

in translation from Chinese into English should pay attention to the language structure and logical, they must meet the English thinking logic code, and form the logical representation of logical relations, so that we can conform to the logical thinking mode of English syntax. Therefore, the subject of translation must be familiar with the linguistic and linguistic nature differences between the two cultures fertile soil.

Conclusions: The individuation of national culture is an intrinsic motivation for a nation to be able to improve and develop in the world culture. And multiculturalism is the driving force of world culture to depend on each other, promote each other and learn from each other. A culture and language with a long history culture can be continued and developed if it has a stable use group. The stubbornness and individuality of a particular culture will not be eliminated by the globalization of culture. The translation of “foreignization” also needs to seek the acceptance and recognition of the original culture, to conform to the thinking mode of the original culture, the cognitive aesthetic psychology and its pragmatic and pragmatic language, the practice of cross-cultural translation has enabled the “localization” of heterogeneous culture to be well demonstrated.

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THE PSYCHOLOGICAL DUAL EFFECT SYSTEM OF REASONABLE DIET AND PHYSICAL EXERCISE HAS AN IMPACT ON WEIGHT LOSS

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Background: In recent years, Chinese residents’ living standards have greatly improved, and people’s demands on “eating” have also become more and more high. Teenager during physical growth period, requirement on dietary is very strict, dietary pattern will directly affect teenage physical health. Li Lin-Feng in his thesis, he researched on Changsha city University student dietary pattern, and pointed out that by far university students’ dietary pattern has not been so reasonable, from which three meals collocation were relative single university students’ demands on cereal, vegetables and other food were little that directly affected their physical healthy levels.

Study design: The paper summarizes formers’ research results, through data collecting and numerical model establishment, it constructs reasonable diet and physical exercise double-effect system, finally gets obesity group three meals’ collocation heat energy and nutrient intake criterion, as well as each age group obesity group physical exercise intensity criterion.

Subjects and methods: The paper constructs reasonable diet and physical exercise double-effect system through data collecting and numerical model establishment.

Principle Analysis: For contemporary people, losing weight has become a most hot noun. In current stage, main ways in losing weight are Bella-contour, drinking slimming tea, eating diet pill, acupuncture weight loss, hunger and exercise therapy. Throughout these methods, no method is very effective and without side effect, so the paper presents reasonable diet and physical exercise double-effect system so as to achieve the purpose of losing weight.

Obesity group physical exercise intensity: Physical exercise is a kind of good habits, however by far due to affected by work stress; many people don’t have time to participate in physical exercise. It is another inducement for obesity generation. Table 1 is statistical of obesity group physical exercise habits:

Table 1. Obesity group physical exercise habits statistical table

	Male (%)	Female (%)
Frequently take exercise	35.71	37.80
Sometimes take exercise	62.20	56.39
Never take exercise	43.61	64.29

This shows obesity group physical exercise times are not so high, especially for female, person number proportion that never take exercise is obvious higher than that of male. It is also the main cause that number of females is more than male in current stage obesity group.

Results: It utilizes numerical analysis, establishes mathematical model, finally designs a set of

reasonable three meals dietary collocation and physical exercise criterion for obesity group losing weight plan.

Table 2. Correlation

		Breakfast	Lunch and supper	Eating snacks frequency	Physical exercise intensity
Weight	Pearson correlation	0.953*	0.759	0.657	0.878
	Significance (bilateral)	0.012	0.137	0.469	0.050

** Significant correlated in 01 level (bilateral)

Firstly, for three meals dietary collocation and physical exercise intensity as well as obesity group weight correlation, it carries out preliminary research so that provides theoretical basis for next step standard establishment. When two variables Pearson correlation coefficient gets closer to 1 or -1, it shows the two correlations is big or has close relations. Get closer to 1 show the two are in positive correlation, on the contrary get closer to -1 show the two are in negative correlation (as Table 2).

Conclusions: The paper researches on obesity group, through establishing reasonable diet and physical exercise double-effect system, it presents most beneficial losing weight group dietary collocation structure and physical exercise criterion, and gets following conclusion: By analysis of obesity group physical exercise intensity, it finds that obesity group physical exercise times are not so high, especially for female. By improved discriminant analysis method model establishment, it further gets obesity group three meals collocated heat energy and nutrient intake criterion, and each age group obesity group physical exercise engagement intensity criterion. Obesity group is high-risk group that induces all kinds of physical diseases, therefore carry-on weight losing through exercises and collocate proper diet food is most effective losing weight way.

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MULTI-MODAL ANALYSIS OF COLLEGE ENGLISH TEACHING EFFECTIVENESS FROM THE PERSPECTIVE OF PSYCHOLOGICAL LEARNING ADAPTATION

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Background: Globalization helps to enrich and interact different cultures around the world in the scope and depth. With the rapid development of modern technology, people are aware of the fact that there is little linguistic significance. Looking back over the past ten years, the ways of communication have changed tremendously, and the English teaching model also needs to be updated. To cater to the trend of the large-scale increase of cultural categories and integration between each other, new curriculum reform has put forward new requirements for teaching methods and content. In addition, the “requirements for the teaching of College English Courses” promulgated in 2004 points out that the number of college students is increasing rapidly, and the existing educational resources are relatively limited, so we should make full use of the opportunities brought by multimedia and Internet, and improve the old teacher led speech teaching mode. Therefore, the multi-modal teaching method appears, it is obvious that the study of multimodal analysis is imminent.

Study design: With the development of multimedia technology and the wide use of network, College English teaching has already had highly multi-modality. The rapid development of computers and the Internet has caused a dramatic change in the way of communication, and the network has become the main platform of communication, which also has a certain impact on the traditional mode of education industry. More and more network teaching began to appear in the market, and the traditional teaching model is faced with a series of challenges. Affected by such environment, modal teaching theory has been developed rapidly, and the importance of this theory has received more and more attention in the education industry.

Subjects and methods: The traditional English teaching is divided into three aspects: reading, listening and speaking. In the teaching of listening, a relatively single teaching mode is generally adopted in the domestic universities, which is mainly to transmit information to the students’ hearing. In order to change