

A Study on the Role of Sports APP in Building a Healthy Lifestyle of College Students

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Abstract—Based on the investigation and analysis of college students' extracurricular activities, most college students use sports APP to help them achieve the goal of fitness. According to the functions and characteristics of sports APP, it is shown that sports APP play an important role in building a healthy lifestyle for college students.

Keywords: *sports APP, college students, healthy lifestyle*

I. INTRODUCTION

In recent decades, lifestyle has been regarded as an important determinant of health status, and has become the focus of increasing research interest around the world. The WHO says that 60% of a person's healthy quality of life depends on their way of life [1]. A large body of literature has shown that a healthy lifestyle reduces the incidence and mortality of disease; sociodemographic dimensions (such as gender, age, marital status, economic status, and paid employment) are associated with healthy lifestyles. A healthy lifestyle depends on starting healthy habits early; the unhealthy lifestyle of teenagers is closely related to the unhealthy habits of adults. A good healthy lifestyle depends on the formation of life habits in the early years [2]. It is difficult for adults to change the unhealthy life habits formed in the young age. To improve people's healthy lifestyle, the focus should be placed on the young. College is a critical stage for individual independence and the development and shaping of healthy behaviors. It is also a golden period for receiving knowledge and shaping behaviors. Healthy lifestyle involves normal study, work, eating habits, physical exercise, recreation, interpersonal interaction and psychological adjustment. The lifestyle of college students is changing with the rapid development of science and technology, which is usually reflected in the lack of physical exercise, phone addiction, lack of active participation, lack of face-to-face communication with others, inability to ensure the normal sleep time, irregular meals, picky food and so on [3]. The lifestyle in this period will continue into adulthood and affect the health of the whole life. Through the survey of college students' healthy lifestyle, it is found that college students pay much attention to their health and life, and have

many healthy behaviors and attitudes, which are conducive to obtaining good health quality in the future social life. However, the healthy lifestyle and healthy attitude in physical health, nutritional status and emotional health still need to be improved. The healthy lifestyle of college students is closely related to their physical health [4]. The two affect and restrict each other to reflect the health quality of the longitudinal system of the content system of college students' health quality [5]. As an organic combination of a new type of network technology, the popular application of sports APP provides college students with more diversified, more active and faster channels for intimate contact with sports. It is a significant topic to explore the role of sports APP in constructing college students' healthy lifestyle.

II. ANALYSIS

A. Functions and features of sports APP

1) *Fitness guidance:* In various sports and fitness apps, there are a lot of micro video about physical exercise, together with clear and professional explanation, users can quickly grasp the essentials of various movements. In the process of exercise, there are more timely words reminders; users can adjust the pace of exercise according to the reminder, scientific exercise [6].

2) *Exercise log:* One of the great functions of the fitness APP is to record the user's exercise track and amount of exercise at any time, such as the running mode and cycling mode of Keep. In this way, after each exercise, the user can clearly understand his/her exercise amount at each stage, so as to timely adjust and make a suitable exercise plan and time [6].

3) *Social network:* Social sports are the trend and trend of current sports fitness apps. Social sports can increase users' activity through friend ranking, sports competition, dynamic BBS and other forms, and find like-minded friends through "dating", which makes sports more "human" and thus increase user stickiness. For example, after each exercise, users can share the exercise data to the platform or

Wechat circle of friends, QQ space, etc., and get comments from friends and thumb up, which will help increase their confidence and interest in exercise [6].

4) *Convenience*: In the past, sports required people to spare relatively fixed time for exercise. However, in the era of fast pace, heavy pressure and heavy task, it is difficult for people to spare fixed time for concentrated exercise. Not limited by time and space is a major feature of sports app. Users can make full use of the fragmented time for physical exercise, and the choice of exercise mode is not limited to the traditional sports equipment. A chair and a bottle of drink can give users the same exercise effect [7].

5) *Scientific nature*: Scientific nature is one of the great advantages of fitness apps. After registration, users will enter the basic physical conditions. The background system conducts professional analysis according to the physical conditions provided by users, and recommends scientific and reasonable training plans for users. At the same time, a large number of fitness micro-video recorded by professional coaches can provide users with scientific demonstration and explanation to ensure that users exercise scientifically [7].

6) *Feedback*: Feedback plays a very important role in physical education teaching and exercise, and sports and fitness apps have distinct feedback. Users can timely and accurately know their exercise amount each time when using the APP. Take the most popular running circle APP as an example. During each exercise, users can know their running distance, time, speed, track and other data accurately and in real time through the feedback function of the APP. After the calculation and height, weight, also can know the calories burned, pace frequency, stride length and other fine data; if connected with external devices, such as bracelets and smart running shoes, it can also measure the heart rate and the stress point of the soles of the feet in real time [7].

B. Analysis of college students' healthy lifestyle

Most experts in the world believe that a healthy lifestyle should include reasonable diet, moderate exercise, smoking and drinking cessation, and balanced psychology. Below, we analyze the lifestyle of college students from these four aspects [8].

1) *Reasonable diet*: It refers to a comprehensive and balanced diet. The new dietary guidelines for Chinese residents issued by the ministry of health provide authoritative guidance. College students in school, due to the limited conditions, no regular habits, no requirements on diet, nutrition collocation is not reasonable.

2) *Moderate exercise*: Moderate exercise not only helps maintain a healthy body, also can reduce the risk of illness, at the same time, moderate exercise can regulate the role of psychological balance, eliminate stress and improve sleep, most college students are accustomed to mental labor, long-

term use of computer and mobile phone game entertainment, for sports is not too seriously, there's not a good sports habits.

3) *Quitting smoking and drinking*: According to WHO data, smokers around the world are becoming younger, and college students are the backbone. The harm of tobacco and alcohol to college students is greater.

4) *Psychological balance*: It is to point to a kind of good psychological attitude, can evaluate oneself objectively, deal with the pressure in daily life correctly, and study efficiently. College students have a strong ability to accept new things and are easily affected by new things. When they are faced with heavy learning tasks, college students also need to release their psychological pressure in their spare time and make self-adjustment to prevent emotional instability, anxiety, depression and other phenomena.

At present, there are two major weaknesses in the construction of healthy lifestyle of college students: sports and psychological balance. The appearance of sports APP can not only enhance college students' enthusiasm to participate in sports, but also improve their interpersonal skills and psychological balance and health. Therefore, sports APPs play an important role in the construction of college students' healthy lifestyle.

C. Influence of sports APP on healthy lifestyle of college students

1) *The influence of sports APP on college campus sports culture [9]*: Campus sports culture is a kind of cultural activities in today's institutions of higher learning attaches great importance to, is also the principal means of show campus students overall style, the country has been called for college students to keep fit, to enhance their strength, and constantly improve themselves, improve themselves, to encourage the spirit of sports, and sports for all, therefore, campus sports culture has become a scenic spot of sports colleges and universities. Campus sports culture is an important part of school sports, which directly affects students' sports consciousness, sports attitude and sports values, as well as the formation of college students' sports emotions, interests and hobbies. The essence of campus sports culture is to take students as the core, take students' interests and development as the guidance, through physical education courses or extracurricular sports activities, in the limited space of the campus, a kind of cultural activities to promote students' positive physical and psychological development. However, college students use the sports APP to exercise in their spare time and cultivate their enthusiasm for sports, so as to improve their sports literacy and contribute to the better development of college campus sports culture. Sports APP, from the perspective of teaching, can well cultivate students' interest in sports and fitness, so as to stimulate students' awareness of active sports with interest, and so that students can not only reap the results of sports, but also enhance their physical quality in sports and

establish a positive attitude. And from the campus sports culture, sports APP can guide students in the right direction, to promote the benefits of exercise, thus promote the majority of students to participate in sports activities, enrich the sports culture connotation, promote students' physical and psychological development towards health, makes sports APP to promote students to participate in the movement of the catalyst [9].

2) *The influence of sports app on college students' physical and mental health:* According to the investigation, at present, college students study life tension boring, usually monotonous spare time activities, exercise is insufficient, the school has no corresponding regulation mechanism, so that students maintain a high level of nervous state, it is easy to appear physical function decline, resulting in the occurrence of various diseases. After graduation, some students are influenced by social factors such as job selection, and they are under great psychological pressure and have different degrees of psychological imbalance. Once these students encounter setbacks and various troubles in study and work, they will be hard to bear. After students take an active part in physical exercise by using the sports APP in their spare time, they can not only adjust their spare time life, but also restore their tired body and spirit after intense study. At the same time, they can also enhance their physique and sports ability. A study shows for a certain time of physical exercise can improve the level of college students' body self-esteem, college students' exercise amount and exercise participation degree of increase to a certain extent promoted the improvement of condition of cognitive and emotional was beneficial to the improvement of the physical self-esteem level of scientific and reasonable exercise, good life work and rest can improve the psychological quality of college students reduce depression, anxiety of college students, can effectively improve students' body self-esteem and mental health [9].

3) *The influence of sports APP on college students' sports habits:* Physical exercise, to student's healthy personality molding has a natural advantage. In the era of science and technology, the traditional educational habit patterns are difficult to attract the attention of young people, and many sports APP is in the ear of the potential to attract the masses of young people, help them more effectively in sports and promote them form the good habit of exercise. Firstly, sports APP can stimulate the interests of college students and improve their exercise needs. Secondly, the sports APPs are not restricted by teachers to improve the scientific nature of exercise. Thirdly, the sports APPs are not limited by time and have flexibility. Fourthly, the sports APP makes reasonable plans to improve the system of exercise. Fifthly, it is necessary to optimize the evaluation mechanism of sports APP to improve the accuracy of exercise [10].

4) *The effect of sports APP on college students' lifestyle:* The three functions and three features of the sports APP enable college students to form good fitness habits, which just meet the needs of their fitness lifestyle. The sports APP can effectively promote the behavioral intention and habit of college students' physical exercise. Through goal setting, self-monitoring, personalized setting and social interaction, the sports APP promotes the improvement of individual physical exercise intention and behavior. Sports APPs are effective ways to urge college students to exercise and promote their health. The application of sports fitness APP can gradually help college students improve their athletic ability and physical quality, and even experience and share more happiness in sports. Sports APP for college students to arrange their life time, to improve physical quality, beneficial to health of body and mind, widen our sight and expand your circle of friends. Sports APP has changed the past way of movement and make movement more electronic, at the same time with the combination of the Internet, let activists from the relatively independent stalemate, make activists and campaigners for the realization of communication between. Sports APP in college students began to receive the attention and be used, therefore, by taking the APP to help college students to reduce in the static time of life, promote sports ability and physical quality, the cultivation of practical guiding significance to the exercise habit, also to enhance and improve college students' learning efficiency and practical reference significance to the quality of life, etc. It is of great significance to form a healthy lifestyle, to stimulate students' enthusiasm and creativity in learning, to carry out sunshine sports in school, to cultivate students' lifelong sports consciousness, and to promote their coordinated development of physical and mental health.

III. CONCLUSION

The Internet age is the highest stage in the history of human civilization, and also a great era. The network affects all aspects of social life today. It also plays an important role in influencing college students' life style. Network sports application products play a positive role in the construction of college students' healthy life style. It helps to promote physical and mental health, enrich students' spare time, help the harmony of life rhythm, and help to create a harmonious living space. It has a broad vision of college students' life style, enriches their knowledge, enriches their life style, and plays a positive role in promoting the development of personality. Reasonable use of scientific sports application program can stimulate students' interest in exercise, improve the scientific nature of exercise, and persevere, reduce exercise restrictions, improve exercise awareness, and play a great role in promoting students to form sports habits [11].

Colleges and universities should establish network teaching management methods, strengthen physical exercises by using sports application programs, cultivate the spirit of honesty and ideology, and put forward countermeasures for

the development of college students' healthy life in the network era, aiming to guide students to have a correct understanding of sports application, so that they can use the Internet to solve problems, improve their ability, and optimize healthy life style.

The value of healthy lifestyle lies in that it can form a good regular life, infect people around to participate in sports, optimize life consumption, and promote social harmony, health and stable development. With the development of economic society, more and more people should participate in sports, create a healthy lifestyle suitable for themselves, and fully enjoy the good life brought by modern civilization.

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