

ABSTRACT

Sport is a structured activity that is useful for maintaining one's physical and psychological health. Sports can train us physically and psychologically if done correctly and regularly. Sports also become one of the mandatory activities carried out by modern humans. In the middle of some activities of modern humans, especially in urban areas, indoor sports become a favorite alternative for them to do these activities without having to feel excessive fatigue due to exposure to sunlight and air that is not conducive when doing these activities outdoors. Static bicycle sport is one of physical exercise that exercises the leg muscles. This static bicycle sport can be done indoors and the method of its use is the same as using an ordinary bicycle, only this static bicycle cannot be carried around the road because it can only be done in that place.

Virtual reality is a technology in the form of a headset that can connect humans with cyberspace. Where users can feel directly the sensation of entering into a new virtual-based world. Virtual reality is growing very rapidly starting from year to year. Ranging from headsets connected to computers to those connected with smart phones. Virtual reality projects the virtual world becomes real in the user's sense of sight. Virtual Reality-Based Static Bicycle System Using Dynamic Load Synchronized With 360 Degree Video Content is a system that combines existing systems on a static bicycle into virtual reality by displaying 360 degree video content.

Keywords: Sport, Virtual Reality and Static Bicycle