

those students with strong personality can cultivate a sense of benign competition in active interactive learning, so as to live in harmony with the team members. In addition, through cooperative learning, exercise college students' communication ability, use English to communicate among team members, and deepen college students' understanding and mastery of English.

Research objects and methods: The research objects are non-English majors in a university. Two classes of the same major in freshman year are randomly divided into control group and experimental group. There is no significant difference in students' English level between the two groups. The number of students in the control group was 40 and the number of students in the experimental group was 41. During the experiment, the control group adopted the traditional teaching mode, and the experimental group adopted the cooperative learning teaching mode. The teaching contents of the two groups were the same, and the experimental time was 1 semester. In the cooperative learning teaching mode, students are divided into balanced groups according to their personality and learning ability, with 5 people in each group and a clear division of labor. The team leader is assumed by the team members in turn. During the experiment, collect and sort out relevant experimental data, evaluate college students' English learning by using principal component analysis, and record the change data of students' English language anxiety. The relevant experimental data processing software is SPSS software.

Results: SPSS software was used to statistically analyze the relevant experimental data and study the changes of English average scores of the two groups before and after the experiment. The results are shown in Figure 1.

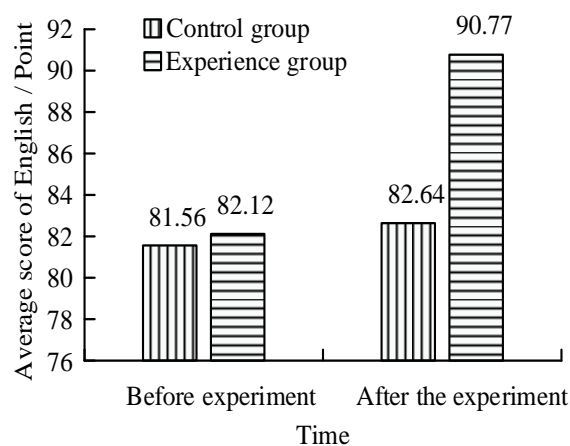


Figure 1. Changes in average English scores of the two groups before and after the experiment

In Figure 1, in the English test, the full score is 100. Before the experiment, there was little difference in the average English scores between the two groups. After the experiment, the average score of the students in the experimental group is significantly higher than that in the experimental group. The average score of the students in the experimental group is as high as 90.77 points, and the English ability of the students in the control group is basically not improved. Through the changes of English scores of the two groups of students, it can be seen that cooperative learning can improve students' English learning ability.

Conclusions: Due to personal character, classroom atmosphere and teaching quality, college students will have varying degrees of English language anxiety and fear and exclusion of English communication. Through the cooperative learning teaching mode, college students' English learning level has been significantly improved, their learning enthusiasm has been greatly improved, their English language anxiety has been significantly reduced, and the classroom atmosphere has become active.

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INNOVATIVE APPLICATION OF MULTIMEDIA FILM IN COLLEGE CLASSROOM TEACHING FROM THE PERSPECTIVE OF COGNITIVE PSYCHOLOGY

Qi Deng^{1,2}

¹College of Architecture and Design, Jiangxi University of Science and Technology, Ganzhou 341000, China

²Film Media Industry Discipline, Cheongju University, Cheongju 28453, South Korea

Background: Cognitive psychology mainly studies the information processing process of attention and

perception. After being stimulated by visual, auditory and other sensory organs in the learning process, learners will convert it into neural information and register it. The registered information is processed by working memory. This processing method belongs to memory storage. The memory storage time is about 30 seconds. The amount of relevant stored information is relatively limited. When the storage capacity exceeds seven, the original information will be forgotten. When the amount of information exceeds seven, it will become long-term memory. This memory method encodes information and stores it permanently. The way of information extraction can be directly extracted through reactors such as hands and eyes, or the information can be transformed into short-term memory, and then the reactor can be used to extract the information. This is the information processing mode involved in the learning process of college students. For example, by analyzing the reasons for the poor effect of college English classroom teaching, we can start from the information processing mode of learning. We can see that the teaching mode is lack of novelty and cannot bring obvious stimulation to college students in vision and hearing. Most students only accept it passively, and their pragmatic ability has not been exercised. In English classroom teaching, the lack of a relevant language environment and scene is not conducive to students' memory, association and learning, and lack of interest. The way teachers convey information is relatively simple, and the interpretation of words is somewhat stiff, which makes it difficult for students to understand. English movies are a means for college students to learn English, which can help them better understand English, practice English, understand the cultural differences between China and the west, and then improve their English learning ability. Therefore, English movies can be combined with multimedia technology and applied in college English classroom teaching.

Objective: The application of multimedia films in foreign language classroom teaching in colleges and universities can help college students improve their language pragmatic competence, so that college students can understand and learn some fixed expressions and language habits used in real life in various films. And the multimedia video film is relatively novel, which can strongly stimulate college students, stimulate their learning enthusiasm and initiative, and help them remember and associate in the process of English learning. In addition, multimedia movies can create a real context for college students and improve their social pragmatic competence.

Research objects and methods: The research objects are college students. Randomly select students from four classes from sophomores in a university. These classes come from different majors, and the number of students in each class is 45. Before the experiment, understand the learning situation of students in each class and make corresponding records. The experimental time is one semester. During the experiment, these students were taught in the reformed English classroom teaching mode. SPSS software is used to process and count the experimental data, and the original analysis method is used to quantitatively analyze the impact of the reformed English classroom teaching mode on college students' English learning.

Results: The traditional English classroom teaching model is not innovative enough to stimulate students' enthusiasm for English learning. It is necessary to reform the teaching model. After the reform, multimedia films are used to create a good language learning atmosphere for students, so that students can better remember and associate through listening and vision. Students' learning enthusiasm is greatly improved. Students majoring in language and literature have higher English scores than students majoring in mathematics. The relevant results are shown in Table 1.

Table 1. College students' English achievement before and after the reform of English classroom teaching mode

Time	Language and literature major	Mathematics major	English major	Computer major
Before reform	71.05	70.33	84.36	73.84
After reform	87.52	82.67	95.17	86.58

Conclusions: From the perspective of cognitive psychology, this paper analyzes the problems of college English classroom teaching mode. The traditional teaching mode is lack of innovation, cannot stimulate students' learning enthusiasm, and cannot meet the needs of the development of the times. Multimedia movies can vividly express knowledge which is related to English through three means: sound, text and image, which can leave a deep impression. Therefore, the traditional teaching mode should be reformed in combination with multimedia technology, so that students can no longer passively accept English knowledge and increase students' participation and enthusiasm. With the help of multimedia movies, it can promote the improvement of college students' English learning ability, provide college students with the ability of social language exercise, and enhance their listening and speaking ability. Let students know the language use habits and behavior habits between different cultures, and understand the differences of language use in different contexts.

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THE INFLUENCE OF LEISURE SPORTS BASKETBALL TRAINING ON IMPROVING COLLEGE STUDENTS' PHYSICAL HEALTH LEVEL AND LEARNING ANXIETY

Qiang Yue

China National Basketball Academy, Shandong Sport University, Rizhao 250102, China

Background: The modern development of science and technology not only brings convenience to people's life, but also indirectly reduces people's exercise. The convenience of the Internet has reduced the number of college students shopping in physical stores and eating in restaurants. Even many college students are addicted to the Internet. In addition to necessary activities, they are basically just staying in their dormitories, staying up late to surf the Internet and play games. In the long run, the physical health level of college students has seriously decreased and their body is in a sub-health state. If it continues, it may lead to sudden death or major diseases. In addition to the worrying physical health level of college students, the mental health status of college students also needs to be paid attention to. College students' learning anxiety is one of college students' psychological problems. After entering the university, many students do not adapt to the way of free learning in the university. Some students have weak autonomous learning ability, cannot keep up with the pace of teachers' teaching, and the learning effect is poor, resulting in learning anxiety. In the state of learning anxiety, there will be lax attention, unable to remember the learning knowledge and unclear learning ideas. Gradually, these students will become grumpy, reject learning, and even have physiological symptoms such as headaches and dizziness. Students with learning anxiety will panic about the exam. They will become nervous during the exam, and their palms will sweat. It is difficult to calm down, and sometimes their minds will be blank. There are two reasons for students' learning anxiety, which are divided into internal reasons and external reasons. Internal reasons, such as students' low self-confidence, strong desire for success, introverted personality, etc., external reasons come from academic pressure, fear of exams, pressure from parents and teachers, etc.

In view of the fact that college students spend their leisure time in their dormitories and have learning anxiety, leisure sports can be used to fill the leisure time of college students, which can not only exercise and improve the physical health level of college students, but also alleviate their emotions and reduce their learning anxiety. Among them, leisure sports refer to the use of leisure time for sports activities, so that the human body can be exercised and the emotion can be vented. Leisure sports include fitness, basketball training, aerobics and other sports. Therefore, according to the function of leisure sports, this paper studies the impact of leisure sports basketball training on Improving college students' physical health level and learning anxiety.

Objective: Through leisure sports basketball training, promote the metabolism of human function, improve the physical health level of college students, exercise the willpower of college students under unremitting basketball training, learn to unite and cooperate with classmates in group cooperation, and cultivate the spirit of collective righteousness. At the same time, let college students divert their attention and adjust their psychological status in the process of sports, so as to slowly reduce their learning anxiety. It can also improve students' sports personality, obtain success and satisfaction from leisure sports basketball training, and let them gradually fall in love with basketball training, so as to stick to it all the time.

Research objects and methods: The research objects are college students. Using data mining technology, 300 college students with learning anxiety were randomly selected from the student mental health database in the mental health consulting room of a college student, and their physical quality was in a sub-health state. According to the actual situation, these college students are divided into learning anxiety group, basketball training group, fitness group and aerobics group. In addition to normal teaching activities in the learning anxiety group, other groups carried out corresponding leisure sports, 2 class hours a week for one semester. During this period, the relevant experimental data were recorded, and the influencing factors were quantified by using grade 0-4 score. The higher the score, the greater the impact. SPSS software was used as data processing and statistical software to study the impact of leisure sports basketball training on Improving college students' physical health level and learning anxiety.

Results: Anxiety is a common psychological problem among college students' mental health problems, and learning anxiety belongs to one kind of anxiety. Due to personal character, low self-esteem, lack of learning ability and pressure brought by parents, college students have learning anxiety, and learning has become a painful thing for college students. In addition, unhealthy work and rest habits reduce the physical health level of college students. In order to improve college students' physical and mental health, leisure sports basketball training is carried out. After leisure sports, the classroom anxiety score of the basketball