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# Project Description

## **Project Overview**

“Training Application” Home workouts for fast bodybuilding at home that provides daily workout routines for all your all body muscles, you can build muscles and keep fitness at home without going to the gym.

## **The Purpose of the Project**

Making it easy to attend training sessions without leaving the house & staying safe due to the Covid-19 virus.

## **The Scope of the Work**

* **Milestones:** This project is divided into 3 main phases, the first phase consist of a staff meeting to discuss the training program that must be posted on it for different possible clients, the second phase consist of putting the design for this app, the last phase consist of trying it on a small group (beta version) and take their feedback before the publish.
* **Deliverables:** For this project this is the main report we are working on, we are concerned only in the software side publishing it on IOS & Android.
* **Timeline:** This application must take about 2 months to be published, 1 week for phase 1, 5 weeks for phase 2, and 2 weeks for phase 3.
* **Budget:** In this Project we are working with a professional coach who’s responsible of the different training programs, and we cooperated with experienced person who film videos on how to do the exercises correctly.

## **Application Scenarios**

* The user add his weight, height and his age.
* The user put his purpose of using the application (losing or gain weight, build muscles etc...)
* The user set his free time of working (2 days a week, 3 days etc…).
* The user confirm the information he put then a specific training routine will pop to start with.
* On every exercise given there is instructions on how it’s done and a video to help.

## **Stakeholders**

**User**: Everyone who is willing to stay fit & safe have a variety of training routines and programs offered by this application.

**Administration**: Update personal data on the training programs and customize the schedule of the user.

## **Mandated Constraints**

* There shouldn’t be any delays in the training program and the schedule for the user.
* The provided details must be correct.
* Data Integrity: the data can only be accessed and modified by authorized members.

## **Naming Conventions and Definitions**

## **Relevant Facts and Assumptions**

* This app will work on IOS & Android.
* This app will be user friendly.
* Training programs can be modified and updated with respect to the progress done.
* After a week of starting the program the app will ask the user to update the data if any changes have been made.

# Project Model

The SDLC Model that suits this project is **“Waterfall”,** as we said in this project the main idea is to educate and give the users a training routine that they can use in order to stay safe & fit it’s a healthcare project it’s a small sized project.

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| Requirements: |
| Functional Requirement |
| * The user will be able to have many sign-up options like: Gmail, Facebook, Icloud account or through the application itself. |
| * The application will have a simple navigation-bar that will allow users to cycle between the workouts, his profile and the application’s settings. |
| Non-Functional Requirements |
| Performance Requirements |
| **Speed and Latency Requirements:** |
| * Any interface between a user and the automated system shall have a maximum response time of 2 seconds. |
| * The response shall be fast enough to avoid interrupting the user’s workout and to keep his momentum going. |
| **Precision or Accuracy Requirements:** |
| Create a server that save all the progress of the user to make sure no data is lost. |
| **Capacity Requirements:** |
| A server that provides us with good amount of storage to store the routines of the users and the high quality videos that can be downloaded. |
| Dependability Requirements |
| **Reliability Requirements:** |
| * The system should not fail |
| * No data should be lost or damaged in case of failure. |
| **Availability Requirements:** |
| * The service should be available for use 24/7. |
| * The app should achieve 99 percent uptime. |
| Maintainability and Supportability Requirements |
| **Maintenance Requirements:** |
| * The ability of fixing code bugs easily without the need to alter the whole code. |
| * The code should be implemented using classes and methods for ease of reuse. |
| **Availability Requirements:** |
| * The application might be available later on Apple’s “App Store” and Google’s “Play Store”. |
| * The application is designed to run on smartphones, tablets, and iPads. |
| **Scalability or Extensibility Requirements:** |
| The application shall be capable of processing the unlimited number of users. |
| Security Requirements |
| **Access Requirements:** |
| Only the user can see his own personnel records. |
| **Privacy Requirements:** |
| * The application shall make its users aware of its information practices before collecting data from them. |
| * The application shall notify users of changes to its information policy. |
| * The application shall protect private information in accordance with the relevant privacy laws. |
| Usability and Humanity Requirements |
| **Ease of Use Requirements:** |
| * The application shall help the user to avoid making mistakes. |
| * The application design should be simple and user-friendly. |
| **Personalization and Internationalization Requirements:** |
| * The application shall allow the user to select between two languages (“English, Arabic”). |
| * The application should be worldwide. |
| **Understandability and Politeness Requirements:** |
| * The application shall use symbols and words that are naturally understandable by the user community. |
| * The application shall hide the details of its construction from the user (data abstraction and encapsulation). |
| **User Documentation Requirements:** |
| * Technical specifications to accompany the application. |
| * User and Installation manuals. |
| Operational and Environmental Requirements |
| * The program should operate on IOS and Android, no special hardware requirements are needed. |
| * The program should run anywhere. |
| * The program should be distributed as an APK & IPA file. |
| Cultural and Political Requirements |
| The application shall mainly work in the Lebanese markets. |
| Legal Requirements |
| * The application has copyrights, modifying the application is not allowed. |
| * The confidentiality of the company’s information, data, and customers’ personal information is guaranteed. |
| * The application was developed under software engineering standards. |
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