**Project Sketch**

**CS 562 - Software Project Management**

**Project Title :** Posture Guidance

**Project Manager :** Dhruv Jawalkar - jawalkad@oregonstate.edu

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**Description:**  
Maintaining correct posture which performing physical tasks like following an involved Yoga pose routine, doing Squats or Push-ups for the first time is a difficult task for beginners. When following through online videos we get an idea of what to do but lack feedback in terms of ‘but am I doing it right?’. The project idea comes from the thought, if you had a coach/master watching, how would they guide you.

As it relates to identifying posture, we would be working with Human Pose Estimation models which estimate the key joint positions/ skeleton of a human given an image.   
We would be extending it to process multiple image frames (~5-10) per second, enabling it to work on live video camera feed which is nothing but ~24 frames of images per second.   
Identify correct posture from expert videos and use that as a step by step guide for beginners.

**UML Diagrams:**

**Sequence Diagram**

A close up of a map

Description automatically generated

**Overall Architecture and Design**

A close up of text on a whiteboard

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**Technologies Used:**

Frontend – React.js/HTML/CSS/JavaScript

Backend – Node.js, Express  
Database – MongoDB  
Deep learning – 2D Human Pose Estimation model, TensorFlow.js, TensorFlow/PyTorch

Camera Feed Processing – OpenCV or in browser via JavaScript

**User Stories:**

**1) Spike/Setup**

Setup development environment, load pre-existing 2D Human Pose Estimation model, run build to get it working on webcam

**2) User Interface Design**

Design the interface that would allow the user to select an activity which he/she desires to learn

**3) Pick Activity Options**  
Gather expert videos for sample activities which we would later process to extract key frames and calculate guidance

**4) Process Activity Video**  
Process the activity video to gather keyframes, calculate guidance rules and store in a json format  
**5) Test TensorFlow.js Human Pose Estimation Model**  
Check pose inference accuracy for the lightweight TF.js model and see if it works across all poses, else port larger/accurate python model to the JavaScript framework

**6) Check <canvas> Rendering of Guidance Instructions**Render the webcam feed within browser window, overlay activity keyframes and guidance instructions on the <canvas> element

**7) Store/Retrieve Activities, Guidance Rules from a Database**

Eventually retrieve only selected activity specific guidance rules from a MongoDB database exposed via an API using Express.js