Promoting Effect of Fitness and Sports Application Based on Mobile Internet on the Formation of Fitness Habits of College Students

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Abstract – In this present study rapidly development the science & technology through that highly progress the mobile phone and Internet technology to use the online get information. Now we see the new era of smart phone used, in better and easy way to college students, health wellness, fitness and sports passionate peoples to learn exercise in mobile Internet. More application come into market and welcomed by colleges and sports passionate peoples. Therefore the author analyzes function and characteristic of available running application and combines the current college sports and students physical difficulties. The results show that the rational and scientific use of running application can stimulate students interest in exercise, improve the scientificity and persistence knowledge of exercise, reduce the incorrect movement of exercise & improve the consciousness of exercise, and highly promote the development students, regular exercise habits effects.

Key Words – Smart Phone, Internet, Sports Applications, Sports Habits of College Students.

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INTRODUCTION

In this study developmental era of improve the standard of physical fitness and sports exercise for society's peoples, the vital reasons is that students and peoples not properly pay the attention to extracurricular physical exercise or sports activities. They only focused the training in physical education classes & amount of exercise. School not properly attention to physical education classes, in the student's only one physical education classes in a day. Also crowds in the ground in situation cannot faces to individually and environment or weather issues. Often occurs witch seriously affects students' physical health and fitness. Young one students are mostly used the smart phones or Internet networks. They are also the backbone and backing of the national fitness industry. After the students completed the education and they pay more and more attention to their physical fitness health. The fastest growing and developing mobile Internet and smart phone rapidly development internet application and fitness related services. In the India country users of mobile and internet over 483 million users in 2018. 390 million users accessed the Internet via their mobile phone. Estimates suggest this figure would reach over 500 million by 2023. Science and technology has begun affect the innovation and development of all walks of life. Application refers to their application on mobile devices, now mainly smart phone, tablets and other electronic devices installed software called application. The number of

apps is also growing rapidly. By 2018, the market size of apps will rich 1.3 trillion. For students, we can use the development of the networks to cultivate sports habit, in the used various exercise, develop your on exercise habit.

METHODOLOGY

The Society's well developed the economy is constantly developing, our living standards have been greatly improved, and material life has been met to a certain extent. In available sports apps have special features and characteristics. In addition to warm-ups, cooling-down, stretching, running & jogging, climb, cross fit, Yoga to participate & adhere to exercise. By 2019 the global health and fitness apps are now phenomena, gaining popularity across app store downloaded 147 billion times, which may be hot trend in application, downloads. Sports apps has the most simple and most widely used data logging functions, including support for design a program and how to manage exercise and measurement of athletes physical parameters. Students are one of the most active thinking groups and the fast adopted of new things in society. Sports App has the function of provide fitness exercise related vital information and technique to do workout and also data record, tracking movement, Sports video sharing, and sports fitness program learning and App provide

observation and evolution function to uses to check effect and drawbacks.

Table 1. Questionnaire on the use of sports App by College students

Sports App	Plump	Music motive face	Tiger Flutter	Other
Utilization Rate	35%	26%	13%	26%

College students generally understand the importance of physical exercise, but it is easy to participate in physical exercise and difficulty to adhere to it. Sports App cannot only supervise their own exercise, but also keep abreast of their own exercise situation, effectively improving their exercise efficiency and performance. In addition, there are competition, activities, sports group, training course, classified training, running strategies, fat reduction, shaping, muscle-building strategies, and walking strategies, core part developing strategies and Yoga exercise and so on. Physical fitness apps mainly provide guidance to students to use scientific means and method to exercise by making plans or program & videos. In the India, approximately 25 % of smart phones users use at least one sports health app to support their athletic and health goals, with up to 30 % of App users downloading apps for sports & physical activity. The fitness person can be forced from the traditional sports mode, regardless of the time and place. There are mobile phones, tablets and networks that can follow the App exercise. The use of the fitness applications is not only subject to time constraints.

The researcher selects the functions of fitness & running App based on Android systems and analyzes the statistics. The results are shown in figure 1.
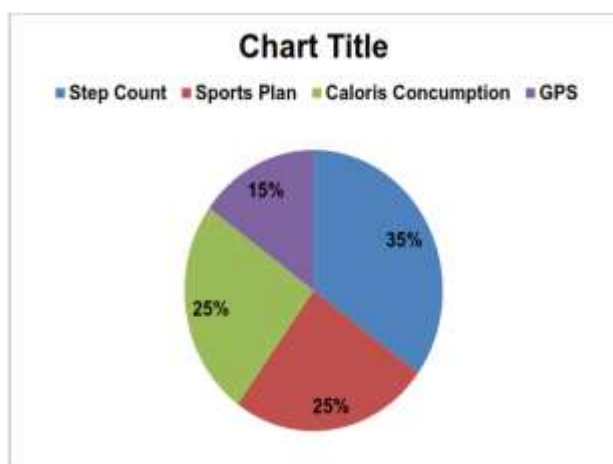

Fig.1. Sports App function usage statistics

RESULTS ANALYSIS DISCUSSION:

In this research study the network is also major killer that affects their persistence in physical exercise. 47% of the students said that they like to go online doing the spare time, even if they go outside for a walk, they can always look at the mobile phone. In one of the best think of sports APP & their content provide all-round way, and scientifically guide students to exercise. It also improves students' interest for participating in physical exercise, interest in sports, improves student's health, awareness of sports, and helps students develop good exercise habits. Some apps also provide fitness-related diet knowledge. Running apps only use the functions on the mobile phone GPS module to calculate data such as trajectory, time, speed, and altitude. However, there are few studies on the effect of sports health APP on people's physical exercise behavior and habit formation, and foreign studies on sports APP mainly focus on the realization of fitness function and fitness technology path.

As can be seen from Figure 2, 80% of the students surveyed chose the sports guidance provided by APP from the perspective of cost effectiveness.
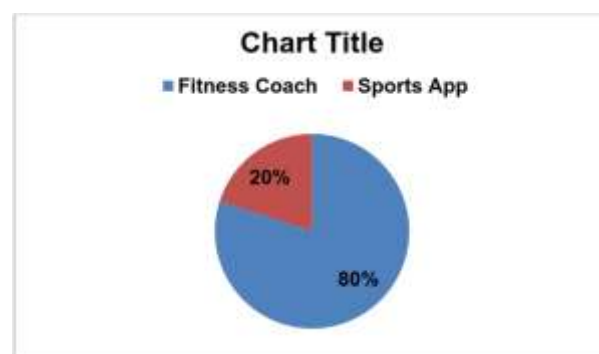

Fig. 2. Respondents choose the situation from the perspective of cost-effectiveness

In the context of the rapid development of science and technology and the Internet era, it is of great vital for human development to effectively apply the scientific and technological products that will benefit the public. These various types of APP provide a lot of convenience, but also constantly change our living habits. In additions most many apps now have social functions, and sports apps are no exception. In addition, most of the sports APPs also provide estimates of calorie consumption, and even dehydration data, which provide important reference for the amount of water needed after exercise.

The researcher focused the role of running APP in the formation of College Students' sports habits. Compared with the use of sports APP, the time for college students to participate in physical exercise is significantly prolonged. The sports app can

automatically record and save each exercise data, which makes it easy for you to understand the energy consumed during your participation in the exercise. Therefore, the scientific guidance of college students to set their own physical exercise program, set exercise intensity, rest & recovery for achieve the desired exercise effect.

CONCLUSION:

In this study college students have experience of using apps. Students use sports apps every experience of using sports apps. College students can use sports apps every week to assist in exercise, which is longer each time. Using sports APP, college students have changed from indulging in the Internet and games to using sports software tools to actively participate in extracurricular physical exercise. It also improving the exercise pattern, technique & formulating fitness plan, strengthening the persistence of exercise, changing the evaluation, and improving the consciousness of exercise. Most sports apps have a variety of functions, are easy to operate, and make the user's fitness goals visible. The exerciser should choose sports APP scientifically according to his actual situation and exercise needs, so that he can develop good exercise habits in continuous exercise. The results shown that using sports APP, reasonably & scientifically can not only improve students' physical fitness, but also develop regular exercise habits.

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