Artigo de trabalho de conclusão de curso GymTech

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No âmbito da área de saúde e bem-estar, muitas pessoas enfrentam dificuldades para manter uma rotina regular de exercícios físicos, principalmente por falta de tempo e orientação adequada. Além disso, a pandemia da Covid-19 agravou essa situação, com muitas academias fechando suas portas e as pessoas tendo que buscar alternativas para manter a saúde em dia.

1. INTRODUÇÃO

A tecnologia tem transformado a maneira como nos relacionamos com diversos aspectos de nossas vidas, inclusive com nossa saúde e bem-estar. Nesse sentido, um site que oferece a criação de listas de treino personalizadas pode ser uma ferramenta valiosa para quem busca uma rotina de exercícios mais eficiente. Assim como a automação residencial pode ser gerenciada por aplicativos de celular, uma lista de treino pode ser criada e acompanhada por um site. Com a ajuda de algoritmos, o site pode criar uma lista de exercícios de acordo com as necessidades e objetivos de cada usuário. É possível selecionar o tipo de treino, a intensidade e a frequência, e até mesmo escolher a duração da sessão de treinamento. Uma das principais vantagens de utilizar um site para criar uma lista de treino personalizada é que o usuário terá acesso a uma rotina de exercícios que atenda às suas necessidades específicas. Além disso, o site pode monitorar o progresso do usuário ao longo do tempo, ajustando a rotina de acordo com os resultados obtidos. Outra vantagem é a praticidade e a conveniência oferecidas por um site de treino personalizado. Com a possibilidade de acessar a lista de exercícios de qualquer lugar e a qualquer momento, o usuário pode adaptar sua rotina de acordo com sua agenda e compromissos. Em conclusão, um site que oferece a criação de listas de treino personalizadas pode ser uma ferramenta valiosa para quem busca melhorar sua saúde e bem-estar. Com a possibilidade de criar uma rotina de exercícios de acordo com as necessidades e objetivos de cada usuário, a praticidade e a conveniência oferecidas pelo site podem incentivar uma rotina de exercícios mais eficiente e constante.

2. OBJETIVO GERAL E ESPECÍFICO

Segundo a doutora Naína Tumelero, "O objetivo geral é o elemento que resume e apresenta a ideia central do trabalho acadêmico." que no nosso projeto será desenvolver um site que ajude as pessoas a criarem uma lista de exercícios personalizada para o treino de academia, visando facilitar e incentivar a prática regular de atividades físicas. Enquanto o objetivo específico, "[...]descrevem os resultados que se pretender alcançar a partir da pesquisa. Por isso, são sempre descritos no plural. Eles são o "como" da sua pesquisa e o detalhamento do objetivo geral."

3. METODOLOGIA

Metodologia utilizada no projeto: A metodologia a ser utilizada inclui uma pesquisa de campo para entender as principais demandas e dificuldades dos usuários, bem como uma análise da concorrência e das melhores práticas no mercado de aplicativos e sites para treinos de academia. Também será realizada uma etapa de prototipação e testes com usuários para aperfeiçoar a plataforma antes do lançamento. No projeto utizaremos diversas linguagens e programas para nos ajudar, como linguagem Visual Studio Code, que como a própria Microsoft(2018) o descreve,"o Visual Studio Code é um editor de código-fonte leve, mas poderoso, executado em sua área de trabalho e disponível para Windows, macOS e Linux." , será utilizado para programarmos e compilarmos nossos códigos, que serão escritos em Html 5, CSS, PHP e SQL

Figures and Tables should be labelled and referenced in the standard way using the `\label{}` and `\ref{}` commands.

A. Sample Figure

Figure 1 shows an example figure.

4. SAMPLE EQUATION

Let $X_1, X_2, \ldots, X_n$ be a sequence of independent and identically distributed random variables with $\mathrm{E}[X_i] = \mu$ and $\mathrm{Var}[X_i] = \sigma^2 < \infty$, and let

$$S_n = \frac{X_1 + X_2 + \cdots + X_n}{n} = \frac{1}{n}\sum_{i}^{n} X_i \qquad (1)$$

denote their mean. Then as n approaches infinity, the random variables $\sqrt{n}(S_n - \mu)$ converge in distribution to a normal $\mathcal{N}(0, \sigma^2)$.

5. SAMPLE ALGORITHM

Algorithms can be included using the commands as shown in algorithm 1.

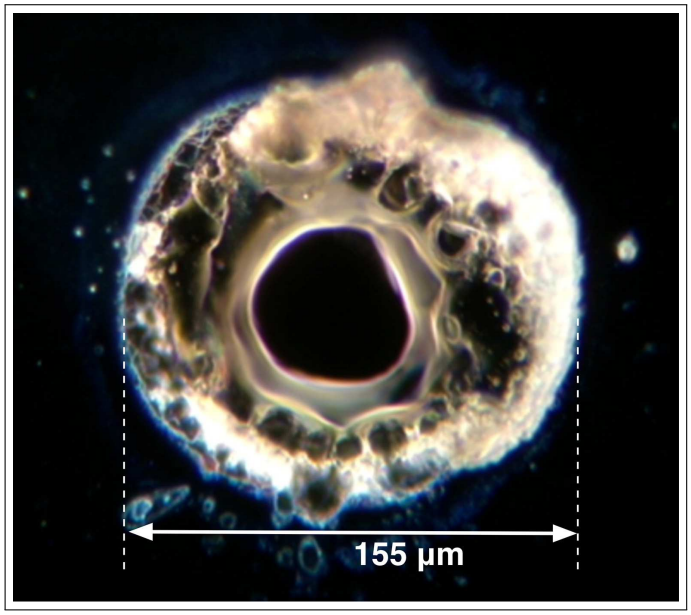

Fig. 1. Dark-field image of a point absorber.

Algorithm 1. Euclid's algorithm

```
procedure EUCLID(a, b)                    ▷ The g.c.d. of a and b
    r ← a mod b
    while r ≠ 0 do                        ▷ We have the answer if r is 0
        a ← b
        b ← r
        r ← a mod b
    return b                              ▷ The gcd is b
```

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Authors may also include Supplemental Documents (PDF documents with expanded descriptions or methods) with the primary manuscript. At this time, supplemental PDF files are not accepted for JOCN or PRJ. To reference the supplementary document, the statement "See Supplement 1 for supporting content." should appear at the bottom of the manuscript (above the References heading). Supplemental documents are not accepted for Optica Open preprints.

B. Sample Dataset Citation

1. M. Partridge, "Spectra evolution during coating," figshare (2014), http://dx.doi.org/10.6084/m9.figshare.1004612.

C. Sample Code Citation

2. C. Rivers, "Epipy: Python tools for epidemiology," Figshare (2014) [retrieved 13 May 2015], http://dx.doi.org/10.6084/m9.figshare.1005064.

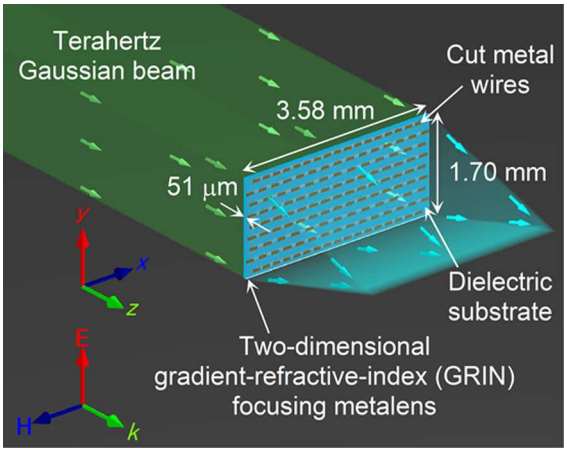

Fig. 2. Terahertz focusing metalens.

6. BACKMATTER

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Data availability. Data underlying the results presented in this paper are available in Dataset 1, Ref. [3].

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Data availability. Data underlying the results presented in this paper are available in Ref. [3].

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Data availability. Data underlying the results presented in this paper are not publicly available at this time but may be obtained from the authors upon reasonable request.

4. If no data were generated or analyzed in the presented research, that should be stated.

Data availability. No data were generated or analyzed in the presented research.

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Supplemental document. See Supplement 1 for supporting content.

7. REFERENCES

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