

theory. Timbre is an important part of music, which mainly comes from the different rhythms of different Musical Instruments due to different natural frequencies in the performance process, and different Musical Instruments will have different performance effects when playing together. Even for the same person, there will be treble and bass in the sound, so different instruments will form a mix of different music effects after combination. In the learning process of music, the guidance of music elements is mainly divided into two aspects: the first is to combine factors and emotions to further music thoughts in the field; the second is to integrate music elements into changes in the field, so as to judge and feel the style of music.

Conclusions: As one of the most basic music theory and music elements is the most important element, in music appreciation has very important significance to the audience in the process of listening through analyzing music rhythm, melody, rhythm, etc., to feel the music or music creators have passed to our emotions, so as to realize higher level of music appreciation ability. In addition, different concerts bring different feelings to the audience. The analysis of music elements can gradually improve the skills of self-appreciation of music.

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ANALYSIS AND RESEARCH ON STUDENTS' ANXIETY SYMPTOMS IN ART DESIGN TEACHING

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Background: In the process of continuous economic development and social progress, people's spiritual needs have also increased, and they are increasingly pursuing art. Therefore, the importance of art design has become prominent year by year. The so-called art design is to apply the formal beauty of art to the design closely related to daily life, so that it has not only aesthetic function, but also practical function. Art design is one of the art disciplines, including environmental design, graphic design, visual communication design, product design and other professional directions. At the same time, it is also a comprehensive discipline including society, culture, economy, market, science and technology. The aesthetic standard of art design also changes with the changes of social, cultural, economic, market, science and technology and other factors. Therefore, designers are required to have high comprehensive quality, including design expression ability, perception ability and imagination ability. The main characteristics of art design course are five points, namely independence and comprehensiveness, ideology and action, service, science and rationality, individuality and cooperation. Among them, independence and comprehensiveness refer to that art design course is an independent discipline, but it is designed to social, cultural, market and other factors, so it has strong comprehensiveness. Thinking and action means that designers need to show their thoughts, imagination and creation through practice and action. Service refers to that the first motivation of art design is not expression, but a creative transformation of life style, in order to provide mankind with a new possibility of life. Scientificity and rationality refer to the need for rigorous scientific spirit in the process of art design to improve and present the designer's ideas step by step through reasonable planning. Individuality and collaboration mean that the creation of works of art is often an independent work of one person, but art design involves multiple disciplines and the application of various materials, technologies and data. The sales of finished products can only be completed with the cooperation of others.

In the teaching of art design course, some students can't understand the theoretical knowledge, and their learning progress can't keep up with the teaching progress, resulting in inferiority and frustration, and then anxiety. Moderate anxiety can make students concentrate, improve learning efficiency, and then keep up with learning progress. However, excessive anxiety will damage students' physical and mental health, and even make students abandon themselves and lose interest in learning. The research discusses the anxiety symptoms of students in art design teaching, provides a theoretical basis for alleviating students' anxiety, improves students' psychological quality, and provides high-level and high-quality art design talents for the society.

Objective: In the teaching of art design course, some students can't understand the theoretical knowledge, and their learning progress can't keep up with the teaching progress, resulting in inferiority complex and frustration, and then anxiety. The research discusses the anxiety symptoms of students in art design teaching, provides a theoretical basis for alleviating students' anxiety, improves students' psychological quality, and provides high-level and high-quality art design talents for the society.

Research objects and methods: 50 students majoring in art in a university were selected as the research object, the anxiety level of students was evaluated by Self-rating Anxiety Scale (SAS), and the learning effect of students was evaluated by the examination results of professional courses.

Research design: A questionnaire was developed to investigate 50 students to explore the factors leading to students' anxiety and their correlation in the teaching of art design course.

Methods: The relevant data were processed and analyzed by SPSS 17.0.

Results: There was a significant negative correlation between students' test scores and anxiety ($P < 0.05$), as shown in Figure 1.

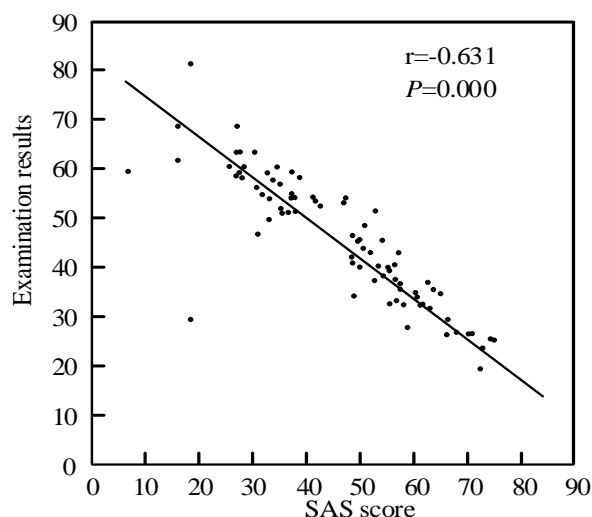


Figure 1. Correlation analysis between test scores and anxiety

Conclusions: Art design is one of the art disciplines, including environmental design, graphic design, visual communication design, product design and other professional directions. At the same time, it is also a comprehensive discipline including society, culture, economy, market, science and technology. In the teaching of art design course, some students can't understand the theoretical knowledge, and their learning progress can't keep up with the teaching progress, resulting in inferiority and frustration, and then anxiety. Moderate anxiety can make students concentrate, improve learning efficiency, and then keep up with learning progress. However, excessive anxiety will damage students' physical and mental health, and even make students abandon themselves and lose interest in learning. The research discusses the anxiety symptoms of students in art design teaching, provides a theoretical basis for alleviating students' anxiety, improves students' psychological quality, and provides high-level and high-quality art design talents for the society.

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ENVIRONMENTAL ACCESSIBILITY BASED ON FITNESS BEHAVIOR CHARACTERISTICS OF THE ELDERLY IN COLD REGION WITH LOW AIR QUALITY

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Background: In this paper, during the subject research, the design of fitness venues in China has been summarized in detail, and the characteristics of these construction achievements have been summarized. The author hopes to provide some references and inspirations for outdoor fitness venues in cold areas through his own summing-up and induction, so that they can adopt more principles and techniques with regional adaptability. Want to design the fitness field outdoor at the same time, make it have regional adaptability should add innovative elements in the process of design and develop your own modern design thinking, the mind on the freedom and the idea of innovation can help us to guide and lead the cold outdoor sports ground towards the era development, our own rigid thinking and approach, let the fitness field with larger regional adaptability. Through the cold outdoor fitness field region adaptive countermeasures research, cold outdoor fitness for design and construction site provides innovative ideas and countermeasures, which can effectively improve the using range of cold area outdoor fitness venues and use frequency, to improve the elderly outdoor fitness area of share, promote fitness behavior characteristics of the environment in the national fitness cause the important practical significance.