



I Like to Move It! Motivating Physical Activity through Hard-/Software Tools

Open Bachelor/Master Thesis

Background

Missing physical activity is a well known cause of many health problems. Nowadays, especially in times of Corona, many peoples life's lack of physical activity. There are already approaches that use reminders in smartwatches or fitbits, but they can be easily passed over.

Research Goal

After a comprehensive investigation of related word, the goal is to implement a smart tool that motivates or even convinces people to stand up and move at least a bit. Any kind of Hard- and Software (AR, Eyetracking, Motion Capture, Smartphone) can be used to inform or motivate users. In a following study the tool should be tested and evaluated.

Based on bachelor/master level the scope is adapted.

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