

The Impact of Sports Apps on Physical Exercise for College Students — Taking Zhejiang Normal University as an Example

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Abstract

As a leading force in new forms of exercise and fitness, sports apps have successfully attracted the attention of young college students by integrating the exercise mode of "Internet and Sports". In the process of extracurricular physical exercise for college students, the accompanying activities of sports apps have brought diverse impacts. It enriches the forms and projects of extracurricular physical exercise for college students, makes exercise motivation more diversified, and effectively enhances the enthusiasm of college students to participate in extracurricular physical exercise. This article uses literature review, questionnaire survey, and mathematical statistics to study the impact of using sports apps on physical exercise among sports students at Zhejiang Normal University.

Keywords: "Internet plus Sports" Sports APP College Student Fitness.

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INTRODUCTION

In recent years, with the development and progress of society, the demand for talents has increased to a comprehensive development of morality, intelligence, physical fitness, aesthetics, and labor. Universities have also attached increasing importance to the physical health of college students. In order to further implement the "Regulations on School Sports Work" and the "Opinions of the Ministry of Education on Strengthening Youth Sports and Enhancing Youth Physical Fitness", actively promote the "Sunshine Sports" movement in schools, grasp the physical condition of students, strive to improve their physical health level, and promote their healthy growth, some measures have been taken. By means of literature survey, questionnaire survey and mathematical statistics, this paper aims to understand the fitness status of contemporary college students in the era of "Internet plus" and the popularity and application of sports APP among college students of Zhejiang Normal University, and study the impact of sports APP on students' physical exercise.

1. RESEARCH OBJECTS AND METHODS

The research focuses on the current situation, existing problems, and impact on the sports life of

students at Zhejiang Normal University. A total of 60 students (30 males and 30 females) were surveyed.

2. RESEARCH METHODS

1) Literature Review Method

Through CNKI, CNKI, Wanfang, etc., access to journal papers on "Internet plus Sports" and "Sports APP", through sorting and induction, understand the impact of sports APP on college students' physical exercise, comprehensively grasp the research frontiers in this field, and establish the theoretical basis for this study.

2) Questionnaire Survey Method

According to the needs of the research content, design a questionnaire according to the basic requirements of sociology and statistical analysis, and conduct reliability and validity tests on the questionnaire. A total of 60 questionnaires were distributed and 52 were collected, with a response rate of 86.7%. After excluding 2 invalid questionnaires, 50 were valid, with an effective rate of 96.2%.

3) Mathematical Statistics Method

The survey results will be statistically analyzed using Question Star and SPSS 13.5 statistical software.

3. SURVEY RESULTS AND ANALYSIS

1) Popularity of Sports Apps

Among the surveyed college students, 73.23% frequently use sports apps, more than half of them, indicating that sports apps are more popular among college students. A small number of students believe that they can participate in physical exercise regularly without using sports apps, while sports such as basketball and football are inconvenient to carry their phones with them, and downloading sports apps is also ineffective; some students also have a weak awareness of physical exercise and do not use it. Overall, college students have a greater or lesser understanding of sports apps, and the popularity of sports apps among college students is still relatively high.

2) The Current Application Status of Sports Apps

Excluding students who have not used sports apps for fitness, the number of students who exercise 2-3 times or more per week has increased after using sports apps. But some students lack the perseverance and perseverance to persist in exercising and fitness. This may be due to various reasons, such as lack of exercise habits, scheduling issues, poor health conditions, etc.

3) The Impact of Sports Apps on Students Themselves

After using sports apps, students can significantly increase their exercise time and frequency, while reducing past unreasonable exercise intensity. Sports apps develop personalized exercise plans based on the characteristics and needs of students, enabling them to actively engage in physical exercise. In addition, sports apps have also increased the frequency of students exercising in their dormitories, and the number of people participating in group exercises has gradually increased. Sports apps have also had a significant impact on the consumption behavior of college students.

4. The Impact of Sports Apps on Physical Exercise for College Students

1) Enhancing the Enthusiasm of College Students for Physical Exercise

In the process of using sports apps, more and more people will benefit from the convenience brought by this software. By using sports apps, relevant data on each person's physical condition can be recorded, and the exercise trajectory of each exerciser can also be recorded. In the specific process of exercise, the energy consumed by sports enthusiasts can also be recorded. By storing and analyzing data, comparisons between data can be achieved. At the same time, each physical trainer can understand the results of their physical exercise, which is conducive to stimulating their enthusiasm to participate in physical exercise.

2) Promoting the Cultivation of Exercise Attitudes and Behaviors Among College Students

Currently, the country and government have begun to focus on the physical health status of college

students, conduct regular physical fitness tests, and conduct in-depth analysis based on the obtained data. The data shows that more and more students are failing to meet the standards in terms of physical fitness. As the main force of the country and society, college students must have a strong physique, so enhancing their physical fitness is crucial. In this context, countries and schools have increased their emphasis on the physical fitness exercise of college students, introduced relevant policies, and encouraged schools to pay attention to and enhance the physical fitness of college students. At the same time, college students themselves should consciously recognize their own shortcomings, actively improve their physical fitness and health level, master more sports skills and knowledge, and cultivate good habits and attitudes towards physical exercise.

3) Provide Personalized Exercise Plans and Guidance

Provide personalized exercise plans and guidance: Sports apps can develop personalized exercise plans for college students based on their personal situation and exercise goals, guiding them to engage in scientific and reasonable exercise. For college students who lack professional sports guidance and planning, this can make up for this deficiency, help them better master sports skills and arrange exercise time, and improve exercise effectiveness.

4) Not Affected by Site Factors

In traditional physical exercise, students can only rely on the school's public sports facilities. However, due to the limited area of sports venues in universities, it is not possible to fully meet the exercise needs of all students. If students choose to use sports apps for exercise, this problem can be well solved through indoor exercise. These sports apps provide various indoor exercise programs, such as fitness and muscle shaping. Students can choose exercise programs that are suitable for themselves based on their actual situation, which is of great help in cultivating their healthy behavior habits.

5. CONCLUSION

In summary, sports apps have played a positive role in promoting physical exercise for college students. Introducing sports apps into the auxiliary guidance of extracurricular physical exercise for college students can fully leverage their value and role. This not only stimulates the enthusiasm of college students to participate in physical exercise, but also effectively enhances their enthusiasm for participating in extracurricular physical exercise.

Sports apps help college students better engage in physical exercise by providing diverse exercise programs and personalized exercise plans. These apps usually have various exercise functions such as fitness, muscle shaping, and aerobic exercise, and can be selected according to the needs and interests of students.

At the same time, sports apps can also provide students with exercise advice and feedback, helping them better master exercise skills and knowledge.

By introducing sports apps as auxiliary guidance tools for extracurricular physical exercise for college students, universities can better meet their exercise needs and promote their physical and mental health. This can not only improve the physical fitness of college students, but also help them establish good exercise habits and lifestyle. Therefore, we should fully recognize the important role of sports apps in college students' physical exercise, and actively promote and apply this new type of exercise method.

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