

Design and analysis of the teaching plan of the University Volleyball General Course incorporating the spirit of the women's volleyball team

Zhang Yi Chen

Capital University of Physical Education and Sports

Abstract: Comprehensively promoting the ideological and political construction of university courses is a strategic measure to thoroughly Carry Out General Secretary Xi Jinping's important exposition on education and the spirit of the National Education Conference, and to carry out the basic task of establishing morality and fostering people. By using the methods of literature, expert interview and Behavior Research, this paper systematically studies the design and analysis of the teaching plan of the volleyball general course integrated with the spirit of women's volleyball in colleges and universities, its conclusion: to carry out the basic task of making a moral person in the volleyball general course, teachers need to store a large number of related stories about the spiritual connotation of women's volleyball in their brains, and it is difficult to design teaching plans according to the course contents, in the classroom with heuristic education to solve the problem, with a simple and innovative teaching mode to make the curriculum salt into water, moisten things quietly teaching effect.

Key words: University Volleyball Course, the spirit of the women's volleyball team, Design and analysis of the teaching plan