

forward the innovative teaching mode of college literary works teaching, in order to alleviate the cognitive impairment of college students.

Objective: This paper discusses the cognitive impairment of students in college teaching, analyzes the impact of college literary works teaching on students' cognitive impairment, and puts forward an innovative teaching model of modern literary works in colleges and universities based on alleviating cognitive impairment.

Study design: Taking the students of modern literature teaching course in a university as the research object, count the number of students with cognitive impairment, and evaluate the level of students' cognitive impairment. Cluster analysis is used to count the types of works that affect the reduction and improvement of students' cognitive impairment in the teaching of modern literary works in colleges and universities, so as to construct the teaching scheme of modern literary works in colleges and universities. Carry out innovative program teaching for students with cognitive impairment for one year, count the changes of students' cognitive impairment level during teaching, and finally compare the differences of students' cognitive impairment before and after teaching. All data were collected by SPSS24.0, $P < 0.05$ was statistically significant.

Results: According to the statistics of 22 students with cognitive impairment in the teaching of modern literary works in colleges and universities, the impact of the categories of modern literary works on students' cognitive impairment is shown in Table 1, in which "+" means aggravating patients' cognitive impairment, "-" means alleviating students' cognitive impairment, 0-3 means the degree of impact, 0 means no impact, and 3 means significant impact. Table 1 shows that different types of modern literary works have significant differences in the degree of influence on students' cognitive impairment.

Table 1. The influence of the types of literary works on students' cognitive impairment

Project	Prose	Sketch	Poetry	Novel
Cognitive impairment	-2	-2	+3	+2

Conclusions: College students' cognitive impairment is the main factor that hinders the improvement of students' academic performance. In college teaching, we need to focus on students' cognitive impairment. In the research, by analyzing the current situation of cognitive impairment in the teaching of modern literary works and the impact of the types of modern literary works on students' cognitive impairment, we can build a teaching scheme of modern literary works with the ability to alleviate students' cognitive impairment. The results show that different types of modern literary works will promote and alleviate students' cognitive impairment. Taking the types of literary works that can alleviate students' cognitive impairment as the main teaching type can alleviate students' cognitive impairment to a great extent. Therefore, we should start with the construction of students' mental and physical barriers in the teaching program of colleges and universities.

Acknowledgement: This work was supported by the 2021 Jiangsu Shuangchuang (Mass Innovation and Entrepreneurship) Talent Program (JSSCBS20210822); General project of Humanities and social sciences of Jiangsu Provincial Department of Education(2021SJA0860).

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PRACTICE OF PHYSICAL EDUCATION TEACHING METHODS IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

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Background: In college teaching, students are prone to mental and mental health problems, among which cognitive impairment is the most common mental disorder among students. In the teaching of colleges and universities, the learning tasks and learning requirements have been greatly improved in the era of middle school. College students are difficult to adapt to the learning atmosphere of colleges and universities in a short time after they are separated from middle school life. They are more prone to cognitive impairment in the face of the learning environment of colleges and universities with the integration of different cultures. Cognitive impairment is considered as a kind of mental disorder in psychiatry. Many studies have shown that patients with cognitive impairment have obvious impairment of cognitive function. With the help of medical tools, it can be seen that the relevant brain regions of patients with cognitive impairment will be damaged, and then cognitive function will be damaged. However, from

the perspective of psychological research, the generation of cognitive impairment is affected by psychological activities, and people's explicit behavior activities are controlled by the brain, but people's implicit behavior mechanism is still not enough. Generally speaking, psychological behavior is a kind of subconscious psychological change. When people are impacted by external information, the psychological subconscious will affect the individual's internal environment. Psychology and some psychiatry believe that cognitive impairment is a kind of subconscious failure behavior of patients after being impacted by the outside world. In college teaching, the environment faced by students is complex, and people's subconscious will change to a certain extent, which will lead to the failure or lack of students' cognitive function.

In college teaching, in order to deal with the problem of students' cognitive impairment, colleges and universities have carried out a large number of teaching practices. Among them, physical education teaching, as a course teaching of physical exercise, can transfer students' attention from the external environment to their own performance to a certain extent. In college physical education courses, teachers will ask students to choose course items according to their own needs, such as football, basketball and other sports. In addition, college sports also include more relaxed items such as Taijiquan. For students with cognitive impairment, colleges and universities gradually take physical education as the main mitigation method. The purpose is to make students have a sufficient understanding of their physical performance with the help of physical exercise in physical education, and promote the recovery of students' cognitive function with the help of relaxation means of sports. Therefore, a number of studies have gradually carried out the research on the impact of college physical education on students' cognitive impairment, but from the research results, a large number of research results have failed to give an in-depth understanding of the specific impact of physical education teaching mode on students' cognitive impairment. In view of this, from the perspective of students' cognitive impairment, this study constructs a physical education teaching model that can significantly alleviate students' cognitive impairment, in order to provide theoretical support for the treatment of college students' cognitive impairment.

Objective: This paper discusses the current situation of college students' cognitive impairment, analyzes the impact of college physical education on students' cognitive impairment, and explores the effect of the new model of college physical education on students' cognitive impairment.

Study design: Taking a university as an example, this paper collects the situation of students with cognitive impairment in colleges and universities, groups students according to the sports items selected by students, and analyzes the mitigation of cognitive impairment of students with cognitive impairment in three-month physical education teaching. The fuzzy evaluation method is used to extract the teaching methods that have an impact on students' cognitive impairment from the initial teaching situation, so as to construct a new model of physical education teaching, apply it to college physical education teaching, carry out teaching intervention for students with cognitive impairment, the teaching time is 3 months, and finally count the cognitive impairment of all students. The changes of students' cognitive impairment in the two teaching modes were compared by SPSS22.0 for statistical analysis.

Results: The comparison of cognitive level changes of students with cognitive impairment in the two teaching modes is shown in Table 1. Using 0-5 respectively indicates that students' cognitive function is poor to very good. Table 1 shows that in different sports, the cognitive impairment mitigation ability of physical education teaching innovation scheme is greater than that of traditional teaching mode.

Table 1. The influence of physical education teaching plan on students' cognitive impairment

Project		1 month	2 months	3 months
Football	Traditional teaching	1	2	2
	Innovative teaching	1	3	3
Basketball	Traditional teaching	1	1	2
	Innovative teaching	1	3	3
Taiji boxing	Traditional teaching	1	2	2
	Innovative teaching	2	3	4

Conclusions: The cognitive impairment of college students has caused great obstacles to students' physical and mental development. Therefore, it is necessary to formulate corresponding teaching plans on the premise of alleviating students' cognitive impairment in college teaching. In the research, by analyzing the current situation of students' cognitive impairment, evaluating the correlation between students' cognitive impairment and physical education teaching, and constructing an innovative model of physical education teaching to alleviate students' cognitive impairment. The results show that students with cognitive impairment in different sports can be affected by sports innovative teaching programs, and show a

significant improvement in cognitive function. Therefore, in order to alleviate the cognitive impairment of college students, schools can take physical education teaching as the main treatment scheme, improve students' cognitive level and promote students' healthy growth through physical education innovation scheme.

Acknowledgement: The research is supported by: In 2021, the Key Project of Teaching Research of Huanggang Normal University, the Reform and Practice of the Integrated Teaching mode of "Teaching, Training and Competition" in the Course "University Physical Education" (No. 2021CE47); The Reform and Practice of the Integrated Teaching Mode of "Teaching, Training and Competition" for the "University Physical Education" Course of The Provincial Teaching Research Project in Hubei Province in 2021 (No. 2021441).

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INFLUENCE OF PHYSICAL TRAINING ON IMPROVING COLLEGE STUDENTS' PHYSICAL HEALTH LEVEL AND ALLEVIATING LEARNING ANXIETY

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Background: The anxiety of college students is a common phenomenon in college learning. The main reason for students' anxiety is that students' psychology cannot adapt to the college environment. In students' learning anxiety, the ecological environment of colleges and universities is the main factor affecting students' learning mood. Learning tasks and learning requirements are the main factors affecting students' learning enthusiasm. Anxiety will occur when students cannot meet the learning tasks issued by teachers and the learning requirements required by teachers. In psychology, psychological anxiety is defined as a kind of negative emotion of Chang a Jin, which is easy to breed under the influence of the outside world. People with anxiety often have anxiety. It is difficult to express their true feelings in the face of real life. Under the influence of anxiety, individuals are more likely to have doubts and uneasiness about the unknown, resulting in serious mental damage. From the existing psychological research, students' learning anxiety is a manifestation of psychological pressure, and this growing pressure will lead to students not only psychological health problems, but also the decline of students' basic physical quality, and finally serious diseases. In order to deal with students' learning anxiety in college teaching, colleges and universities continue to try various mitigation schemes. In the existing research, the more effective way is physical training.

Physical training is a kind of teaching course based on sports. Compared with physical teaching course, teachers urge students to carry out physical activities and guide students to carry out scientific and effective physical exercise. Physical training is one of the indispensable teaching courses in college teaching. In the development of education in China, it has always been emphasized to improve students' comprehensive physical quality and ensure that students have good physical ability in the learning process to support huge learning activities. With the deepening of psychological research, it is found that physical training can not only improve students' basic physical quality, but also play a certain role in alleviating students' learning pressure. Some studies have directly pointed out that in the process of physical training, students' psychological anxiety in physical exercise will be significantly reduced, which is reflected in that students' anxiety and tension will be significantly relieved after physical training. However, there is little research on how physical training can alleviate the anxiety caused by students' learning pressure. Therefore, the research deeply analyzes the alleviating effect of physical training on students' learning anxiety while improving students' physical health level, in order to put forward innovative schemes for colleges and universities to alleviate students' anxiety.

Objective: Explore the current situation of learning anxiety caused by learning pressure of college students, analyze the impact of physical training on college students' physical health level, and analyze the specific role of physical training in alleviating students' learning anxiety.

Study design: Taking three universities in a city as the research object, the number of students' learning anxiety in the three universities is counted. Professional performance assessment was used to determine the physical health level of college students, and Self-rating Anxiety Scale was used to count the anxiety of students. Formulate the physical training plan and apply the plan to the physical training in three schools. The length of physical training is 4 months. Compare and analyze the differences of students' physical health level and students' learning anxiety before and after teaching, and analyze the impact of physical training on students' learning anxiety. Adopt SPSS24.0. The data difference before and after statistical