



Figure 3. Tango of life.



Figure 4. Water of life.

Conclusions: To improve the participation and interaction of interesting interactive public sculpture, not only artists need to meet the psychological needs of the public in the process of creation, but also the public need to improve their own quality and cultural and artistic accomplishment. The needs of the public develop with the development of time. Therefore, the interesting interactive public sculpture is also developing in the direction of diversification. Its ultimate goal is to provide the public with a space for rest and entertainment, so that the public can play the role of education in the process of participation. The diversified development of interesting interactive public sculpture also provides a good communication space for the public, so that the public's psychological behavior has been relaxed to the greatest extent.

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ROLE OF SPORTS PSYCHOLOGY IN COLLEGE PHYSICAL EDUCATION

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Background: Sports psychology is a side branch of psychology application in sports. It reflects the performance and actual law of sports activities comprehensively, and it is a discipline to study the characteristics of psychological activities and the rules of activities that human beings show in the specific sports activities. Since China entered the reform of teaching curriculum, colleges and universities have made many attempts in the curriculum setting, and expect to better train the comprehensive quality of students, gradually improve the attention to the physical education curriculum, let students participate in more sports activities, strengthen students' physique and cultivate more interests and interests of students. Students in the process of engaging in specific sports activities in school will encounter different activity environment and problems, will produce different psychological activities, which affect their own sports

behaviors. Positive psychological activities can promote students to actively accept learning, which will help to improve and improve the quality of physical education in Colleges and universities, the negative psychological activities will affect the students' learning beliefs and enthusiasm, and hinder the development and progress of students' physical education learning. The application of sports psychology will promote the development of students' character and comprehensive quality education, and can change the negative psychological activities produced by students in time, which is of great significance to the implementation of physical education in Contemporary Colleges and universities and the cultivation of students' comprehensive quality.

Objective: The research of sports psychology in college sports teaching focuses on students' cognition of sports activities, students' emotion, sports purpose, students' personality and physical function differences, mainly exploring students' psychological activities and psychological quality in sports teaching. The application of sports psychology in college physical education can not only improve the quality of physical education, but also play a correct role in guiding the students' psychology to participate in sports activities, making college physical education more interesting and favored by students. In recent years, under the promotion of the reform of teaching system in Colleges and universities, colleges and universities gradually began to pay attention to the education of students' comprehensive quality, among which college physical education is an important part. Physical education is a course to cultivate teenagers' positive sports thoughts and improve their own physical quality, which plays an important role in the overall cultivation of students' comprehensive quality in Colleges and universities. Exploring the specific application of sports psychology in college physical education has practical significance in promoting the smooth development of physical education curriculum. Combined with specific examples, this paper puts forward some suggestions on the application of sports psychology, so as to improve the quality of sports teaching and promote the development of students' comprehensive quality education.

Subjects and methods: (1) Teachers should have a comprehensive understanding of students. In the process of physical education teaching in Colleges and universities, physical education teachers face a lot of students. Personality differences, ability differences and gender differences among individuals will have an impact on specific physical education teaching. The differences among students make students have different enthusiasm for the same sports activities, which is not conducive to the unified physical education teaching of all students. Therefore, before carrying out sports activities, PE teachers should have a comprehensive understanding of all students, pay attention to each individual student, especially the individual student with obvious personality characteristics, and communicate with the class teacher and students before teaching, so as to understand the current psychological activities of students, and know their sports hobbies and their own sports literacy, In order to improve the quality of physical education, we should grasp the students' sports quality, sports hobbies, psychological dynamics and other aspects, make timely adjustments in physical education teaching, formulate suitable courses for teaching, and improve the quality of physical education teaching. For example, physical education teachers should make clear the physical differences between male and female students, and adjust the content of physical education. The content of physical training for female students should be appropriately reduced in intensity and amount of training, and some training of coordination and flexibility should be added; The male students should increase the intensity of physical training, more physical and strength training, the difficulty can be improved.

(2) Realize the organic combination of sports psychology theory and practice. In order to apply sports psychology in physical education teaching and play its important role, the first step is to organically combine the theory and practice of sports psychology. Only when the theoretical knowledge of sports psychology is applied to the specific physical education teaching practice in Colleges and universities, can it play its role in promoting the progress of physical education teaching. For example, physical education teachers use the imagery training method in sports psychology to let students consciously and autonomously imitate, repeat, adjust and create their own actions through the already formed imagery of sports activities in the brain, so as to form real image activities in the brain, To help students learn sports activities, the combination of imagery training and action skills training, cross, help students memorize action skills, master action essentials, and improve students' learning effect.

(3) Using diversified teaching methods to apply sports psychology. The application and promotion of sports psychology needs to be realized through diversified teaching methods. Different teaching modes and contents are introduced into the physical education teaching in Colleges and universities, so as to enrich the environment and content of physical education teaching, provide students with more choices of sports activities, create more novel teaching methods, and provide a diverse and interesting learning environment, Let students more willing to participate in physical education, the application of sports psychology reflected in the diversified teaching practice, play its role in actively promoting physical education.

Results: (1) Eliminate students' timidity and fear in physical education learning. Fear and timidity in

physical education mainly refers to the students' fear of a certain action or a certain exercise due to their lack of sports ability. When students think that their physical fitness level or the ability to complete a technical action is quite different from the technical requirements, and they worry that they will have injury accidents, fear and timidity will occur, It's psychologically powerless. Helplessness, lack of confidence in their own ability, self devaluation, worry, nervousness, decreased memory, narrow thinking, anxiety level. Psychologically, the heart rate and breathing speed up, the blood pressure rises, the face is pale, the cold sweat, the cerebral cortex suppresses the diffusion, the original dynamic stereotype is destroyed. The psychological and physiological changes will inevitably affect the students' behavior response. Timidity, fear, in the behavior will appear slow reaction, movement disorder, four feet shaking, muscle stiffness, soft hands and feet, in this case, students are sure to complete the technical action. Therefore, we must find out the causes of students' timidity and fear in teaching. If the movement has certain difficulty, we should strengthen the protection and help, encourage students to focus on completing the movement, if it is for other reasons, we should strengthen the practice, improve the students' psychology. Stress "level, let students learn to control their emotions, and targeted for some adaptive training, and finally make it to a normal state.

(2) Use a variety of forms to adjust the deviation and error of students to complete the action. Teachers should give timely and enlightening information feedback to students through teaching summary, praise and criticism, and notice of the next class. Before class, teachers should point out the good and bad points of the class action completion to students according to the completion of teaching tasks and the situation of students' exercise in class, and analyze and guide the action, to provide students with information about the action, so that students understand the learning situation, clear goals, improve learning enthusiasm. Teachers should also give timely praise and criticism to students' learning attitude, hardworking spirit and skill mastery. Guide students to evaluate and adjust their own actions and learning attitude, make clear their own practice direction after class, and predict the content of the next lesson while making clear the practice direction after class, so that students can organically combine the practice of the last lesson with the preview of the content of the next lesson, and lay the foundation for the next teaching.

(3) Strengthen the application of sports psychology theory, improve the effect of sports classroom. The effect of physical education classroom teaching depends not only on students' physical quality, sports function and other factors, but also on students' thinking, attention, memory, will, learning attitude, learning motivation and other psychological factors, improve the effect of physical education classroom teaching, promote the overall improvement of students' physical and mental quality.

Conclusions: The smooth progress of physical education is inseparable from the protection of psychology, which runs through the whole process of teaching. Fully understanding students' individual differences and different levels of psychological development and grasping the law of students' psychological changes in the process of teaching can help students better master knowledge and develop sports ability. It is scientific and reliable to study the psychology of physical education teaching and provide scientific theoretical guidance for physical education teaching. Sports psychology includes the research and practice of many subjects. The application of the theory and method of sports psychology in physical education teaching plays an important role in improving the teaching quality of teachers. At present, the new reform of Physical Education advocates advanced educational ideas and ideas, so we should strengthen the research of physical education teaching psychology and build a new teaching mode. It provides the basis for the development of physical education teaching and gives full play to the value of sports psychology.

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TRAINING METHODS OF DANCE SENSE BASED ON CONSCIOUSNESS PSYCHOLOGY

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Background: Dance can be said to be the most physical art of our human beings, but from the reality, it is not difficult to see that although the number of dancing practitioners in our country is increasing, it is becoming more and more difficult for people in the dance circle to communicate with the outside world. The incomprehensibility of dance is the incomprehensibility of people outside the world, and of course the "moaning" of our practitioners. The dance is so close to the body, and the body is so close to us. In other words, we never leave our body for a moment; the body is responsible for all the tasks we meet our physiological needs. In order to complete the task smoothly, the body is also Human beings have developed to the highest level of integration in the world of life, at least today, but our perception of the body seems to