

classroom teaching, combined with the relevant research on attention level, information transmission law, Ebbinghaus forgetting curve and schema theory of cognitive psychology, designing teaching activities in line with the cognitive characteristics of higher vocational students in the three stages of pre class preview, classroom teaching and after-school tasks can achieve good teaching results. Under the guidance of cognitive psychology, students can master a variety of learning strategies. Through more beneficial attempts, they can make remarkable progress in mastering English language learning strategies, expanding thinking and improving their cognitive level.

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RELATIONSHIP BETWEEN PHYSICAL HEALTH AND MENTAL HEALTH OF COLLEGE STUDENTS

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Background: Health inherently contains physique. Physique is only one aspect of health. Enhancing physique is consistent with improving health. Enhancing physique is ultimately to improve health, and improving health is people's ultimate goal. Therefore, the concept of "physique" should be understood dialectically. It is not exactly the same as the concept of "health". The main indicator of health evaluation is whether the development and function of human organ system are normal. Physique is a comprehensive quality evaluation of people's physical state, which is the basis of health. Physical health is the minimum condition for good physique. People who are also healthy have very different physique. The measurement and evaluation methods and indicators used to evaluate human health and physique are also different. The evaluation of health status is usually measured by anthropometry, physical examination and various physiological indexes to determine whether the morphology and function of its body organ system and parts are normal. For the physical strength of two people, we should first consider their health status, and then comprehensively measure and evaluate their shape, function, physical quality, ability to adapt to the environment, climate and disease resistance. In the national student physical health standard. Under the guidance of, this paper understands physical health as a concept of two in one, that is, the physical test scores of college students with outstanding physical health problems are located in the health status of college students with outstanding physical health problems, and comprehensively evaluates the physical health level of college students with outstanding physical health problems from the aspects of body shape, physical function, physical quality and common diseases.

Objective: Mental health refers to an efficient, continuous and satisfactory psychological state. It refers to a person's basic psychological activity process, with complete and coordinated content, that is, people's emotion, behavior, cognition, will and personality are complete and coordinated, and can keep pace with the society while adapting to the society. To be exact, the so-called mental health means that a person is in a harmonious state of mutual coordination with society in physical and psychological aspects, which is mainly reflected in the following aspects: The first is normal intelligence. The second is emotional pleasure and stability. The third is behavior coordination and unity. The fourth is harmonious interpersonal relationship. The fifth is good social adaptability.

Subjects and methods: Exercise the ability of interpersonal communication and social adaptation. Good interpersonal relationship is not only an important indicator of mental health in colleges and universities, but also an important part of maintaining mental health. Sports can make people make more friends, get along well and help each other. This kind of good interpersonal relationship can make people happy and excited, which is of great help to adapt to the society.

Cultivate sound personality. Sports generally have hardship, fatigue, intensity, tension, confrontation and strong competitiveness. Students always engage in physical exercise with strong emotional experience and clear will. Therefore, through sports, it helps to cultivate students' excellent qualities of courage, perseverance and overcoming difficulties, cultivate unity and friendship, and enable students to maintain a positive and healthy mental state.

Results: Organization of collective activities. Sports psychology believes that in sports activities, the reason why individuals are attracted by groups is group identity. PE teachers should consciously enable students to participate in collective activities and multiple interactions. This harmonious interpersonal relationship and teaching atmosphere are conducive to the mental health of college students. By participating in group activities, students can enhance the virtue of friendship and mutual assistance and enhance self-confidence. For college students with anxiety and interpersonal disorder, adaptation and education play an important role. Thus, it can cultivate the sense of cooperation and team spirit, and

effectively improve the closed and lonely psychology.

Conclusions: In short, with the continuous development of our society, the process of quality education began to advance continuously. Our country also began to focus on the mental health problems of college students and carry out in-depth physical research. From the perspective of China's current college education work, major colleges and universities are still relatively weak in terms of students' physique. With the continuous promotion of quality education, major colleges and universities begin to pay attention to the education of college students' psychological quality and physical health. Indeed, modern and contemporary college students are facing great pressure, which can easily lead to physical decline and psychological diseases. Therefore, college physical education plays a very important role in the healthy development of college students. Major colleges and universities should combine physical education and psychological education to help improve the psychological quality of college students, so as to cultivate more high-quality talents for the society.

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REBELLIOUS PSYCHOLOGY AND COUNTERMEASURES IN COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION

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Background: The rebellious psychology in ideological and political education refers to the psychological process in which the educate produces rejection, resistance, disgust, disgust and other emotions when the educator educates and guides the students' thoughts and behaviors according to a certain goal (such as the goal of cultivating "Four Haves" new people), or suppresses and corrects the students' thoughts and behaviors that deviate from the goal. Rebellious psychology is based on a certain understanding. It has a strong subjective color. Its occurrence is not subject to the nature of objective things, nor does it particularly depend on the influence of situation. It mainly depends on the thinking level of the subject. The vast majority of contemporary college students have been living on campus with simple life experience. They are still in the formation period of outlook on life, world outlook and values. They have many perceptual components and strong emotional color, so they consciously or unconsciously put themselves in the position of opposition and confrontation with ideological and political education.

Objective: In the process of Ideological and political education in colleges and universities, rebellious psychology is one of the most common and difficult problems to solve. Once such problems appear, they will lead to college students' deviation from the mainstream thought of society and make the ideological and political education work in trouble. Therefore, in-depth analysis of the manifestations and causes of rebellious psychology, and exploring the solutions to the problem of "rebellious psychology" in the process of college students' ideological and political education are conducive to improving the effectiveness and scientific of college students' ideological and political education.

Subjects and methods: College students' own factors. College students are not only the object of Ideological and political education, but also the subject of Ideological and political education. They are the internal cause of rebellious psychology.

Reasons for ideological and political educators. Ideological and political educators are another inducement for college students to have rebellious psychology in Ideological and political education. At present, the ideological and political education of college students has prominent problems and poor results. There are three reasons: First, the knowledge literacy of Ideological and political educators is lack. Second, it failed to flexibly use the methods and art of ideological and political education. Third, the lack of personality charm of Ideological and political educators. Influence of external environmental factors. The influence of external environment is the external factor of college students' rebellious psychology. The external environment is mainly the environment of college students such as family, school, society and network.

Results: Cultivate college students' mental health literacy and improve their learning ability. College students are in a critical period of the formation of world outlook, values and personality development. We should strengthen the study of college students' theoretical knowledge, make them absorb nutrients from knowledge, enhance cognition and feel fun, which is conducive to establish correct ideological and moral and social norms, strengthen ideological and political education and eliminate rebellious psychology.

Enhance the comprehensive quality of Ideological and political educators and innovate the education mode. To eliminate college students' rebellious psychology towards ideological and political education and