Research on the Influence and Countermeasures of Running App on College Students' Exercise Habits

Wanjun Chen*, Muqian Huang

South China Institute of Software Engineering, Guangzhou University, Guangzhou, 510990, China

*corresponding author

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Abstract: The 2015 Chinese Sports crowd investigation and Research report shows that the physical quality level of college students shows a downward trend year by year. Based on this, it is urgent to further strengthen the sports consciousness of college students and cultivate their fine exercise habits. This paper analyzes the influence of running APP on college students' exercise habits and the functional composition of running APP. Based on the present situation of college students' exercise, this paper puts forward some suggestions on the application of running APP in cultivating college students' exercise habits, hoping to continuously promote the improvement of college students' physical quality.

1. Introduction

Since the period, our country has paid a high degree of attention and the key support to the education and development of the talents, and in recent years, the society has put forward a brand-new requirement for the talents, and the excellent talents need not only have higher vocational spirit and professional skills, but also have excellent physical and psychological quality. On the basis of this, the effective development of the college students' exercise habit and the full improvement of the college students' exercise consciousness are of great significance to the strengthening of the physical quality of the college students, and the running APP can meet the training needs and the health needs of the college students.

2. The Effect of Running App on College Students' Exercise Habits

Data from a medical examination of seven college freshmen in a provincial university town showed that the overweight rate was 9.15 percent, the obesity rate was 3.42 percent, the emaciated rate was 21.75 percent, the sleep disorder rate was 29 percent, and the health literacy rate was about 5.6 percent. This set of data shows that the health status of college students is worrying and external intervention is necessary. Based on the present situation of college students' physical health, it is urgent to effectively improve their exercise consciousness and cultivate their good exercise habits. At present, the level of science and technology in China has been greatly improved. Various APP has sprung up like bamboo shoots after a spring rain, among which running APP also occupies an important proportion among many applied APP. Through practical analysis and specific investigation, it can be found that running APP has a positive impact on college students' exercise habits. College students can set running goals and running plans according to personal physical condition and running APP according to students' information in running APP, so as to complete running tasks according to running planning and specific sports requirements, and achieve the purpose of promoting the level of physical quality. In this process, running APP can not only combine the physical quality of students. Making accurate exercise arrangements with the main sports trends can also supervise and urge college students to exercise in a subtle way, and can effectively develop the exercise habits of college students. In addition, because the exercise planning set up by running APP is carried out in combination with the students' physical condition, it has high targeted exercise advantages, improves the exercise efficiency and strengthens the

exercise effect.

3. Functional Composition of Running App

For a long time, the education departments of our country have paid great attention to and supported the improvement of the physical quality of college students. Considering that the physical quality level of college students has a direct impact on the normal employment of college students and the long-term development of college students, it is very important to promote college students to form good exercise habits in the process of college students' education. Running APP can further meet the exercise requirements and health requirements of college students in China according to the current physical fitness level and sports requirements of college students. The following is an introduction to the functional composition of running APP: first, analysis of the function. At present, our country is in the information age, related Information can be converted into data for real-time transmission. In the application of running APP, students can reasonably input personal health information in fixed items to help run APP establish the basis of exercise analysis. In addition, in the course of running plan implementation, running APP can also make scientific statistics on the changes of exercise time, exercise route, respiratory rate and heart rate of college students, thus comprehensively integrating exercise data. So that students can establish a global understanding of individual sports; Second, supervision function. In the actual application process of running app, it can formulate a refined scientific running program for college students' physical quality, and refine the implementation of the program. This function can effectively meet the sports needs of college students, promote college students to develop good exercise habits, so as to continue to adhere to good sports habits, and gradually improve the level of personal health.

4. The Application Countermeasures of Running App in Cultivating College Students' Exercise Habits

4.1 Interestingness Activity

Through practical analysis and data statistics, it can be found that there are "bimodal" phenomena of over-nutrition and malnutrition among college students in China. The results of college students' physical education test also show that the overweight and light weight of college students are close to 10% and 21%, respectively, which fully shows the backward situation of college students' physical quality. However, the traditional physical exercise items and activities of college students are difficult to stimulate the enthusiasm and enthusiasm of college students. Based on this, colleges and universities can combine the physical quality level and physical education teaching scheme of college students, integrate the application advantages of running APP in cultivating college students' exercise habits, and actively organize interest. Activities to enhance the enthusiasm of college students in physical exercise, the following examples illustrate: at present, most of the running APP in our country have the function of running route integration, in the organization and development of interesting activities, we can combine the school sports environment and the overall terrain, set up a variety of running drawing activities, college students can combine their personal interest trend and design thinking, in the sports environment of colleges and universities, draw a unique running route through running, such as grass running route, flower running route, love running route and so on, to create a strong running atmosphere. It can also draw characteristic running patterns in combination with major traditional festivals in China. For example, when the mid-autumn Festival is coming, you can draw the moon pattern by running, and draw the running route of China territory by running, so as to further stimulate the enthusiasm of college students.

4.2 Application Analysis

Running APP has a high application advantage in cultivating college students' exercise habits. At present, running APP has a variety of application functions. After college students input personal health information, they can carefully evaluate the health level of college students according to the

health standards of college students in our country, and formulate a scientific healthy running plan, and comprehensively supervise and urge college students through regular feedback. It has effectively helped college students to improve their physical quality. Based on this, in order to further create an excellent sports atmosphere in universities, colleges and universities can combine the sports analysis function of running APP to carry out sports types and sports types within the group of college students. The effective division of running scheme: for the group of college students with good physical quality, we can set up a high-intensity physical quality maintenance program, urge them to adhere to good exercise habits and maintain good health; For college students with general physical fitness, managers can set up a plan to strengthen their physical fitness, requiring them to complete fixed running tasks in the school sports venue, for example, to complete 800 meters of running within a limited time, to sign in regularly after completing the sports task, and to share the completion of the sports task reasonably. For college students with weak physical fitness, managers can reasonably set up warm-up running and step-by-step physical fitness improvement exercise for college students in combination with the relevant running plan developed by the running app, so as to help them gradually establish the sports foundation [1].

4.3 Integration with Sports Activities

In order to change the unhealthy lifestyle of college students, promote the effective improvement of their physical quality and create a positive scope of exercise in universities, the education departments of our country have issued the guiding outline of Health Education in Colleges and Universities, which clearly requires schools to strengthen health education and improve students' health literacy and physical health level [1]. On this basis, colleges and universities have actively carried out physical education work, and have continuously realized the expansion of educational content. Under the further promotion of the reform of the educational system, teachers have effectively changed their educational concepts and put students in the main position of education. In the process of education, managers have put students in the main position of education. The management can combine the sports activities with the running APP, further master the physical fitness level of the college students and the sports mode and the movement type of the college students, and introduce the following: The student is required to run the 800-meter or 1000-meter running task at a fixed time. In the course of the traditional test, the teacher mainly uses the stopwatch to record the students' test results, and the students can't fully know the individual's physical fitness level before the test, and carry out the targeted exercise training. in combination with running APP, that student can set the motion scheme and the motion time before the motion, The exercise training is carried out scientifically, and after the exercise training, the physical fitness level of the individual and the moving content needing to be adjusted are further obtained according to the data feedback and the motion analysis on the motion APP after the exercise training, so that the movement requirements and the movement expectation of the college students are met[3].

4.4 Sound Evaluation System

In recent years, our country has paid a high degree of attention and the key support to the college students' physical education, and paid more attention to the college students' physical fitness level, strengthened the college students' sports consciousness, and set up the "Health First" 's educational idea in the course of the college students' physical education. The starting point and the foot point of all work are focused on the healthy growth of the young people, especially the college students, and the focus of the work is transferred to the sports and after-class training, and the college students are required to carry out the morning run training. On the basis of this, the education personnel of the university can set the evaluation items and the evaluation criteria in combination with the specific application function of the running APP, and put the running APP on the running APP. The running data of college students is integrated into the content of college students' sports assessment, and further strengthen the importance of college students to sports training. In this process, college students can obtain personal sports data in the running APP, so as to make targeted adjustment of the exercise scheme, and under the double supervision of the school and running APP, continue to insist on running sports, obtain the sense of achievement from the gradual growth of the

running data, continuously improve the personal physical quality of the individual, improve the individual's sports system, gradually grow into the socialist construction and successors and successors of the comprehensive development of moral intelligence, which satisfies the education department in China. The basic requirements of education further strengthen the movement thinking of college students.

5. Conclusion

In a word, it is very important to strengthen the physical quality of college students and improve their health level. Running app has higher application advantages in training college students' exercise habits. Schools can organize interesting activities in combination with running app, use the sports analysis function of running app, combine running app with sports activities, further improve the teaching evaluation system, and promote the strengthening of College Students' sports thinking.

Acknowledgement

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