

seriously affected by the educational model. Therefore, it is necessary to formulate targeted plans in teachers' teaching, adopt the output-oriented method to carry out innovative design of English teaching plans, alleviate the ideological obstacles in students' English learning, and finally realize the all-round development of students and promote the development of education and teaching in colleges and universities, provide guarantee for national economic construction.

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ANALYSIS OF PROBLEMS AND COUNTERMEASURES IN PROJECT MANAGEMENT UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

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Background: As China's social development has entered a new stage, scientific research projects in colleges and universities have also ushered in vigorous development. University scientific research projects are scientific and technological innovation R & D projects established with the support of the state. On the premise of industrial upgrading, as a place for high-tech talents to gather, their scientific research projects are of great significance. In addition, colleges and universities are also the key institutions of the state to cultivate high-tech talents. With the social development, the demand for technical talents in all walks of life is increasing. How to carry out vocational education and increase scientific research ability has become an urgent problem to be solved in college education. The necessary condition for the improvement of scientific research ability of colleges and universities in the improvement of scientific research management ability. Scientific research management is the scientific and reasonable arrangement of scientific research projects. Good scientific research project management can greatly improve the efficiency of scientific research. However, it is undeniable that there are still many problems to be solved in the management of scientific research projects in colleges and universities. Among them, the imperfection of project management mode and management regulations are important factors that hinder scientific research innovation. In the management of scientific research projects in colleges and universities, the cognitive level of managers is the premise to determine whether the management mode and management regulations meet the requirements. Poor cognitive level and even cognitive impairment will lead to very big mistakes in the management of scientific research projects, and eventually lead to the end of scientific research projects, which not only wastes human resources, but also wastes a lot of economic resources.

According to psychology, the causes of cognitive impairment of managers are diverse, including education, interpersonal relationship and professional knowledge. Psychologically speaking, the level of education of scientific research project managers will affect their self-confidence or inferiority complex, which will greatly improve their work efficiency. However, for people with cognitive impairment, their self-confidence will gradually deteriorate into arrogance, and their inferiority complex will continue to deteriorate. Interpersonal communication refers to the communication between managers and colleagues. From the perspective of cognitive psychology, people are often only willing to communicate with people within their own cognitive range. The generation of cognitive impairment is the result of their poor interpersonal communication ability. Finally, cognitive psychology believes that people's cognition is the information processing ability shown in learning, while low professional level will lead to poor processing ability, which will lead to cognitive impairment. And cognitive psychology believes that the generation of cognitive impairment is difficult to estimate, and the relatively simple and effective treatment is educational treatment. Therefore, it is of great significance for the mental health of managers and the normal development of scientific research projects to formulate a solution to the existing problems from the perspective of treating the cognitive impairment of project researchers.

Objective: Understand the cognitive impairment of managers in scientific research management projects in colleges and universities, collect the problems existing in the current scientific research project management in colleges and universities through literature method and questionnaire, and formulate the project management scheme, so as to provide reference for the development of scientific research projects in colleges and universities in China.

Study design: Three universities in the university city of a city are selected for questionnaire survey, and the scientific research project managers in each university are randomly interviewed to evaluate their

cognitive level. With the help of the literature method and questionnaire content, the problems existing in scientific research project management are summarized and problem solutions are formulated. Finally, the cognitive level changes of researchers and managers in the process of project management problem solving are analyzed and compared with the results of the first interview.

Results: A total of 500 questionnaires were issued by the three colleges and universities, 497 of which were recovered and 496 of which were effective. Excel was used to count the problems existing in the management of scientific research projects in colleges and universities. 20 scientific research project managers from three universities were randomly selected for interviews. The results of the first and second interviews showed that there were significant differences in the cognitive level of project managers before and after ($P < 0.05$).

Table 1. Changes in the number of researchers with high cognitive level

Index	The first time	The second time	P
School A	2	5	<0.05
School B	2	6	<0.05
School B	4	6	>0.05

Conclusions: Scientific research projects in colleges and universities are the key support projects in China, so we need to pay real-time attention to the development of scientific research projects in colleges and universities, in which the cognitive level of project managers is the focus. The cognitive level of managers is of significant significance to the development and development of scientific research projects. It is effective to alleviate the cognitive impairment of managers by changing the management scheme of scientific research projects in colleges and universities. It can effectively improve the cognitive level of managers and speed up the development of scientific research projects. The improvement of the cognitive level of scientific research project managers in colleges and universities plays a positive role in the development of various disciplines in colleges and universities, and also plays a significant positive role in the development of science and technology in China.

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ADJUSTMENT OF TAIJIQUAN TRADITIONAL HEALTH SPORTS TO COLLEGE STUDENTS' MENTAL HEALTH

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Background: College students are the main student group in China. Although college students are also students in school, there are obvious differences with middle school students and primary school students. When a high school student enters college life after graduation, it shows that the student has gradually mastered the basic knowledge of life and can be responsible for his own life and study. It also means that the student will be separated from the careful care of his parents and study and live alone. Most college students will have strange psychology when they first enter the university. Under the influence of strange environment, a large number of college students will have anxiety and anxiety. The generation of anxiety and anxiety is called negative psychological activities in psychology. Generally speaking, the negative psychological activities of college students are usually influenced by the environment and individuals. The environment includes campus environment and living environment. There are natural environment and learning environment in the campus environment. The learning environment is more likely to make college students have negative emotions. Personally, when facing more complex learning contents, college students will inevitably be restless, produce evasive psychology, and are unwilling to learn new knowledge. With the expansion of achievement differences with their classmates, restless psychological activities will intensify, and finally seriously affect their physical and mental health. In order to alleviate students' mental health problems, colleges and universities have put forward a large number of sports activities, among which Taijiquan, as a relaxed sports item, is deeply loved by students.

Taijiquan's traditional health preservation sports are established to inherit China's excellent martial arts culture. Taijiquan pays attention to the combination of hardness and softness. Unlike other sports, Taijiquan