CSC318 Research Study - Research Paper Review
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The paper "Flow is not Enough" by Knaving, Wolniak, Fjeld, and Bjork addresses the problem of designing technology for those who are committed to running at an amateur level, rather than non-runners. This issue is important because while there are a wide range of apps and products designed for non-athletes who are interested in becoming more healthy, less attention is paid to those who are already committed to such a lifestyle. The researchers address what they consider "the less enjoyable aspects of running" i.e. early mornings, extreme exhaustion, and difficult training schedules, as well as five design themes which are: festival, supporters, competition, togetherness, and practicality.

The incorporation of this research into our solution will allow us to also target amateur runners and other amateur athletes who typically are ignored by health technologies which in some cases are incentivized to keep people in a state of "never quite reaching goals". To expand on the aforementioned design themes, each is associated with a primary form of motivation which runners surveyed depended on, and which contributed to the "running experience". Hence, the paper suggests incorporating these themes as design elements or features into some solution could have the effect of improving athletes' motivation. They also provide a design guideline which generally suggests incorporating features which increase athletes sense of the aforementioned five themes.

Of course, the application of this research is limited in that it can be difficult to design novel ways to, for example, improve feelings of togetherness of a runner. In addition, athletics include a wide range of motivations and the five mentioned are only the most prominent which, while helpful, are not enough alone, because athletes surveyed usually had numerous different forms of motivation.

Overall, there are several important points which we can take from this paper, the first and perhaps most important point is incorporating motivating factors directly into the design and features of any solution our team designs. This has the potential to improve the motivation of our users and help them achieve their goals, which is the goal of our solution. The other key takeaway is that we need to incorporate a diverse range of motivating factors given that it seems most athletes depend on several.

Citation:

      K. Knaving, P. Wolniak, M. Fjeld, and S. Björk, "Flow is Not Enough,"
Proceedings of the 33rd Annual ACM Conference on Human Factors in Computing Systems - CHI 15, 2015.

Link:
      https://dl.acm.org/citation.cfm?id=2702542