

Summer School Project

Enhancing Gym App Functionality

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Expectations

- Evolve the Gym application to realise additional features.
- Application must be a Web Application
- Can be implemented in:
 - Play (Java & Play Framework 1.x)
 - OR
 - Glitch (Javascript, Node & Express)
- Submitted as a github repo on September 3

Rubric	Axes of Change
Baseline	Scheduled Classes
Good	Assessment Booking
Excellent	Goals
Outstanding	Fitness Programmes

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Scheduled Classes - Trainers

- Enable trainers to perform CRUD on scheduled classes (e.g. Boxercise, Pilates, HIIT, etc.).
- Typical data stored for scheduled classes would be:
 - class name
 - duration of the class
 - capacity of the class
 - difficulty level
 - time, date, etc.
- For each scheduled class, there should be a defined number of classes in the suite e.g. HIIT will run for 7 weeks.



Scheduled Classes - Members

- Enable members to view and search the scheduled classes.
- Members should be able to enrol in the scheduled classes. Allow the member to enrol in two ways:
 - Enrol in one specific class on a specific date.
 - Enrol in all classes in the suite.
- Enrolment in classes is subject to available space.
- Members should be able to un-enrol from classes too.



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Assessment Booking - Members

- Enable members to book an assessment with a Trainer of their choice on any date in the future they choose (assuming the Trainer is free at that time).
- CRUD should be implemented on Assessment Bookings for members.



Assessment Booking - Trainers

- Trainers can perform CRUD on assessment bookings such as:
 - view them,
 - cancel them,
 - update the assessment details associated with these bookings.
 - schedule a future assessment with a member.



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Goals/Targets

- Trainers can set goals for members.
- Members can set goals for themselves.
- A goal has a:
 - future date
 - description
 - future assessment measurement goals
 - a status indicating if the goal is:
 - open (i.e. > three days in the future),
 - achieved,
 - missed,
 - awaiting processing (i.e. a current assessment needs to be done to process it).



Goals/Targets - Member

Each time a member logs in, check whether they have any open goals or goals awaiting processing:

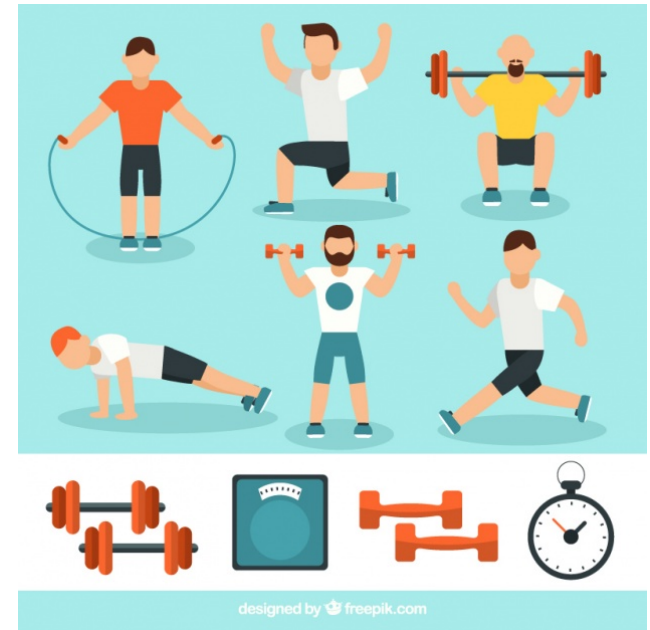
- If they have no goals of this status, prompt them to set a goal (they don't have to do it).
- If they have an goals of this status and the date is today or in the past, check if an assessment was done in the past three days:
 - If one was done, compare the assessment stats and determine (you decide here) whether the member's goal should be set to achieved or missed their goal.
 - If one wasn't done, ensure the status of the goal is set to awaiting processing and prompt the member to book an assessment with a trainer of their choice.



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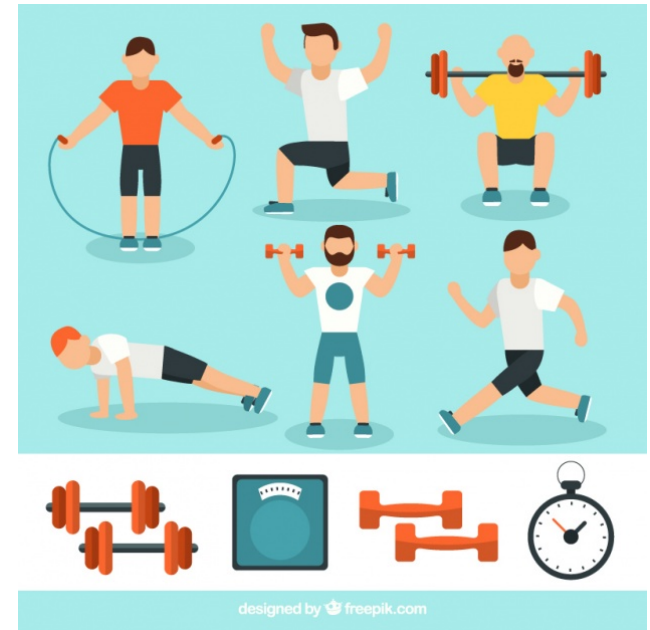
Fitness Programmes

- A Fitness Programme comprises 5 exercises sessions.
- A Trainer can perform CRUD on Fitness Programmes.
- Members can view their Fitness Programme and individual sessions.



Fitness Programmes - Trainers

- Trainers can set up a Fitness Programme for a Member.
- A Trainer builds a Fitness Programme by choosing from the following session types:
 - a list of standard, predefined session programmes.
 - a bespoke session programmes developed by the trainer (i.e. comprising a mix of Resistance Weights and/or Cardiovascular Exercise Equipment such as Treadmill, Rower, Bike, etc.
 - a scheduled class.



*But what if I want to
develop my own app?*

No problem!

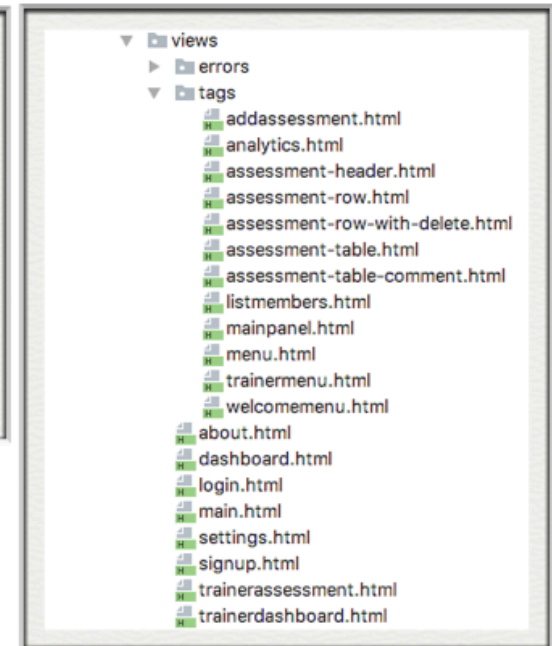
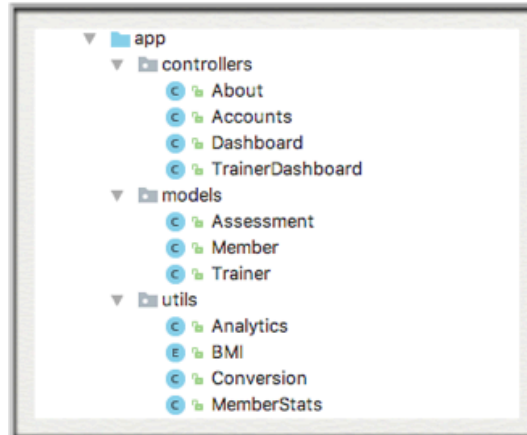
- Just develop your idea, from scratch up to and including the complexity of Assessment Booking (i.e. the *Good* band).

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How to Measure the Complexity of your app?

- PlayGym Metrics:

- 3 Models
- 4 Controllers
- 12 Partials
- 8 Views



Approximate Target

Rubric	Axes of Change
Baseline/Good	Scheduled Classes
Excellent/Outstanding	Assessment Booking

- 6 Models
- 7 Controllers
- 16 Partials
- 10 Views

Very Approximate !