

reasonable three meals dietary collocation and physical exercise criterion for obesity group losing weight plan.

**Table 2.** Correlation

		Breakfast	Lunch and supper	Eating snacks frequency	Physical exercise intensity
Weight	Pearson correlation	0.953*	0.759	0.657	0.878
	Significance (bilateral)	0.012	0.137	0.469	0.050

\*\* Significant correlated in 01 level (bilateral)

Firstly, for three meals dietary collocation and physical exercise intensity as well as obesity group weight correlation, it carries out preliminary research so that provides theoretical basis for next step standard establishment. When two variables Pearson correlation coefficient gets closer to 1 or -1, it shows the two correlations is big or has close relations. Get closer to 1 show the two are in positive correlation, on the contrary get closer to -1 show the two are in negative correlation (as Table 2).

**Conclusions:** The paper researches on obesity group, through establishing reasonable diet and physical exercise double-effect system, it presents most beneficial losing weight group dietary collocation structure and physical exercise criterion, and gets following conclusion: By analysis of obesity group physical exercise intensity, it finds that obesity group physical exercise times are not so high, especially for female. By improved discriminant analysis method model establishment, it further gets obesity group three meals collocated heat energy and nutrient intake criterion, and each age group obesity group physical exercise engagement intensity criterion. Obesity group is high-risk group that induces all kinds of physical diseases, therefore carry-on weight losing through exercises and collocate proper diet food is most effective losing weight way.

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## MULTI-MODAL ANALYSIS OF COLLEGE ENGLISH TEACHING EFFECTIVENESS FROM THE PERSPECTIVE OF PSYCHOLOGICAL LEARNING ADAPTATION

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**Background:** Globalization helps to enrich and interact different cultures around the world in the scope and depth. With the rapid development of modern technology, people are aware of the fact that there is little linguistic significance. Looking back over the past ten years, the ways of communication have changed tremendously, and the English teaching model also needs to be updated. To cater to the trend of the large-scale increase of cultural categories and integration between each other, new curriculum reform has put forward new requirements for teaching methods and content. In addition, the “requirements for the teaching of College English Courses” promulgated in 2004 points out that the number of college students is increasing rapidly, and the existing educational resources are relatively limited, so we should make full use of the opportunities brought by multimedia and Internet, and improve the old teacher led speech teaching mode. Therefore, the multi-modal teaching method appears, it is obvious that the study of multimodal analysis is imminent.

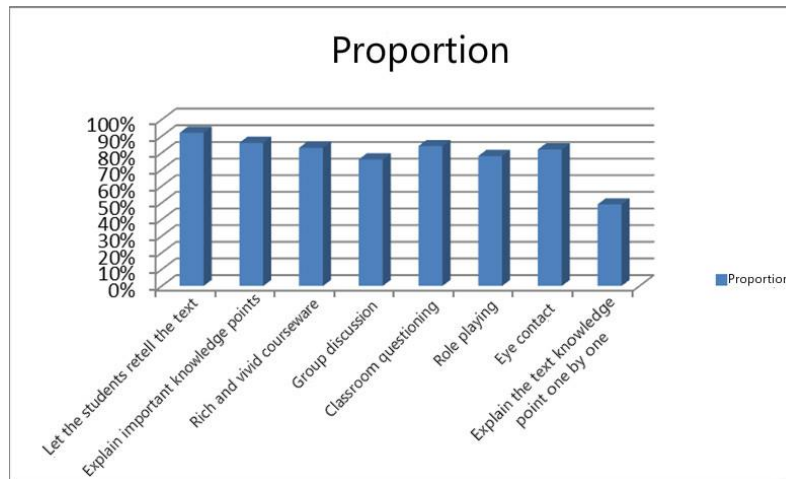
**Study design:** With the development of multimedia technology and the wide use of network, College English teaching has already had highly multi-modality. The rapid development of computers and the Internet has caused a dramatic change in the way of communication, and the network has become the main platform of communication, which also has a certain impact on the traditional mode of education industry. More and more network teaching began to appear in the market, and the traditional teaching model is faced with a series of challenges. Affected by such environment, modal teaching theory has been developed rapidly, and the importance of this theory has received more and more attention in the education industry.

**Subjects and methods:** The traditional English teaching is divided into three aspects: reading, listening and speaking. In the teaching of listening, a relatively single teaching mode is generally adopted in the domestic universities, which is mainly to transmit information to the students’ hearing. In order to change

this situation, the author thinks that in addition to traditional listening exercises, teachers should also use audio, video and pictures to assist teaching in the process of teaching, and when necessary, touch can be introduced to improve students' participation in class.

**Results:** This paper takes the non-English major of a university in Shandong as an example to study, and 204 students in class A and B in grade 2017. Among them, class A is the traditional English teaching method, and class B is a multimodal English teaching method. The eight teachers have the equivalent of postgraduate education, teaching experience and teaching level.

From Figure 1, it can be seen that the teaching modality that has the greatest influence on the interest of English learning is the students repeat the text voluntarily, which indicates that the students are more inclined to the modality that allows themselves to participate in the process of learning. The lowest score is the traditional teacher's explanation model, which shows that the application of multimodal is beneficial to improve the effect of English learning.



**Figure 1.** The contrast diagram of relationship between teaching modality and student enthusiasm

**Conclusions:** Multimodal teaching gradually has its practical significance in the process of rich teaching resources. The large-scale application of multimedia technology in college English classroom is conducive to the construction of a real language environment. From the traditional paper-based teaching develop to the real sense of multi-sensory teaching, it stimulates the learning enthusiasm of students, and improves the classroom participation, which enables the students' English proficiency to be truly improved in their practical application, and get rid of the predicament that is only to be tested and not to be applied and to cultivate high-quality personnel. This paper verifies the effectiveness of multimodal English teaching through examples, and puts forward some superficial understandings and suggestions. It is hoped that this paper will provide help for the first-line educators to apply the theory to the teaching practice, and contribute to the college English education in China.

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## RESEARCH ON THE REFORM AND INNOVATION OF IDEOLOGICAL AND POLITICAL TEACHING MODEL BASED ON COGNITIVE NEUROLOGY

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**Background:** Ideological and political teaching is not only an important way to strengthen students' ideological construction, but also the main method to guide college students to cultivate correct outlook on life and values. It plays an important role in establishing students' self-confidence, cultivating good moral concepts and strengthening college students' ideals and beliefs, and has an important impact on the level of college students' moral quality Mental health construction and future development are of great significance. However, due to various reasons, there are still some defects in the current ideological and political teaching model in colleges and universities. First of all, some colleges and universities do not pay enough attention to the ideological and political education curriculum and have less capital investment. Therefore,