

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.

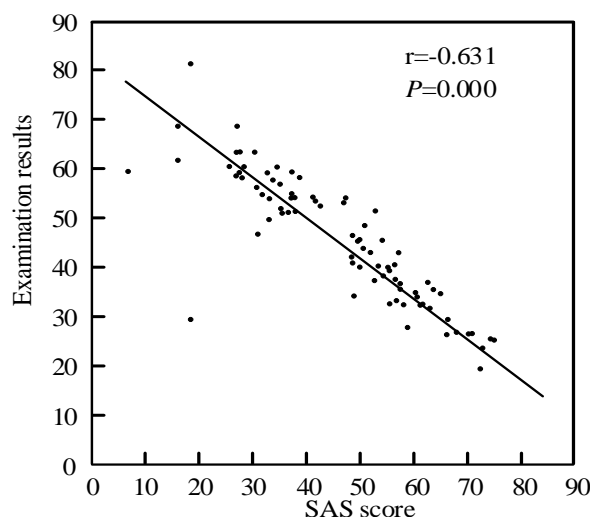


Figure 1. Correlation analysis between test scores and anxiety

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.

In the research process, this paper focuses on the combination of theory and practice, that is, the collection and understanding of relevant design theories of outdoor fitness venues. The principles and countermeasures of regional adaptability design of outdoor fitness venues in cold region are analyzed and studied from three aspects: outdoor square-dancing fitness venues, outdoor scattered fitness facilities venues and fitness trails. Fill in the blank area of theoretical research on outdoor fitness venues in cold areas, so that we know that the theory can better guide the practice, so as to provide strategies and Suggestions for the construction of outdoor fitness venues in colleges and universities with more regional adaptability.

Subjects and methods: In this paper, according to the special fitness behaviors of the elderly in winter and the problems faced by outdoor fitness sites in cold region, the regional adaptability of the fitness sites for the elderly in cold region was analyzed to provide strategies and Suggestions for optimizing the accessibility of the fitness sites for the elderly in cold region and strive to provide a basis for the planning of the fitness sites for the elderly in cold region in the future.

Results: We can see the cold climate and outdoor fitness space utilization has the obvious contradiction, so we need to find a reasonable method to solve this problem, the existence of these contradictions more exactly reflects the outdoor fitness venues regional adaptability of cold system research is necessary and important (as Figure 1).

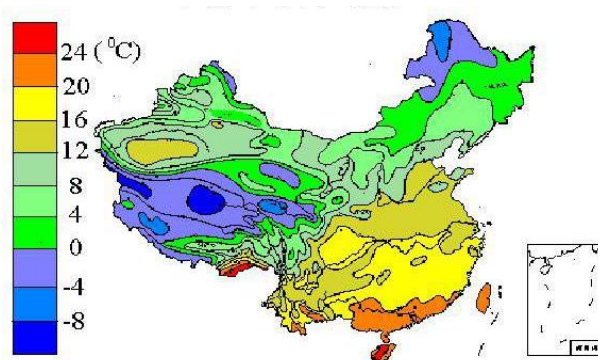


Figure 1. Diagram of mean air temperature

Analysis of regional adaptability characteristics of fitness venues for the elderly in cold region. China has entered into a rapidly aging society in an all-round way. Studying the spatial pattern and formation mechanism of the elderly population is not only the theoretical basis for carrying out spatial research on the elderly population, but also the key to guiding urban renewal in an aging society. The distribution of the elderly population is shown in Figure 2.

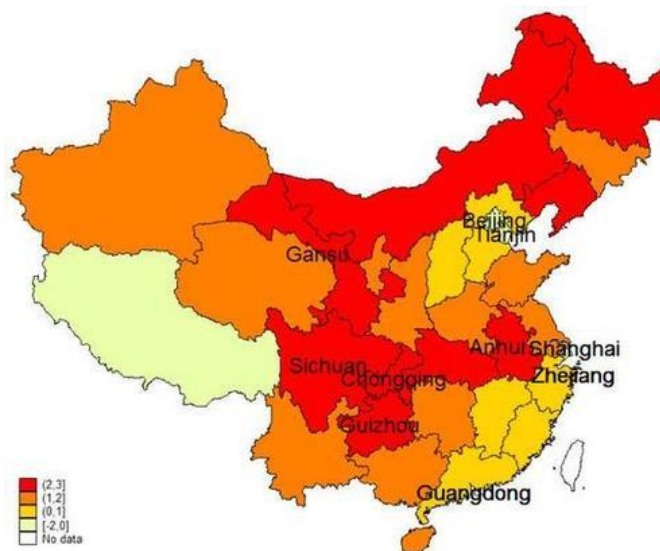


Figure 2. Distribution of the elderly population

The Fitness Venues for the Elderly Adapt to Sunlight. The vegetation in the cold region tends to enter the dormant period in winter, mainly because the winter in the cold region not only has a cold climate, but also

lasts for a long time. The phenomenon of short days and long nights leads to less sunshine, so the growing period of plants is compressed. Therefore, in the cold region, you will generally see that the trees in winter tend to be bare trunks. In the long winter, there are no green plants outside except pine trees. For the already cold outdoors, it is more unfavorable to outdoor activities psychologically for the elderly.

Conclusions: Although China has made great efforts in urban infrastructure construction in recent years, in general, the consideration of regional climate in different cities is still limited for public service facilities, especially for the construction of fitness venues and related studies, especially for the urban climate in cold regions. The extreme weather in winter in cities in cold regions has a negative impact on the daily physical fitness activities of urban residents, especially the elderly. Based on the cold winter to the elderly fitness field based on the analysis of the adaptability, improve the space environment, space configuration sculpture, site traffic organization design, rich site public fitness facilities, cultural landscape of these a few respects different levels of fitness space design, and strategic analysis and advisory guidance. Therefore, the environmental accessibility of fitness behavior characteristics in the cold region can be improved.

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MENTAL IMAGES OF ANIMALS IN ENGLISH AND AMERICAN LITERATURE BASED ON CLIMATE AND ECOLOGICAL ENVIRONMENT

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Background: At present, with the development of the society, to comply with the requirements of The Times, countries pay more and more attention to the development of vocational education, so the requirement for the quality of higher vocational education teaching also increased, comprehensively promote the development of higher vocational education and reform and cultivate more modern knowledge and skills of high-quality talent has become the inevitable trend. In many industries, employees are required to have good English skills, which has gradually become a necessary ecological environment. However, at present, there is a certain gap between the demand for talents with English ability in society and the actual English ability of graduates trained by colleges and universities. How to reform the animal images of British and American literature and how to cultivate talents truly suitable for the social needs have become a problem that colleges and universities need to solve.

Subjects and methods: The animal images in British and American literature in China have always been too conservative, and they just copy the animal images in the textbooks or the texts of general higher education. Since the ecological environment is becoming worse, the images of animals in literature also show the vicissitudes under the effect of climate change. There are many problems with animal images in British and American literature, such as inaccurate and backward positioning of animal images, low enthusiasm of students, poor quality of students, insufficient teachers and so on. In view of this situation, this paper analyzes the current situation of English and American literature teaching in China and puts forward some Suggestions on the animal images in English and American literature based on the background of climate and ecological environment.

Results: In recent years, to develop better, higher vocational colleges in Our country continue to expand enrollment of students. At this stage of the higher vocational colleges are most of recruit students object from vocational schools, ordinary high school, and technical secondary school, and for this part of the students, due to the influence of the exam-oriented education, before the English knowledge and the basis of the comprehensive ability to use English in a relatively weak, and the undergraduate course colleges and universities student's English ability has certain gap.

As shown in Figure 1, In recent years, extreme weather events such as lightning, heavy rain, snow and fog have become increasingly severe. Climate change has become an important threat to global public health and human society must take urgent action to address the impact of climate change. According to statistics, the number of natural disasters around the world has more than quadrupled in the past 20 years. From an average of 120 natural disasters a year in the early 1980s, the number has risen to about 500 a year. The number of people affected has risen by 68 per cent over the past 20 years, to an average of 174 million globally between 1985 and 1994. Between 1995 and 2004, the average number of people affected rose to 254 million a year. Global climate change is affecting almost every corner of the planet and every person at