Johanny Mejia Gonzalez
Prof. Yanilda Peralta
CIS 344

Mini World scenario: VR Fitness Training

SYSTEM DESIGN REQUIREMENTS

The VR fitness Training project combines physical exercise with virtual reality to make working out feel like playing a game. Many people think traditional workouts are boring or hard to keep up with, but VR can motivate them through fun challenges. By using a headset and controllers, users can move actively and safely from home. The article from Mejor con salud explains that virtual reality fitness is a modern alternative that makes exercise more entertaining and less routine. This helps people enjoy exercising and stick to their routines.

These main users include busy adults, teenagers who love video games, and beginners who need clear steps. Trainers and parents are involved to ensure safe use. According to Mejor con salud , there are VR routines like boxing, dancing, cycling, and cardio that adapt to different preferences and levels. This shows that variety is key to keeping people engaged. For this reason the systems must include different workout options.

To gather requirements, I used research, and simple interviews. People prefer short workouts, easy menus and virtual coaches that cheers them on. They also want to see calories burned, total time, and motivational messages at the end. The article confirms that users enjoy VR because it feels like a game and makes them “forget” they are exercising. This means the feedback must be visual, simple and motivating.

Safety is a very important requirement. The system must show a safe boundary so users don’t bump into furniture and offer a “comfort mode” to reduce motion sickness. It should also remind users to drink water and take breaks during training. The article highlights that VR headsets weigh between 300 and 600 grams and can affect posture if not used properly with these precautions, the VR fitness experiences will be safe and reliable for everyone