving.

#### **3.2.1 Situational Teaching: Virtual Simulation Reconstructing Motion Scenes**

With the help of VR technology, the scene of ancient salt field and three-line construction is restored. Students wear equipment to simulate salt workers' labor movements during training, and feel hardships through muscle feedback; AR technology is used to superimpose historical scenes on track and field, so that students can interact with historical images in curve running and obstacle running, realizing the integration of physical movement and spiritual perception.

#### **3.2.2 Case Teaching: Decoding Spiritual Connotation of Two-track Narrative**

This paper selects Zigong athletes (such as Wu Yanni learning from the spirit of salt workers to optimize the starting technology) and alumni of our school (such as village teachers using waste equipment to design training programs) as cases, and guides students to analyze the application of spiritual elements in training from the perspective of sports psychology by means of slice discussion and role simulation.

#### **3.2.3 Practical Workshop: Project-based Learning for Spiritual Embodiment**

Students carry out three kinds of practices in groups: transforming salt labor movement salt terrain into "three-dimensional obstacle training system"; designing "salt road spirit relay race"; creating sports cartoons and other creative works, realizing the embodiment of spiritual value in professional practice such as hurdle technology optimization. Personal opinion: This mode enables muscle memory and cultural cognition to generate synesthesia through VR weight-bearing training, which can deepen spiritual understanding more than traditional teaching; case teaching converts abstract spirit into quantitative schemes such as pace adjustment, reflecting "carrying Tao with skill"; adaptation of obstacle running rules enables spiritual cultivation to be naturally integrated into skill training.

### **3.3 Perfecting the Evaluation System: Constructing a Multi-Dimensional Evaluation Framework for Ideological and Political Education**

Sichuan University of Light Chemical Technology breaks through the traditional single skill evaluation mode, constructs a three-dimensional evaluation system of cognition, behavior and emotion, and accurately evaluates the educational effect of integrating characteristic spirit into track and field curriculum.

The cognitive dimension adopts the evaluation method of "mental knowledge construction atlas", which requires students to comb the relationship between salt spirit, 652 spiritual core elements and track and field training with thought map, and quantify the scores from the dimensions of structure, correlation and innovation to help students construct systematic cognition. The behavior dimension relies on the "process development file", records the behavior performance such as training dilemma response, team cooperation, sports spirit and so on through the mutual evaluation of teachers, peers and students, and dynamically tracks the spiritual practice effect. Emotional dimension combines narrative text analysis and quantitative emotional assessment to comprehensively measure students' emotional identity by analyzing students' mental growth diaries, self-assessment and mutual assessment scales. In addition, the commendation system of "outstanding practitioners of characteristic spirit" shall be set up to give play to the role model effect and promote the dissemination and practice of characteristic spirit.

#### IV. Enlightenment of track and field course ideological and political practice under the guidance of characteristic spirit

Sichuan University of Light Chemical Technology deeply integrates Zigong Salt Industry Spirit and 652 Spirit into the innovative practice of track and field curriculum thinking, which not only injects new kinetic energy into the development of physical education major in schools, but also provides replicable and replicable examples for the ideological and political construction of national colleges and universities with its unique practical experience. The educational ideas and implementation strategies contained in this practical achievement show universal applicability and reference value beyond the limitation of region and school history in the aspects of educational resource integration, interdisciplinary integration and educational mode innovation.

##### 3.3.1 Excavate local cultural resources and

create a characteristic ideological and political education ecology

The practical experience of Sichuan University of Light Chemical Technology shows that regional culture and school history tradition are valuable resources and rich mines for curriculum ideological and political construction. The school successfully integrates Zigong Salt Industry Spirit and 652 Spirit into track and field curriculum, which is essentially an innovative development and transformation application of local characteristic educational resources. This inspires other colleges and universities to break through the dilemma of ideological and political education resources convergence, based on the historical and cultural context of the region and the development process of the university, deeply explore the unique spiritual and cultural elements. For example, colleges and universities with industrial history can refine the craftsman spirit of industrial workers, colleges and universities located in the old red revolutionary areas can inherit the red spiritual genes of revolutionary ancestors, and organically link these local spirits with endurance training, team cooperation and other teaching links in track and field courses, thus forming the ideological and political education pattern of "one school with one characteristic". By constructing the collaborative linkage mechanism of "regional culture-school history inheritance-curriculum content", an immersive ideological and political education environment is created to promote students to realize spiritual resonance and value internalization in familiar cultural atmosphere.

##### 3.3.2 Innovate the mode of integration of physical education and promote the natural infiltration of ideological and political education

The key to ideological and political construction of track and field courses lies in solving the problem of "two skins" between ideological and political elements and physical education teaching. Sichuan University of Light Chemical Technology adopts the integration strategy of "goal coordination, content fusion and method linkage" to realize the natural integration of characteristic spirit in the whole process of track and field teaching. In the setting of teaching objectives, the spiritual cultivation objectives and sports skills improvement objectives will be planned as a whole, such as combining the spiritual cultivation objectives of "perseverance" with the long-distance endurance training objectives; in the design of teaching contents,

the abstract spiritual connotation will be transformed into concrete teaching cases based on historical stories and deeds of characters; in the application of teaching methods, students can feel spiritual strength in physical practice by means of situational simulation and project-based learning. This kind of "subtle influence" fusion mode provides important reference for other colleges and universities: the ideological and political construction of curriculum should follow the characteristics of physical education discipline, take sports skill training as the carrier, take spiritual value guidance as the core, construct the progressive education system of "skill learning-emotional experience-value sublimation", and finally realize the coordinated development of physical education and ideological and political education.

### 3.3.3 Construct a collaborative education system to stimulate the effectiveness of multi-subject education

Sichuan University of Light Chemical Technology has built an all-round and multi-level education network by integrating internal resources, gathering social forces and strengthening home-school cooperation. In the aspect of teacher team construction, an interdisciplinary teaching team composed of physical education teachers, ideological and political teachers and local cultural experts shall be set up to give full play to the advantages of teachers of different majors; in the practical teaching link, cooperative relations shall be established with local museums and alumni enterprises to expand the practice platform of curriculum ideological and political thought; in the teaching evaluation system, parents and social personages shall be introduced to participate in the evaluation of students 'growth to form a multi-dimensional feedback mechanism. This practice shows that high-quality curriculum ideological and political construction needs to break down the barriers between educational subjects and construct an educational community of "school-led, social coordination and family participation". Colleges and universities should fully mobilize the enthusiasm of multiple subjects, transform social and cultural resources and family emotional support into joint efforts in educating people, create a three-dimensional education mode with in-class and extracurricular connection and online and offline integration, and effectively enhance the effectiveness and influence of

ideological and political education.

## 4. Highlight the Orientation of Practical Education and Promote the Unity of Knowledge and Practice in Ideological and Political Education

Sichuan University of Light Chemical Technology has transformed abstract spiritual concepts into concrete actions that students can participate in and experience by carrying out practical activities such as "Salt Transportation Theme Obstacle Competition" and "Spiritual Theme Workshop". This practice fully demonstrates the important role of practical education in curriculum thinking. Track and field curriculum thinking should not be limited to the teaching of theoretical knowledge, but through the design of rich and diverse practical projects, so that students can deepen their understanding of spiritual connotation in the process of personal participation, team cooperation and problem solving. For example, organize students to participate in voluntary service of community sports, practice the spirit of unity and dedication in service practice; hold track and field events themed by school history to inherit the spiritual culture of the school in the form of competition. Through the educational path of "learning in practice and understanding in learning", we will promote the transformation of ideological and political education from "knowledge" at the cognitive level to "action" at the behavioral level, and truly realize the educational goal of integrating knowledge and action.

## 5. Conclusion

Sichuan University of Light Chemical Technology deeply integrates Zigong Salt Industry Spirit and 652 Spirit into the practice of track and field course thinking, and constructs a new educational paradigm of organic integration of regional culture, school history tradition and physical education. This practice breaks through the limitation of traditional sports thought and politics, which emphasizes theory preaching and neglects physical practice. Through the cultural coding of teaching content, the situation reconstruction of teaching methods and the multi-dimensional expansion of evaluation system, the characteristic spirit has been transformed from cultural symbols to educational resources. While improving their special skills such as sprint and jumping, students have completed the value transfer from

spiritual cognition to sports behavior, which confirms the unique educational value of characteristic spirit in sports thinking.

From the perspective of theoretical construction, this practice expands the research boundary of curriculum thinking. It is found that the regional cultural gene and school history spirit pedigree are not the auxiliary elements of curriculum thinking, but the core kinetic energy of activating sports thinking vitality. By excavating the inherent agreement between the pioneering spirit of salt workers "digging wells and breaking rocks" and the competitive characteristics of track and field sports "challenging limits," the team spirit of 652 spirit "hard work" and the cooperation requirements of relay running events, a three-dimensional educational framework of "cultural infiltration-skill strengthening-value molding" is constructed, which provides theoretical innovation for solving the dilemma of sports ideological and political homogeneity.

At the practical application level, the implementation path of "local resource excavation-discipline cross-integration-multi-subject collaboration" explored by the school has significant demonstration value. The practice of transforming the ancient salt road transportation scene into obstacle running training scheme and integrating the three-line construction story into endurance running teaching provides a replicable operation paradigm for industrial characteristic colleges to integrate craftsman spirit and red culture colleges to infiltrate revolutionary tradition. This practical wisdom of transforming regional cultural symbols into sports skill training elements highlights the professional characteristics of sports thinking and politics of "carrying spiritual inheritance with physical practice."

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