The Influence of Sports APP on College Students' Exercise Behaviors

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Abstract

With the development of mobile Internet and the advancement of technology, smart phones have been popularized. Various APPs emerge as the times require, as the frontier groups of social new technologies and new ideas, college students are the main body who uses mobile internet, and also the national fitness guiders and they will naturally be affected by sports APP. This paper analyzes the concept, function and characteristics of sports APP, and discusses the influence of sports APP on college students' exercise habits under the background of mobile internet; the impact of APP on college students' exercise behaviors has important practical significance.

Keywords

Sports APP; exercise; college students.

1. Introduction

The health of the people depends on the national fitness, as the backbone force of the country and society; college students are the key people to implement the national fitness. Training college students' sports habits can not only enrich their campus life, but also contribute to the realization of the national fitness strategy. College students are the main body of mobile users, and the acceptance for new things is also very high, the development and improvement of various functions of sports APP can effectively improve students' interest in sports and train their exercise habits subtly.

2. Sports APP

2.1 Definition of Sports APP

Sports APPs refer to third-party applications in smartphone or wearable device that can record sports details, guide sports learning, provide communication platforms and publicly share data".

2.2 Main Functions of Sports APP

The functions of the sports APP are to serve the exercise of the masses. From the current application design in the market, the functions of sports APPs mainly include sports records, step counting, calorie calculation, training programs, goal setting and monitoring, sharing sports records and user incentives. Among them, sports records, goal setting and monitoring, and sharing of sports records are the most popular.

At present, sports Apps have been widely spread and used. College students are a huge user group using sports Apps, It is necessary to use sports Apps to train sports habits. The role of sports APPs is mainly several. The first is the fitness teaching function, the data recording function, the actual movement track of the user, the sharing of sports videos of the mobile friends, and the learning of the exercise fitness program. The second is the consulting function. There are special information

sections on the APP, such as how to make a reasonable diet for the weight-loss people, how do the sub-healthy people exercise for their own injuries, there are also many sports news, and people can also pay attention to favorite sports during exercise. The last is social function. At present, many APPs have social function. After the exercise, the APP has a reminder of "whether to share", this is also a propaganda strategy of APP, and it is also share of the exerciser. The APPs also have internal communication and evaluation functions similar to the forum. Moreover, people can also make appointments for friends, everyone can have fun and enthusiasm together, but there are also many drawbacks.

2.3 Advantages of Sports APP

2.3.1 Convenient

The innovation of smartphones grows with each passing day, and communication technology can now achieve a perfect combination of GPS positioning, data transmission and high-performance CPU. APP users can enjoy all kinds of services by simply carrying their mobile phones with them. Unrestricted time and space is a major feature of the sports APP. Users can make full use of the fragmented time for exercise, the choice of sports mode is not limited to traditional sports equipment, a chair and a bottle of beverage can make users get the same exercise effect. As long as the athlete carries a smart phone or wearable terminal device equipped with sports APPS, the APPA can accurately record the athlete's exercise load, trajectory, body data, etc., at the same time, the sports APPs based on comprehensive collection of data, integrate the body height, age, weight, gender, number of exercise, and other data of the fitness, the fitness results are scientifically calculated, which is convenient for the fitness person to carry out comparison, and more accurately formulate a scientific fitness program [2]. [2].

2.3.2 Scientific

Science is a big advantage of sports APPs. Most APPs will first enter the information of the basic situation after the user registers for use. The back-end system will conduct professional analysis based on the actual situation provided by the users, and develop scientific, reasonable, personalized, customized training plans and guidance programs for them, and ensure that each step is as close as possible to the users' psychology, and facilitates users 'operation. In the past, the traditional exercise groups were free to exercise according to their own habits and preferences, and did not exercise according to the actual conditions of their bodies. Sports APPs can change this situation, they can provide scientific fitness guidance according to the exerciser's own physiological characteristics and sports preferences, and also recommend the best diet plan, the most appropriate exercise intensity and exercise load for the athletes, and make exercise more scientific [3].

2.3.3 Interactive

The interactions with "online and offline ' is another major feature of sports APPs. On the one hand, users can choose to share their sports history on social software such as WeChat, QQ, Weibo, etc., this is a "self-motivation" means to help users increase exercise confidence. On the other hand, users can also share their fitness experience and understanding while exercising, other users can use this tag information to track friends who have similar interests and share their exercise experience. The people can be freed from the traditional sports mode, regardless of the time and place. People can follow the APP to exercise with mobile phones and networks; the use of the APP is not subject to time constraints, as long as there is time and network, people can use their own fragmentation time to exercise with sports APPs, which break the traditional way of exercising, make the users take advantage of noon break time, class break time to carry out flexible and diversified fitness means.

2.3.4 Universal

The sports APPS contain various items, including basic strength training, endurance training, and flexible exercises, and various specific events such as ball games, dance, taekwondo, cycling, and fighting. The universality of the events has expanded the number of people who exercise with sports APPs.

3. Main Influencing Factors of College Students' Exercise Behaviors

The exercise behaviours are external manifestation of individual exercise behaviours. Relevant research confirms that the main influencing factors of college students' exercise behaviours include three aspects: physiological factors, psychological factors and environmental factors. Specifically, physiological factors are composed of physical quality and cognition. They are mainly affected by congenital inheritance (height, weight, athletic ability, etc.) and awareness of the importance of exercise. Psychological factors consist of will and attitude. Students' sports interests, emotional experiences, sports effects, self-control over inertia, perseverance and determination to overcome difficulties and setbacks all affect the development of college students' sports habits. Environmental factors include behavioural environment and social environment, sports venues, sports groups, sports organizations and guidance and sports systems, cultural atmosphere, and economic conditions should all be included in the consideration of students' physical exercise behaviours. 、

4. The Effect of Sports APPs on College Students' Physical Exercise Behaviour

According to the results of psychological research, the processes of exercise behaviours are: interest, need, motivation, behaviours, effect, hobby, behaviours repeated. Interest is the beginning of people's formation of sports habits. Once the interest is formed, the individual will have various sport needs. Motivation is the driving force of sports behaviours, and motivation is derived from demand. After the exercise process, people will intuitively feel the effect of exercise, at this time; good physical and mental results will transform the individual's interest in sports into a hobby. The hobby means that the person's interest directly points to an activity, not just a tendency. The hobby of sports will enhance the individual's sports beliefs, and then guide the individual to engage in a certain continuous exercise, which will promote the development of physical exercise behaviours for a long time. From the perspective of the whole process, "interest", "need" and "effect" are the three main factors affecting exercise behaviours.

Sports APPs are products of the rapid development of the Internet industry; which combine sports with electronic technology and network technology, and it is the requirement of the times. College students are curious and accepting new things. Therefore, when the previous single "offline" activity became a diversified "online and offline integration" activity, many students are willing to download. The intelligence of the mobile phone makes the design structure of the APP novel, the content is trendy, the function is wide and its simple and convenient, easy-to-operate features are easy to attract students' interest, and it is the beginning of the development of students' sports habits.

College students are a group with a certain cultural literacy. In the use process, they will consider whether the APP can meet the needs from a relative professional point, this is the test of the specific functions of the APP. Through the above analysis, we can summarize the nine advantages of sports APP: random time and space; sports process records; sports knowledge explanation; expert video guidance; reasonable meal matching; sports plan design; sports results display; social platform; the high scientificity, high entertainment, and low restriction of these advantages are not experienced by students in previous sports activities, and can basically meet the needs of students' physical exercise to a certain extent. The diversification of functions will ensure the use of student APPs and contribute to the maintenance of sports behaviour.

The effect is feedback on behaviours. The feedback of sports APP on students' movement effects is both timely and phased. First of all, after a single exercise, students can get a high sense of accomplishment through image uploading, praise, and sharing, these interactions have a strong power, when people exercise alone, it is easy to doubt whether they have the ability to change themselves, when people interact with others and share the experiences and results of exercise, the change becomes very natural. Secondly, after the phased exercise, students can feel their own changes through quantitative data, such as the improvement of health level through the reduction of body fat level, feel the change of body shape through the reduction of waist circumference, through the increase of mileage and the decrease of pace, people can feel the improvement of sports ability.. This

kind of comparison is an absolute evaluation, not a relative evaluation, which is very conducive to the frequency increase of students' exercise behaviours, thus strengthening the formation of sports habits.

(1) The sports APPs are applied to physical education. Sports APP are products of the rapid development of the Internet, which integrates social contact, electronic technology, network technology and sports to meet the requirements of the development of the times. Moreover, sport APP contains a wide range of content and novel structure, which is easy to attract students' sports interest. At present, there are relatively few arrangements for physical education in colleges and universities, there are only two hours of physical education in a week. College students have limited physical knowledge and physical exercise. The sports data of sports APP can be used as a reference for teachers. The data of sports APP is used as the reference. Use the sports APP data as part of the sports performance assessment. At the same time, schools can use sports APP to organize appropriate activities and competitions, as well as some funny activities, which can enrich students' after-school life, achieve sports effects and the construction of campus sports culture. (2) Scientific guidance, interest, and improvement of exercise persistence. The sports app is quick and easy, and it will be targeted for a certain project or a certain exercise site. There are many exercise programs that do not require special venues, such as some flexible stretching and muscle strength exercises. At the same time, these projects have video teaching, and ordinary college students can arrange sports events at any time according to their own time, which reduces the dependence of students on sports equipment to a certain extent. The social function and convenience of the sports app greatly stimulate the interest of the student movement and improve the persistence of the students. Interest is the premise and internal motivation of exercise and persistence is a necessary condition for students to develop lifelong exercise habits. The exercise app has an exercise plan for a certain item or a certain exercise part, and the exerciser can freely choose according to the needs of his exercise. It is also possible to scientifically guide the specific situation of sub-healthy people such as hyperglycemia and obese college students, and implement effective exercise. (3) College students should use sports apps reasonably. Sports APP bring great convenience to college students' physical exercise. It not only records the movement trajectory, speed of movement, calories burned, etc. Some college students blindly follow the so-called leaderboards and increase the exercise load without limit. Therefore, college students should exercise step by step and do what they can to meet their own actual conditions. On the other hand, with the increase of the number of users, many companies have inserted advertisements for products into the APP. Many college students do not have the ability to control themselves, resulting in a lot of unnecessary consumption.

5. Conclusion

Use sports APP to transform college students from the phenomenon of indulging in the network and games to actively participate in extracurricular physical exercise for the use of sports software tools, encourage students to actively participate in physical exercise, enrich the extracurricular life of college students, provide some constructive opinions for comprehensively improving the physical quality of college students; to supervise and manage the sports of college students through sports APP Exercise, both under the class and at the same time, effectively improve the college students' sports level and sports performance; through the use of sports APP, students can consciously devote themselves to exercise, promote the development of students' intelligence, thinking vitality and mental health, improve learning efficiency; introduce innovative teaching mode for higher vocational colleges, advanced physical education teaching content and methods, reasonably arrange teaching progress and rhythm, and provide guidance for strengthening students' awareness of sports learning and training students' good physical exercise awareness opinion.

Acknowledgements

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