only under the background of healthy China, whose support would improve its feasibility. No matter in source of Taijiquan, Henan or Huanggang area, the event has been supported and shown efficiency. In the later period, further promotion should be done that needs more supportive policies.

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AN ANALYSIS OF THE INFLUENCE OF THE INTERNET PLUS ON THE ANXIETY OF COLLEGE STUDENTS IN COLLEGE ENGLISH TEACHING

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Background: With the continuous progress of social and economic development, the application of the "Internet plus" action plan has gradually expanded to every aspect of daily life, and promoted the innovation and development of all walks of life. The Internet plus mainly combines the Internet industry with other traditional industries through the information network platform, making full use of the advantages and advantages of information and communication technology, and then opens up new development ecology. Under the background of "Internet plus", the education industry has ushered in a new opportunity for innovation and development, and the mode of college English teaching has been significantly innovating and optimizing. From the perspective of "Internet plus", the innovation and upgrading of the teaching philosophy and mode of college English can effectively improve the effectiveness of college English teaching, promote the enthusiasm and initiative of college students in learning English, and ensure that college English teaching meets the trend of the times and meets the needs of college Students' English learning and all-round development. In the process of daily study and life, college students often face the pressure from studies, employment, interpersonal communication and other aspects, and because their mental development is in a key stage, the phenomenon of anxiety among college students is very common. Under the background of "Internet plus", the innovation and optimization of college English teaching will help to relieve the anxiety of college students and shape their healthy personality and improve their psychological quality.

Objective: Internet plus, imitating the immutable and frozen teaching mode in traditional English teaching, improving the interest and enthusiasm of college students in learning English, enriching the diversity and interest of English teaching through Internet technology, and enhancing the students' English learning ability and improving their English level. Finally, it can effectively alleviate the anxiety of college students. This study will explore the positive impact of the innovation research on College English teaching anxiety from the background of "Internet plus".

Research objects and methods: In this study, 230 college students will be selected from five universities by stratified cluster random sampling to explore the anxiety of college Students under different college English teaching modes. A questionnaire was used to investigate college students' English learning level and the impact of anxiety.

Research design: 230 students from different colleges and universities were divided into two groups according to the random number table method, namely the control group and the experimental group. Each group contains 115 college students. The control group was given the conventional college English teaching mode; Aiming at the college students in the experimental group, the college English teaching mode is developed under the background of "Internet plus". After one semester of intervention, the Self-rating Anxiety Scale (SAS) was used to compare the anxiety of the two groups of college students.

Methods: SAS was used as the main questionnaire to evaluate the anxiety of the two groups of college students before and after the intervention. The higher the SAS score, the more obvious the anxiety of college students and the more serious the anxiety symptoms. Through Excel and spss23.0 software to make statistics and comparison on the anxiety of the two groups of college students. The statistical data are expressed as X ± S. t-test is used to compare the data between groups. $P < 0.05$ indicates that the difference is statistically significant.

Results: As shown in Table 1, there was no significant difference in SAS scores between the two groups before the intervention ($P > 0.05$), which maintained a high level, indicating that both groups of college students had certain anxiety. After the intervention, the SAS score of the control group showed a certain decrease, but the decrease was small. The SAS score of college students in the experimental group decreased significantly, and their anxiety was significantly relieved ($P < 0.05$).

Conclusions: In the process of college English learning, college students often face great academic pressure. Due to their fear of difficulties or resistance to English learning, college students have a certain degree of anxiety, which affects their mental health level. Under the background of "Internet plus", the

reform and optimization of college English teaching mode can be abandoned by using Internet technology rationally. It can discard the drawbacks of traditional college English teaching mode, eliminate the fear and psychological pressure of college students on English learning, and effectively enhance college students' classroom awareness and enthusiasm for English learning. Then it can have a positive impact on College Students' anxiety, effectively reduce college students' SAS score, alleviate their anxiety and promote their healthy and all-round development.

Table 1. Comparison of SAS scores of two groups of college students before and after intervention

Group	Before the experiment	After the experiment
Experience group	47.59±6.91	32.81±7.28
Control group	45.97±7.15	41.65±6.77
t	1.747	9.538
P	0.082	0.000

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OPTIMIZATION AND DEVELOPMENT OF COLLEGE STUDENTS' PHYSICAL HEALTH EVALUATION UNDER MASS PSYCHOLOGICAL ADAPTATION

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Background: Students' physique survey, in 2010 the national physique monitoring results compared with 1985, lung capacity fell by nearly 10%. College women 800 m 1000 m run, boys ran fell 10.3% and 10.9%, respectively, standing long jump results fell by 2.72cm and 1.29cm; Students or overweight or underweight. In order to improve the students' physical health problems, the ministry of education, the state general administration of sports to carry out "the central committee of the communist party of China on deepening education reform and comprehensively promote quality education decision", and in order to understand and monitor the physical fitness of college students, in July 2002, the ministry of education and national sports administration jointly issued the implementation of "student physical health standard" requirement, is asking the country to various universities since the beginning of the new school year in 2003 should be used by the ministry of education test items and grading method, for physical testing of college students in school.

Study design: For correlation coefficient with the grey correlation method, calculate the weight, then the percentile method combined with average, standard deviation for a relatively standard four test data, the last measured data divided by each physical health with the student test scores and reach by the weight of their respective scores respectively, and then prioritize, scoring supposed to pass, by the sort of student performance, take place to distinguish between grades, higher than the result is pass, or fail, so that you can quantify physical health indicators.

Subjects and methods: Factors that affect freshman physical health status are quite a lot, weight is an important indicator that reflects physical health status, and we firstly analyze weight influences on physical health. Physical health criterion can be analyzed from students' test height, lung capacity, standing long jump, grip (man), sit and reach (woman), and step test.

Through analyzing collected data, use MATLAB to respectively carry-on one-time fitting, twice fitting and three times fitting on height, lung capacity, step, long jump, sit and reach (woman), grip (man) with weight. Finally, it gets equations and compares them with images, observes and can get that twice fitting relative conforms to reality, and gets each test result and weight fitting equation:

Height and weight fitted equation:

$h = -0.026w^2 + 0.5909w + 145.2146$

Lung capacity and weight fitted equation:

$y_1 = -0.4976w^2 + 96.6462w - 140.1076$

Step and weight fitted equation:

$y_2 = -0.0022w^2 + 0.3410w + 38.6193$

Long jump and weight fitted equation:

$y_3 = -0.0003w^2 + 0.0553w - 0.1889$

Sit and reach (woman) and weight fitted equation: