# Activity A (i)

**Design Document**

**Proposal**

The Project Proposal I have for the client is a website that will display to clients and users’ multiple ways to get the

**Planning and system requirements**

Minimum specification required for accessing the ToKa Fitness website

Project Requirements

Processor: Intel Core i3-370M with a frequency of 2.4GHz

Display: 12.5 inch with resolution of 1366-768

RAM: 4 GB for 64-bit

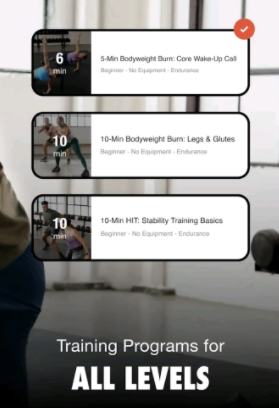
Storage: 250 GB total storage capacity

Languages: Global

Server: None Specified

**Research**

There are pre-existing fitness websites and applications like the Nike Training Club known for being the best free fitness app as well as FitOn known for providing the best live workout classes followed by Apple Fitness and a couple more. The Nike Training Club is an all-round workout web application that provides its users with live classes, help you become more in tune with your mind and body and relate with its community. NTC also tracks and save its user’s workout progress and gives suitable workout routines considering the users present capabilities and gradually increasing their potential to do more workout exercises. NTC with these services gives users the ability to work out from home. No matter the mindset and body form a user has,



NTC provides training programs for all levels, exercises for everybody, allows connection with world class trainers, gives wellness guidance for a balanced life, quick videos for building healthy habits, Expert tips for nutrition, rest and more.

**Features & Functionality**

ToKa Fitness is a free and open to all web application. This web application offers free registration and courses for its users to follow to help them achieve that dream body they’ve always wanted. These courses come with explanatory videos and images to help the users understand what needs to be done, allowing them use quick thinking to follow timing and increase performance. The web applications allow users to set a possible time for when they are available for a workout session. It also saves progress and send notifications to the users, letting them know that it is about time they start their workout session.

**Risk and Mitigation**

In the case, any features of the project are deemed defective or non-functional.

I have set up various precautions to carry out, making sure there be no problems with the project at all.

Testing Strategies/Testing Required:

- Compatibility Testing: Testing to make sure the software program or website designed is compatible with the device hardware and software your client uses

- User Acceptance Testing: Testing to make sure the program meets the expectations and requirements of the client and users

- Load Testing: Testing to make sure the program can work under pressure. Example: various or multiple number of users can use the system at the same time.

- Integration Testing: This is the use of testing methodologies like Top-Down Approach and Bottom-Up Approach.

- Front End Testing: This is testing for the responsive of the website or application on different devices.

- Unit Testing: This is a type of functional Testing, where certain components in the software are working.

**Industry-Specific Legal Guidelines and Regulations**

- Health Insurance Portability and Accountability Act (HIPAA): In the U.S., compliance with HIPAA is crucial when handling personal health information to ensure client data privacy and protection.

- General Data Protection Regulation (GDPR): In the EU, any solution dealing with personal data must comply with GDPR, ensuring user control over personal information and explicit consent for data use.

- Food and Drug Administration (FDA) Regulations: Apps that make specific health claims or are intended for medical purposes may require regulatory approval.

- American College of Sports Medicine (ACSM) Guidelines: Healthcare providers and fitness professionals must adhere to industry standards for physical activity and exercise programs.

- International Organization for Standardization (ISO): Following relevant ISO standards for health devices and applications ensures quality and safety (e.g., ISO 13485 for medical devices).

**Requirements Specification**

**Functional Requirements**