

# Inspiration of “Internet + Shared bike” for Healthy Exercise of University Students

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**Abstract:** As the economy and technology keep growing, the mode of shared bikes gains popularity under these circumstances. At the current period, university students become fond of using shared bikes, which changes body health and life style of university students. When this mode combines the characteristics and functions of shared bikes, it has a great impact on the awareness and motivation of work-out of university students. Supported by Internet technology, shared bikes meet the need of people that they can use them at any time, which is new and innovative to the university students. This article provides university students with shared bike service in campus by analyzing the influence of “Internet + shared bike” on health and sports of university students. It will promote the effective application of shared bikes.

**Keywords:** Internet + shared bikes; University students; Health and sports; Inspiration

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## 1 Introduction

As the construction of Healthy China marches

### About the author:

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forward, we make efforts to improve the body health of the whole nation. People concern about the healthy life style again. The healthy style of people has greatly supported the opening of working out all over the country. In this era, the important and basic measures for constructing Healthy China are shared economy and co-development. In addition, the objective of constructing Healthy China is to make all the people healthy. It puts people first, focusing on the current situation. It tries to meet the demand for becoming healthy. Shared bike is the new product in this era, which is beneficial to the construction of Healthy China and the diversification of sports and work-out. University students are the main porch to the social development. Therefore, achieving the healthy life style of university students is significant to the overall development of society. As a kind of vehicles, shared bike will improve the body health of university students with massive value of exercising.

## 2 The analysis on the characteristics of shared bike operation

### 2.1 Nowadays, shared bikes have become viral in different grades of cities

The first, second, third cities have been covered up with shared bikes. The universities are the key

positions to place shared bikes. The advantage of it is prominent, with characteristics of money-saving and convenient commuting. It is an advanced way to commute in the new generation<sup>[1]</sup>. The usage of shared bike is diversified. Shared bikes include Mobike and ofo in the mainstream market. These shared bikes are mainly gathered in the places where university students usually go around, such as dormitory and canteen. These places are placed with many shared bikes, which is convenient to the students.

## **2.2 The analysis on the sporting value of shared bike**

With the living standard continues to rise, people tend to enjoy themselves, while decrease the time to exercise. They don't control their diet in terms of drinks and food. The problem of obesity is very important currently when people gain weight. When using the shared bikes, students can exercise their physical flexibility and coordination, which can improve cardiopulmonary function, internal organs, metabolism and blood circulation. The use of shared bike can help exercise the human body's lower limbs, hip joints, knee joints, and ankle joints.

## **2.3 Analysis of changes in social behavior**

With the improvement of the level of information technology and the arrival of the "Internet +" era, the advancement and development of science and technology have become more novel and interesting in sports. The reusage of shared bikes tends to rise upward. At this moment, the matching activities in shared bikes highlight the social interaction, and the objectives of shared bikes are mainly young people who can meet friends through this platform and find riders who are on the same riding route<sup>[2]</sup>. At present, some brands of shared bike have gradually integrated social interaction, competition and entertainment, realizing the integration of online and offline activities. Through offline social activities and bike-sharing apps, they established a social network for young people. Compared with other social networks, the use of shared bikes has the ability to connect both online and offline activities. That said, it can gradually transform individual cycling behaviors into social behaviors, establishing connections for them.

# **3 The functional impact of shared bikes**

## **3.1 Analysis of APP recording function**

At this moment, there are many mainstream brands

of shared bikes in our country, such as Mobike and ofo shared bike which will record the user's itinerary, calories consumed, time, and navigation and positioning. At present, there are many types of shared bikes, but the differences of their characteristics are not very prominent, among which the functions, pages and usage methods are similar. The use of shared bikes is to scan the QR code of the body through the APP to unlock the bike. After recording, you need to know the specific situation of the user's riding. You can share it on other software, such as some social platform, to give yourself a sense of accomplishment. Among them, the navigation and positioning functions can help students to find the shared bikes as fast as possible. The function setting can improve the stickiness between the shared bikes and the users.

## **3.2 Analysis on the impact of college students' fitness**

The emergence of shared bikes is a means of transportation in the new era at this stage with an obvious modern color. The choice of fast and slow cycling will have a corresponding positive effect on people's health. With the improvement of livelihood, physical activities have gradually decreased, resulting in high disease incidence of people, such as hypertension, obesity, and hyperlipidemia<sup>[3]</sup>. College students should pay attention to obesity control, calorie intake and proper exercise, which is of great significance to their health. Under normal circumstances, shared bike is a better choice for college students. The use of APP to record the calories consumed can satisfy college students' sense of accomplishment and improve their enthusiasm to exercise. Moreover, the use of shared bikes does not require professional skills and is easier to learn.

## **3.3 Analysis on the motivation of college students**

The psychological motivation and internal motivation of a person's activities are motivations which maintain in human activities. The development of this activity will move toward a fixed goal and meet individual needs. The motivation of college students to exercise requires their own needs and the push of external conditions. Motivations are divided into internal motivations and external motivations. Internal motivations mainly refer to internally motivated behaviors which do not require external forces to push; external motivations mainly

refer to participation in activities driven by external requirements and motivation. Interest and curiosity are the important source of emotional motivation in the process. Most students use shared bikes for convenience and fitness, while A small number of students use shared bikes for interpersonal communication and relaxation.

The use of shared bikes solves problems for people and also provides corresponding fitness value. After the living standard has improved, various physical diseases have followed. There is less time to work out, and it is difficult to achieve scientific and systematic fitness. In the case of a short distance, the use of shared bikes can ensure convenient travel and achieve fitness<sup>[4]</sup>. College students who are under the academic pressure are short on time and reluctant to go to the gym. Modern development has caused an endless stream of various means of transportation to provide students with convenient tools. However, there are also some lurking hazards. The shared bike is a product of the development of the times, which provides an effective way for college students to exercise.

#### **4 Analysis of the corresponding inspiration on the Internet + shared bikes for college students' healthy exercise**

##### **4.1 Analysis on the campus shared bicycle service platform**

Currently, most college students have one bicycle per person, and the number of bicycles is massive. After the students have graduated, the accumulation phenomena of bicycles in the school becomes more serious, which wastes resources and takes up the campus area. To solve this problem, the bicycle components can be reused and assembled into new bicycles. Internet technology is used to actively develop school-specific software APPs and establish a campus shared bicycle service platform. The back-end management will master the specific situation that how the college students use shared bikes. After integrating the data, personalized exercise suggestions is formulated followed by software analysis. Then it will feed them back to the college students, realizing the scientific use of shared bikes based on this physical condition data<sup>[5]</sup>.

##### **4.2 Analysis on the construction of cycling clubs**

Currently, only freshman and sophomore students have physical education classes, so they have a slight advantage in physical fitness and skills. For students who do not have physical education classes, the fitness environment and hobbies of working are insufficient. Students are gradually staying away from fitness activities. Faced with this situation, the school can establish clubs that are interested in riding behavior. The clubs can organize some activities in their daily school life, such as riding outdoors and admiring scenery. In the actual riding process, club members will maintain a watchful eye on the campus, highlighting the sports culture of university<sup>[6]</sup>.

#### **5 Conclusion**

Constructing a sports atmosphere in colleges is conducive to the development of college students' fitness activities. The application of shared bikes in colleges and universities will also increase the penetration rate, which has a better guiding effect on the overall bicycle fitness of students. College students will truly feel the fun of sports.

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