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:

$y_4 = -0.0048w^2 + 0.4909w + 4.5643$

Grip (man) and weight fitted equation:

$y_5 = -0.0082w^2 + 1.4237w - 10.0507$

Results: By analysis, we have already got weight and height, lung capacity, step, long jump, sit and reach(woman), grip(man)and others fitted equations. According to fitting equations, we can calculate every test item fitting value q according to weight w, and then according to formula, it solves fitting error rate r: formula is as following: $r = (q - p)/q$.

By students' physique model, it scores, and then ranks scores, takes schoolboys pass rate 7.8% that is the school physical health status. In the following, make physical health evaluation on Class one schoolboy, evaluation scores from high to low is as following Table 1:

Table 1. Class one schoolboy's physical health evaluation

Project	Physical health evaluation							
Student number	120001	120011	120004	120023	120006	120020	120008	120005
Score	100.23	94.179	88.845	85.89	84.78	83.99	83.96	83.77
Student number	120014	120015	120013	120016	120022	120019	120010	120009
Score	83.281	82.541	82.478	82.06	81.53	80.44	80.25	80.01
Student number	120012	120007	120002	120017	120021	120003	120018	-
Score	79.99	79.54	78.56	78.52	78.29	77.41	72.17	-

Class one has 23 schoolboys in total, model and qualified amount is $23 \times 7.8\% \approx 2$, that is to say Class one schoolboys only two with student number 120001, 120011are qualified.

Schoolgirls good amount is $6 \times 2.95\% = 0.177$, qualified amount is $6 \times 31.8\% = 1.9$, it is nearly two schoolgirls are qualified, qualified schoolgirls student numbers are respectively 120024, 120025.

Conclusions: The paper solved weights and reference scores can grasp weights and reference previous results to provide their reference result by oneself accord to school's practical situation, after teachers inputting results in Excel. And then ranks student's results, according to every school practical situation, take respective results-controlled pass rate so that is convenient for scoring students, and further gets students physical health evaluation. The paper applies linear fitting, linear fitting as a common mathematical method in mathematical calculation, the model has been basically applied in building, physics, chemistry, and even astrophysics and aerospace. In general, linear fitting needs to take different fitting degrees according to practical demands; fitting has been widely used in industry, commerce, communication and transportation, engineering technology, public administration and other fields.

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THE IMPLEMENTATION PATH OF PSYCHOLOGICAL PROMOTION OF "FLIPPED CLASSROOM" IN PIANO COMPOSITION TEACHING IN COLLEGES AND UNIVERSITIES

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Background: The teaching mode of piano works in colleges and universities mostly adopts the traditional teaching mode, which is dominated by teacher lectures, passive acceptance of students, and post-class assignments for consolidation exercises. In the traditional college piano teaching mode, the teaching method is single old, easy to form learning burnout, less communication between teachers and students, and students' innovative ability is not stimulated. This thesis takes the teaching practice of the "flip classroom" of piano works in colleges as the research object. On the basis of summarizing the teaching experience of piano works for many years, it has carried out a lot of research and analysis and discussion, and under the guidance of the research on the teaching theory of piano works in colleges and universities, combined At present, the piano teaching situation faced by colleges and universities is based on the reform mode of piano teaching in colleges and universities, and puts forward a set of systematic and practical implementation of the "flip classroom" teaching path for college pianos.

Subjects and methods: The "flip classroom" teaching mode has the characteristics of asynchronous teaching time, decomposing teaching content and reproducibility of teaching process. The implementation of the "Flip Classroom" mode in the classroom teaching of piano works in colleges and universities is in line