RMIT University

CPT110 – Introduction to Information technology

Assessment 5: Draft Presentation on IT Project

Contains: Project Pitch

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Group: A2Group8

Members:

Samuel Jones S3828578

Jacob Smith S3793994

Kim Ve Jong S3833727

David Mulgrue S3824946

Scott Smith S3825329

Project Pitch:

The project pitch that our group is undertaking is a fitness app for mobile devices, such as Apple and the Android platform. The fitness app is designed for people that want to start fitness and not sure where to start. The fitness app is the perfect start for beginners to get into shape or start a fitness regimen, whilst also catering for intermediate fitness peers that want to enhance their training and keep track / record on their progress.

Storyboard:

This project originated from our group member Jacob Smith on his first assignment and the project he chose was for a fitness app. When our group reviewed the project idea from others we have tossed around, we finally settled on the fitness app. The reason why we chose this project was the changes in the bodybuilding industry and how they view calorie intake from energy sources such as carbohydrates, protein and fat. It was only in recent years that carbohydrates have been called into question about their functionality in the body, since they produce sugar glucose for the main fuel to the body. However, the properties of carbohydrates causes the body to store fat especially around the belly of a person. The belly is the best storage for future energy usage, and they are the least used part of the body, meaning less blood vessels run there to extract energy quickly versus the arms or the legs that requires huge amount of energy and on the fly. This is important, especially for beginners that want to get fitness results to be realistic about what they put in and what they get out.

This fitness app is for all ages and sexes and they can custom their fitness training requirement and how they will follow the fitness plan. This program will start the fitness personnel on a three month period / six month period / 12 month period and then yearly period. So once the user has chosen their path of fitness progression, they will start on the three month program. The reason as to why the first year has three modes and after the first year only has a single mode is because if the user has followed the program thoroughly, the most gains are from the first year and subsequent year after that will net in diminishing results, and yet the fitness personnel still has to stay consistent with their program.

This project also takes into account calorie intake such as ratio to carbohydrates / protein and fat. There are many styles of diet that we would like to incorporate such as Keto, protein diet, carbs diet – which is very good for endurance. So depending on the fitness regimen the user desires, the diet recommended will differ to other users. This part of the project however, will require an in-depth research and analysis to achieve this and thus will be beyond our scope for this assignment. At best we can probably implement the athlete / bodybuilding diet.

**The defining feature** of this project and what sets our project unique from other fitness program out there is our program takes advantage of the **camera** and the lights of the camera. As an option, the program will first prompt the user to take photo of their arms curled, torso with applied strength, abs tensed, shoulder, calves, back muscle etc. The user will take the photo from a distance of 15-30cm, however once they have chosen a distance, then they will have to stick to the same distance the entire time. The program will prompt the user to take photos periodically in line with the fitness program to calculate gains / losses of muscle and body fat percentage. The program will then calculate to see the user’s progression and adjust the food intake recommendation and fitness regimen. Although the program will also advise to seek a specialist to confirm the recommendation. This innovative way of building muscles or cutting / leaning could be the next frontier on how a person would train. The user can also compile a report and share with other users, to track on their progress. This feature in our project would not be implemented as it requires an actual coding on the mobile platform taking advantage of the phones camera, but it is a justification to make this app and a viable option for fitness users to try this app.

Draft Script:

This is the draft component of what we think thus far on what we should incorporate / include in our fitness program and the user experience. The fitness program will be broken down into components:

\* When the user first log into the program, it is the most crucial since the program will ask the user to input their information to start the workout regimen. They include: age / sex / height / weight.

\* The next set of questions would be to ask the user their preferred exercise regimen: Athletic / Bodybuilding / or athletic and bodybuilding combined.

\* The app will ask the user their frequency of training per week: 3 days minimum and all the way to 7 days for the enthusiast. The program will adjust the intensity for the user.

For Bodybuilding

3 days – day 1- upper body / core

day 2- lower body,

day 3- upper body / core

4 days - day 1 – upper body / core

day 2- lower body / aerobic

day 3- upper body / aerobic

day 4- lower body / core

More exercise regimen will follow on the main project as this is a sketch / draft concept.

\* The user can then set the days and time that they would prefer to train.

\* The program would formulate the food intake needed in order to achieve the desired results for the fitness athlete / bodybuilder.

\* The program will prompt the user to work on the 3 month program, before progressing towards the next 3 months on the sixth month plan. It would increase in increment of 3 months for a year before the final program after the first year. After the first year will focus on eating, and the refinement of the exercise regime.

\* At the start, the program will prompt the user as an optional feature to take photos of their arms curled, thighs tensed, calves tensed, abs tensed, back muscle stretched. The program will periodically ask the user again after certain exercise cycle to take more photos and compare the results and calculate the muscle gain / loss and fat gained / loss.