

for college students from the teaching quality evaluation report of colleges and universities. Using statistical software SPSS22.0 sort out and analyze the evaluation data of college students, obtain the current situation of college teachers' teaching quality from the perspective of college students, and provide reference for analyzing the direction of improving college teachers' teaching ability. Using the method of correlation analysis, this paper analyzes the correlation between different teaching factors and teaching effectiveness of college teachers, and discusses the impact of college teachers' teaching design, teaching research and teaching implementation on their teaching quality from the improvement of teachers' and students' psychological changes in the teaching process. Based on the data results of correlation analysis, this paper puts forward the corresponding strategies to improve the teaching ability of college teachers, so as to provide help to improve the teaching quality of college teachers.

**Results:** The statistical results of teachers' teaching quality evaluation data for college students are shown in Table 1. College students of different grades generally have low evaluation scores on the teaching ability of college teachers in three aspects, and college students' overall recognition of the teaching ability of college teachers is not high, which requires college teachers to actively improve themselves and professional teaching ability.

**Table 1.** Statistical results of teachers' teaching quality evaluation for college students

Scoring items	Freshman	Sophomore	Junior	Senior
Instructional design	3	2	2	2
Teaching research	2	2	2	3
Teaching implementation	2	3	2	3

**Conclusions:** In the new era, the importance of higher education to national development and social progress is becoming increasingly prominent. Colleges and universities are required to improve their own education quality level, improve the professional teaching ability of college teachers, and provide higher quality classroom teaching for college students. College teachers should first clarify their self goal orientation, take teaching as the focus and goal of their work, diagnose and analyze their self teaching ability in time, understand the learning demand orientation of college students, and dynamically adjust the teaching plan and implementation mode. Moreover, colleges and universities should strengthen the training of teachers' teaching ability, organically integrate teacher training with teaching reform, establish a dynamic coordination mechanism for the cultivation of teachers' teaching ability, mobilize the comprehensive ability of functional departments and departments of colleges and universities, and provide college teachers with a good teaching environment and self-improvement atmosphere. Moreover, colleges and universities should actively improve the evaluation and assessment system of teachers' professional ethics, and pay attention to the comprehensive improvement of teachers' professional teaching ability and teaching professional ethics.

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## INFLUENCE OF ATHLETES' PHYSICAL HEALTH AND PRE-COMPETITION ANXIETY IN THE PROCESS OF PHYSICAL TRAINING

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**Background:** In modern sports competition, athletes' training level, their own physical quality and competitive mentality all have an important impact on athletes' competition results. Before the sports competition, athletes have undergone long-term and professional skill training. Therefore, in the close competition, the psychological state of athletes before and during the competition has become the key to defeating their opponents. As a fierce competition, there is a strong confrontation relationship in sports competition. Athletes restrict and compete with each other. Athletes bear a high-intensity psychological and physiological load in the process of competition. With the increase of the intensity of modern sports competition, coaches and athletes pay more attention to psychological quality training. It is expected that through scientific and systematic training, athletes' on-the-spot competitive psychological state will maintain a good level and avoid the influence of psychological factors on athletes' competition results.

Anxiety refers to a threatening state that individuals feel because it is difficult to achieve their goals. When they encounter insurmountable obstacles, individuals may feel a strong sense of frustration. The

difficulties they face lead to the frustration of their self-esteem and self-confidence, which makes individuals in nervous anxiety. Anxiety is activated by the individual's autonomic nervous system, which makes the individual show a variety of emotional characteristics, such as tension, worry and so on. Often, the degree of this anxiety state can only be directly described by myself. Therefore, researchers usually judge the anxiety degree of the object through indirect physiological characteristics, or understand the anxiety characteristics of the object by means of investigation and interview.

**Objective:** This paper analyzes the causes of sports athletes' pre-competition anxiety, and explores the relationship between athletes' physical health and pre-competition anxiety in the process of sports training. The research deeply excavates the influence of the technical level and psychological quality of sports athletes on the competition results in the competition state, hoping to provide reference for alleviating the competition anxiety of sports athletes before the competition, carry out targeted psychological training and counseling for athletes, and improve the psychological quality of athletes.

**Research objects and methods:** The research takes 80 basketball athletes as the research object, through the form of questionnaire survey to understand the mental health status of sports athletes before competition, and analyze the causes of athletes' pre-competition anxiety. Starting from the influencing factors of athletes' pre-competition anxiety, this paper explores the relationship between athletes' physical health and pre-competition anxiety in the process of sports training, and puts forward the corresponding adjustment strategies of athletes' pre-competition anxiety.

**Study design:** The study passed the Pre-competition Emotion Scale Trait (PEST). To investigate the pre-competition anxiety state of sports athletes, and understand the emotional state of athletes from four aspects: athletes' trait self-confidence, personal failure anxiety, social expectation anxiety and physical trait anxiety. The pre-competition emotion scale is divided into 4 subscales by 4 measurement factors. Each subscale includes 8 test items, with a total of 32 test items.

**Results:** The pre-competition anxiety scores of 80 basketball athletes are shown in Table 1. The pre-competition anxiety status of basketball athletes is different under different competition duration. The longer they participate in the competition, the lower their pre-competition anxiety, and their psychological quality is improved with the increase of time.

**Table 1.** Score results of pre-competition anxiety of 80 basketball players

Competition duration	<6 month	6 month-1 year	1 year-2 years	>2 years
Trait confidence	3	4	4	3
Personal failure anxiety	4	4	3	2
Social expectation anxiety	4	3	3	3
Somatic trait anxiety	3	3	3	4

**Conclusions:** The anxiety state of sports athletes before competition is affected by many factors, such as their self-confidence, the importance of personal failure, the importance of social expectation and physical quality. The self-confidence of sports athletes is based on their physical quality and economic strength. Sports athletes should make a correct self-assessment of their sports strength. Maintain high self-confidence and calm attitude during the competition. And sports athletes cannot pay too much attention to personal success or failure. Some athletes are too worried about losing the game before the game, which makes it difficult for them to give full play to their full strength in the competition process, thus affecting the competition results. On the other hand, social expectation will also cause the competition psychological pressure of sports athletes and make sports athletes in anxiety. The physical quality of sports athletes is directly related to their competitive state and competitive strength. The physical health level of sports athletes affects their pre-competition anxiety. Some sports athletes decline their physical health level due to sports injury and other reasons. They are worried that physical factors will affect their competition results, which makes athletes fall into pre-competition anxiety.

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## ROLE OF MORAL EDUCATION IN ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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