

## Research on the Influence of Different Physical Education Teaching Modes on College Students' Psychological Cognitive Behavior

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**Abstract:** Ten Years of Trees, One Hundred Years of People, Education is the Foundation and Foundation of the Country. on the Big side, Education is Related to the Present and Future of the Country. on the Small side, Education Plays an Important Role in Human Development. Effect. Now, Chinese Society is Developing Rapidly. as the Basis of Social Development, Education Should Also Develop with the Development of Our Society. Therefore, China's Education is Undergoing New Changes, Involving Concepts, Creativity, Content and Methods. All Kinds of Changes. in the Face of Changing Education Reform, China's University Education is Facing Great Challenges. the Subject of College Physical Education is Not Only to Teach Physical Knowledge and Technology in Physical Education, But Also to Cultivate Students' Correct Concept of Physical Education. the Purpose of Sports is to Let More Students Participate in Sports Activities, and Establish a Lifelong Sports Concept and Consciousness. with the Deepening of China's Education Reform, Students, as the Main Participants in Sports Activities, Should Emphasize the Subjective Status of Students and Implement the “Teacher Led, Central” Sports Guidance Model. When Teachers Design Classrooms, We Need to Consider the Needs of Students. in the Physical Education Classroom, Students Should Play Their Own Role, and Play Their Role, So That Students Can Achieve the State of Learning, Learning and Learning in the Process of Physical Education.

### 1. Introduction

Table 1 Analysis of the Influence of Population Characteristics on the Mental Health of College Students

	Demographic characteristics	Number	Number of mental disorders	Incidence rate	$\chi^2$	P
Gender	Male	792	197	24.87	1.455	0.217
	Female	923	218	23.63		
Nation	Han nationality	1614	390	24.16	0.438	0.792
	Ethnic minority	101	25	24.17		
Account type	Town	1183	312	26.37	5.142	0.018
	Non town	532	103	19.36		
Children's condition	1263	317	25.10	6.378	0.025	
	Non only child	452	98	21.68		

“Education is the Foundation of the Country and the Foundation of a Strong Country”. as the Foundation of the Country, Education Plays a Very Important Role in the Development, Reform and Development of the Country. Because of the Stability and Rapid Development of Our Society, It Brings a Burden on the Politics, Education and Economy of Our Country. At the Same Time, It Also Provides a Platform for the Development of the New Era[1]. However, in Order to Meet the Requirements of the New Era, China's Education Has Changed from Knowledge Base to Subject Standard. People Gradually Emphasize the Theme of Education. the Idea is Welcomed by More and More Educators. Students Are the Starting Point and End Point of Education. At the Same Time, in

the New Round of National New Curriculum Reform Outline, It is Clearly Proposed That Students' Subjectivity Should Be Emphasized in the Whole Curriculum. Respect Students and Their Personal Differences. the Main Task of Chinese School Education is to Train Qualified Socialist Successors[2]. China's Sports Are Composed of Sports, Physical Education, Physical Education and Sports. It Has Various Basic Functions for Chinese Sports. At the Same Time, Chinese School Education, as an Indispensable Part of Chinese Education, Plays an Important Role in Promoting the Development of Chinese Education and Physical Education.

## **2. Physical Education**

I also teach sports. First of all, physical education is a way of education. Therefore, to some extent, it has much in common with education to give theoretical support. Secondly, compared with other fields of education, physical education is not limited by the general education law. Because physical education is not only the characteristics of education, but also the characteristics of physical education itself, so in the teaching of other subjects, why there is such a difference? This is different from physical education.

### **2.1 Description of Sports.**

Physical education is the basic form of school physical education[3]. This is a purposeful, planned and organized education process with specific outline requirements and planning guidelines. It is pointed out that physical education is the physical work of the school and physical education is the educational work. It's not about the aspects in the process of physical education, but about the types of sports technology training activities for teachers and students in the gymnasium. In addition, in terms of the introduction of sports, according to the unified requirements of the national sports programs and the school's own sports plans, physical education is carried out. Physical education teachers teach students sports related knowledge and sports technology, so as to cultivate students' ideology and moral quality. Education curriculum

## **3. Cognition**

Now, the concept of “cognition” is mainly summarized from the perspectives of psychology and sociology. The cognitive interpretation of Cihai in modern China is a kind of self-development of thinking, which includes the conscious function and process of cognition, thinking or understanding and inference, and relies on it to acquire knowledge about emotions and ideas[4]. In addition, the “cognitive” input through Baidu search engine is interpreted as cognition. It can be understood as the process of people's external cognition, as well as the function of external function and human sense organ. At the same time, human sensory organs process external information in the process of perception, including perception, thinking, thinking and other psychological phenomena. In other words, the human body processes and processes external information that acts on the sensory organs. At the same time, cognition is a kind of spiritual activity, which is the process of people's understanding in the world[6]. Cognition is the basis of human behavior. In addition, according to Skinner's operation condition release theory, all actions after external environment stimulation are considered as emergency response to external stimulation. In addition, cognition, action and emotion are the basic elements of attitude, and attitude is the media element between various reactions and external stimuli.

## **4. Behaviour**

Around the 1930s, action science was formed in American business management. Behavioral science is an educational law composed of sociology, anthropology and psychology. Since action science was introduced into China in the late 1970s, it has attracted the attention of theorists all over the world. China action science association was founded in January 1985 and is located in Beijing (the capital of China)[7]. The establishment of China's action science society not only marks the

progress of China's action science, but also marks the new stage of China's action science.

## **5. Sports**

I also teach sports. First of all, physical education is a way of education. Therefore, to some extent, it has much in common with education to give theoretical support. Secondly, compared with other fields of education, physical education is not limited by the general education law. Sports not only have the characteristics of education, but also have the characteristics of sports itself, so teaching sports is different. Why are there differences in teaching other subjects? The explanation of physical education by physical education department is the basic form of physical education in physical education. This is a purposeful, planned and organized education process with specific outline requirements and planning guidelines[8]. It is pointed out that physical education is school physical education. Work, physical education, educational process, explain how the side of the physical process is formed, so Zhang hongtan said: a kind of sports held by technology transfer activities between physical education teachers and students. In addition, in terms of the introduction of sports, according to the unified requirements of the national sports programs and the school's own sports plans, physical education is carried out. Physical education teachers teach students sports related knowledge and sports technology, so as to cultivate students' ideology and moral quality. Education curriculum

## **6. Investigation and Analysis of College Students' Cognition of Physical Education**

### **6.1 College Students' Understanding of the New Curriculum Reform**

The new curriculum reform is the biggest reform in the history of China's education reform. The scope of the reform is very wide[9]. The standard of education idea, education goal, guiding line, teaching method, content of line, etc. the overall mode of our country's education is basically that the new curriculum reform must be announced through the reform of China's official “summary of basic education curriculum reform (square meters)”, so China The curriculum reform of has gone through the past 10 years. In the past 10 years, the new curriculum reform has encountered difficulties and setbacks, but also made remarkable achievements and achievements. The purpose of training college students is to provide the society with good quality, strong professional knowledge, unique personality charm and professional social ability. With the continuous development of our country's society and economy, the reform of the new curriculum is shaking completely. The survey shows the college students' awareness of the new curriculum reform.

### **6.2 Analysis of College Students' Understanding of Sports Concept**

All educational activities need process, so physical education as a sub component of educational activities also need process. Through the concept of sports, it is understood that the process of sports is mediated according to the content of the white description set by the Ministry of culture and culture. Teachers use different guidance methods in “teaching” and “learning”, so it can be understood as “teaching” and “learning” in the process of physical education. In this process, we need to imitate, learn and practice the technical sports displayed by teachers, and understand it as the educational activities between teachers and students in the process of physical education. The educational nature of educational activities is the educational process of cultivating students' sports spirit, physical strength and sports interest through sports process. The process of physical education is not only a process of “bilateral, habitual and educational”, but also a process of multi-stage, multi-stage and multi form.

### **6.3 Analysis of College Students' Understanding of Physical Environment in Physical Education**

In sports system, teaching materials and venues exist as teaching materials. As we know, sports activities have their own characteristics compared with other educational activities. These majors mainly teach content and methods. Its particularity calls for physical education activities to be

compared by machines. If there is enough space and equipment, the machines can not operate normally and the tasks can be completed. Then, the physical environment of sports equipment and facilities, including college students, is satisfied. The average score is 3.16, and the average score of the venue and surrounding environment is 3.35, indicating that students are more satisfied with the venue and surrounding environment of the gymnasium than with the facilities and facilities. The satisfaction of China's physical environment is average. With the continuous development of society, college students have increased the necessary conditions of physical environment in the process of physical education.

## 7. Conclusion

College Students' attitude and behavior of physical exercise have a high correlation with their mental health level, among which the attitude, time and persistence of physical exercise play an important role.

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