

# Application of Sports App in Physical Education Teaching in Colleges and Universities

Dewei Jiang, Dongmei Li

Shandong Technology and Business University, Yantai, China

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**Abstract:** With the development of intelligent terminal technology, the continuous updating of electronic products such as mobile phones, tablets and smart bracelets, and the introduction of policies such as National Fitness Plan (2021-2025) and Guiding Opinions on Actively Promoting internet plus Action, people are increasingly dependent on sports apps. Combined with the current situation of physical education in colleges and universities, this paper further analyzes the characteristics of sports APP, and puts forward the application of sports APP in physical education in colleges and universities, so as to better popularize sports app, strengthen the mastery of sports skills, improve physical fitness and make personal exercise plans for ordinary college students, further cultivate students' lifelong sports awareness, deepen the integration of physical education and education, and promote the intelligent service of national fitness.

## 1. Introduction

During the "Thirteenth Five-Year Plan" period, under the strong leadership of the CPC Central Committee and the State Council, the national strategy of national fitness was thoroughly implemented, and the people's enthusiasm for promoting health through fitness was growing, and the proportion of people who regularly participated in physical exercise reached 37.2%. However, the regional development of national fitness is unbalanced, and neither hardware nor software can meet people's exercise needs. In order to promote the development of national fitness to a higher level, better meet the people's fitness and health needs, enhance teenagers' fitness awareness, and effectively ensure the promotion of fitness, the state has formulated the National Fitness Plan (2021-2025). The Plan calls for promoting the "health package" project for teenagers, promoting the continuous improvement of teenagers' fitness awareness, increasing teenagers' fitness time and improving teenagers' sports ability. In the process of promoting youth fitness, it is required to deepen the integration of physical education and teaching, improve the physical education teaching mode, and ensure students' physical activity time of one hour in and out of school every day. Integrate all kinds of youth sports events at all levels and increase the construction of schools with sports characteristics. At the same time, we will give full play to the role of the Internet and other scientific and technological means in the promotion of sports and fitness, provide intelligent personalized services for national fitness, promote the development of online and intelligent sports activities, support the development of emerging sports events such as intelligent fitness, cloud sports and virtual sports, improve the guidance level of scientific fitness services, open online scientific fitness lecture halls, and promote the research and popularization of scientific fitness knowledge and methods. With the rapid development and continuous innovation of China's scientific and technological level in the new era, high-tech electronic products such as smart phones, iPad and smart wear are constantly emerging, as well as the promulgation of China's National Fitness Plan (2021-2025) and the Guiding Opinions on Promoting "internet plus Action", sports apps relying on smart phones, smart wear and other scientific and technological products have sprung up like mushrooms after rain, playing a very important role in promoting the process of national fitness plan.

## **2. The advantages and Application status of fitness APP**

### **2.1 Convenience**

Today, with the rapid development of economy, people's life is getting faster and faster, and their leisure time outside of work and study is invisibly compressed. The traditional sports form of taking time and finding partners can't meet people's demand for sports more and more. Sports APPs rely on mobile phones, bracelets, smart wear, etc., and their unique portability is highly respected by people. At any time and any place, as long as you open the sports app, you can understand sports knowledge and information and enjoy professional fitness guidance, personal education information, healthy eating, sports consumption, appointment of running friends, establishment of your own sports social circle and other personalized services. At the same time, sports apps are constantly improving. With the development of smart mobile terminals, sports apps are also constantly adapting to the actual needs of people's exercise and fitness. The simple and generous interface, clear section design and rich functional options have satisfied people at different levels, especially the college students who are pursuing fashion <sup>[1]</sup>.

### **2.2 Guidance**

The appearance of the Internet has changed many people's way of life and study. Sports APP conforms to the development of the times, and has theoretical knowledge and fitness guidance in function setting. Through pictures, videos, words and other forms, it provides users with some guidance on sports and fitness, and users can make physical exercise more scientific and effective by repeatedly watching videos, pictures and text prompts. People can also use the personal tailor function of sports APP to provide personal tailor service according to the individual's mobility level, and even invite personal trainers and professional venues to create a one-on-one teaching and training experience, so as to further improve the professionalism and scientificity of sports fitness <sup>[2]</sup>. Some sports apps also have the function of socializing. Fitness enthusiasts can send their own trends and sports status, exchange their fitness experiences, share unique fitness information, and organize various fitness activities, so as to improve their enthusiasm for participating in sports and fitness, enhance their enthusiasm for participating in sports, and make people walk out of themselves and enhance their social attributes.

### **2.3 Interest**

In the development of Internet and intelligence, there are more kinds of sports apps, and the classification of sports apps is more detailed, which can meet the different exercise needs of different groups of people. According to the different exercise levels of different users, sports apps can make different users experience the fun of success in the process of exercise, thus reducing users' fear of difficulties in the process of use, enhancing users' self-confidence, gradually guiding users to actively participate in sports, and communicating with others through the interactive function of sports apps, enhancing the interactive interest in the process of exercise and fitness, and improving the interest in exercise and fitness. For example, the WeChat campaign in WeChat uploads its daily exercise steps to the intelligent terminal through the pedometer function of the mobile phone, which invisibly increases everyone's competition for sports rankings, enhances the enthusiasm of sports, and improves the participation of sports. Through the continuous competition of users, the purpose of exercise and fitness is achieved.

### **2.4 Economy**

Most traditional sports require suitable sports venues or sports equipment, which virtually increases the rental cost of venues and the use cost of equipment, or pays a lot of fitness fees and guidance fees through membership cards, which is not a small burden for college students with few income sources. At the same time, the quality of fitness clubs in the market is also uneven, and the ability, quality and accomplishment of fitness instructors are also uneven, which makes people who want to participate in sports unable to choose, which will certainly reduce it to a certain extent. The sports APP, which can not only provide professional sports fitness knowledge and sports guidance,

but also do not need to pay extra fees. The guidance is more scientific and professional, and it is a good choice for students without financial resources. The sports APP greatly reduces the expenditure cost of fitness, which is more economical than the traditional sports fitness form.

## **2.5 The application of sports apps in universities**

Sports APP has won the favor of young students with its unique characteristics. College students can easily use sports APP to learn fitness knowledge, exercise, lose weight and make friends interactively. Although sports APP has a high usage rate, it is not persistent and sticky enough to attract fitness enthusiasts to actively participate in sports activities for a long time. In order to reduce this situation, many universities have introduced the punch-in service of sports apps. For example, Tsinghua University has implemented the "Freshman Action Plan", and six universities in Kunming, Yunnan Province have comprehensively promoted the use of the World Campus APP to punch in extra-curricular exercises, urging students to exercise by compulsory means, increasing the frequency of teenagers' participation in physical fitness and improving students' physical fitness level.

## **3. The current situation of physical education in ordinary universities**

### **3.1 The current situation of the training purpose and training methods of college physical education**

The "Guiding Outline of Physical Education Curriculum in National Colleges and Universities" points out that college students should actively participate in various sports activities and basically form the habit of conscious exercise, form a lifelong awareness of physical education, master two sports skills skillfully, make personal exercise plans, and carry out physical exercise scientifically. At present, the awareness of lifelong physical education in colleges and universities is not cultivated enough, and the physical education teaching in colleges and universities still stays at the teaching and learning level centered on motor skills, and there is a serious disconnection in physical education teaching from primary school to university<sup>[3]</sup>. At present, the physical education teaching mode of "three basics", "integration", "juxtaposition" and "three stages" is still adopted in most schools. The above-mentioned various teaching modes have their own characteristics in the teaching process, but their fundamental purpose is still to improve students' competitive ability and technical mastery. In the new era of school physical education teaching, advocating people-oriented and student-centered performance is not effective enough. In the stage of colleges and universities, there is also a single means for the cultivation of college students' physical education, which is basically based on teachers' teaching and students' learning, and can not effectively use a variety of teaching methods and means. In the process of teaching, the teaching characteristics are also: "emphasizing skills, neglecting participation, emphasizing teaching guidance, less practice, emphasizing commonness and less individuality". The new teaching methods, such as inquiry, cooperation, scene and interaction, have not been fully applied, which is not conducive to the cultivation of lifelong sports consciousness, the teaching of physical education in colleges and universities, the promotion of young people's sports health and the improvement of national health.

### **3.2 The current situation of physical education subject setting, teaching content and teaching evaluation in colleges and universities**

At present, in the physical education teaching in most colleges and universities, the setting of physical education discipline and teaching content can not be adapted to local conditions, and teaching students in accordance with their aptitude. The teaching content is mainly based on traditional sports skills, and the content setting is relatively simple. Even though some schools adopt elective courses according to different students' sports ability levels, physical fitness and sports hobbies, they have not achieved gradual hierarchical teaching in teaching content. At the same time, physical education teachers are not equipped enough, and the ability of special physical education teachers is still lacking, which can't meet the professional needs. Often, teachers teach concurrently, and the phenomenon of being multi-functional is more common, and the professional level of special

skills is still lacking<sup>[4]</sup>. In terms of teaching evaluation, most of them are based on students' mastery of skills, without fully considering students' individual differences and paying attention to students' participation, as well as the cultivation of emotions in the learning process, the cultivation of lifelong sports consciousness and the cultivation of good character<sup>[5]</sup>. In terms of sports hardware facilities, most school stadiums in China are far from the average student standard, and the equipment and facilities can't meet the needs of students' physical fitness, which also makes many sports teaching items fail to meet the teaching requirements. The extracurricular activities of physical education in universities are not satisfied because of the lack of teachers, venues and facilities, which leads to the low participation of students in physical education and the guarantee of extracurricular exercise time.

#### **4. The application of sports APP in physical education teaching**

##### **4.1 To stimulate students' interest in learning and cultivate exercise habits**

Sports APP attracts college students with its obvious advantages. For students who lack sports health knowledge, sports APP provides more professional sports fitness knowledge and guides users how to use limited resources for sports. In the process of application, it plays a role of knowledge transfer and guidance, improves users' use efficiency, enhances participation, and establishes the self-confidence of exercisers, which has played a good role in promoting active participation in sports. At the same time, the sports APP is used to punch in and assess theoretical knowledge, so as to strengthen the absorption of students' sports knowledge. Most sports apps have a function of sharing users' sports achievements in real time. For example, the number of sports steps, users can use this function to punch cards and bask in friends. On the one hand, they can urge themselves to actively participate in sports, on the other hand, they can enhance social activities and find like-minded people. Some sports apps have the combination of records in the consumption card and nutrition, which can stimulate students' desire to use and quantitatively improve their passion for participating in sports. In daily teaching, physical education teachers can use these unique functions of sports APP to stimulate students' interest in participating in sports and achieve the purpose of enhancing physical health. For example, using sports apps to warm up for running, passionate music and rich movements can meet the needs of different students and stimulate participation in sports. At the same time, running assessment can be carried out. Take keep, which is commonly used by students, as an example. Schools can make weekly running plans, students can share running routes, mileage and other information, and conduct sports examination in a unique way. It can also be used as part of students' sports achievements to stimulate students' extracurricular exercise and cultivate students' exercise habits.

##### **4.2 Mastering sports skills and establishing lifelong sports awareness**

Due to the traditional physical education teaching content in some colleges and universities, sports facilities can not meet the needs of students who love sports, and the teaching ability of physical education teachers is relatively weak. Under various conditions, the enthusiasm of students to participate in sports and the mastery of physical education skills are greatly reduced. The professional guidance of sports apps can provide different levels of sports skill guidance according to the different levels of sports of users. By watching instructional videos, pictures and words and practicing repeatedly, users can improve their grasp and proficiency in basic skills.

In the teaching process, teachers can also choose the Appropriate sports app according to the teaching needs. For example, the elective course of yoga can choose daily yoga, and make use of the zero-basic training, famous teacher class, direct broadcast course, flexibility improvement and other contents in daily yoga to choose the corresponding content according to the teaching arrangement, which has detailed explanations, clear pictures and detailed explanations, which are easy for students to accept and have strong interest in learning. Teachers can also arrange homework after class, so that students can better consolidate basic skills, so as to master skills skillfully and cultivate students' lifelong sports awareness.

### **4.3 To develop personal exercise plans to improve students' physical fitness**

Before college students enter the university, everyone's differences in growth environment, regional culture and living habits lead to different physical qualities and hobbies. The traditional physical education teaching in colleges and universities is stereotyped and lacks the characteristics of teaching students in accordance with their aptitude, which reduces the students' desire for sports and their participation to some extent. By using the sports APP, students can choose their own sports according to their own physical characteristics and hobbies, make their own personal training plans, improve their sports skills step by step, improve their participation in sports, improve their physical quality, and gradually establish confidence in the process of participating in sports. For example, the personalized customized training plan in keep can tailor the difficulty, duration and training content of the plan according to the physical condition of the tester, so as to teach students in accordance with their aptitude, stimulate their enthusiasm for exercise and cultivate their exercise habits. In teaching, teachers can use sports APP to arrange students to make and complete after-school training plans, and as part of the evaluation, further improve students' physical fitness, so that students can learn to make exercise plans scientifically and develop good exercise habits at the same time.

### **4.4 Deepen the integration of sports and education, and promote the intelligent service of national fitness**

School physical education shoulders the historical responsibility of promoting the healthy growth of teenagers, and should deepen the integration of physical education and education. On the premise of ensuring that students have no less than one hour of physical exercise at school every day, they should also actively guide and guide students to spend no less than one hour in extracurricular activities. The emergence of sports apps can make up for the shortcomings of students' lack of exercise after class and difficulty in exercise. The convenience, guidance and economic performance of sports apps meet the requirements of most students. At the same time, there are sports events announced on sports apps, and students can participate in sports events, not only to show themselves, but also to make friends with similar interests, such as the activities column in keep, which includes marathon, online running and other activities, monthly challenges and fun challenges. After the completion, there are certificates and beautiful medals, as well as incentive forms such as consumption vouchers, which stimulate students to participate in sports actively in various ways, deepen the integration of sports and education from the subjective point of view, and promote the intelligent service of national fitness.

## **5. Conclusion**

### **5.1 Make full use of and tap the advantages of sports Apps**

Physical education teachers should pay full attention to different students' physical fitness, sports ability level and hobbies, try their best to teach students in accordance with local conditions and aptitude, so that every college student can find a suitable sports program, be willing to participate, and be brave to participate. Through the effective combination of sports APP and classroom, students' product polarity can be fully mobilized, students' participation can be improved, classroom efficiency can be improved, and exercise interest can be improved, so as to achieve the goal of cultivating sports habits and make sports APP available in university campuses.

### **5.2 To cultivate a good school fitness atmosphere**

Strengthen the training of school physical education teachers, increase the construction of sports facilities, promote the construction of college sports clubs and the development of school sports activities, strengthen the supervision and incentive mechanism, strengthen the exchange of physical education activities between schools, create a good sports atmosphere and health awareness, and strengthen students' initiative in fitness.

### 5.3 Vigorously develop teaching sports Apps

There are many kinds of sports Apps in the market, but there are no targeted apps for traditional sports such as basketball, volleyball and foot. Researchers can build a special sports app platform according to the characteristics of college teaching and the actual situation of college students, promote the research and development of intelligent sports apps, and make it a good helper for college physical education teachers and a good partner for students' physical education, and further promote the implementation of the national fitness plan.

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