



Its all fun in Games: Motivational Fitness Games in VR / AR / Mobil

Open Bachelor/Master Thesis

Background

In our modern life we are a lot surrounded by digital devices that bind us to our desks. As a consequence today's life doesn't require a lot of movement, and even many of our hobbies are taking place at the couch or a desk. Therefore we tend to sit a lot without standing up for several hours, which often has negative effects on our physical and mental health.

Research Goal

The aim of this thesis is to implement a game, that motivates people to move, do sports, stand up or go outside. To test if the resulting game has a long lasting positive impact on the players the resulting game is evaluated in a study.

Based on bachelor/master level the scope is adapted.

Jana Funke
Institute of Media Informatics
O27 / 3305

jana.funke@uni-ulm.de

