7.3   Appendix - Interviews with stakeholders

1.1.1   personal trainer

Q. How would you define an exercise?

A. I would define an exercise as a repetitive performance of a chosen activity geared towards improving physical fitness and overall health.

Q. What are the components of an exercise?

A. I would define 4 main components of an exercise, those are strength, cardiovascular, flexibility and bodyfat composition. Traditionally there are two methods that can be used to achieve this. Gym equipment such as weights Barbells and resistance bands can be used, in conjunction with your own bodyweight, which is commonly known as calisthenics.

Q. What are users seeking from an exercise?

A. Most users use exercise to improve their physical appearance, others seek exercise as a tool to improve in a particular activity they're into such as running cycling. Others use exercise to improve their mental well-being.

Q. Are there any recommendations you can provide to improve the search?
A. when searching for exercise split them into categories such as muscle groups, equipment required, and difficulty level. You could also include images or videos of someone performing the exercise.

Q. Are there any good electronic sources of exercises that I can download from the internet?

A. I would target fitness sites such as workout labs and bodybuilding.com although you must pay a subscription to access all the material, they provide most of the content you need for free.

Q. Would you be able to assist this project as a consultant?

A. Yes

My thoughts
Great interview really helped develop a greater understanding on how you can develop a muscle group using exercises, in conjunction with equipment to achieve the goal set out.

1.1.2   UX/I designer
Q. What are the best front end UI kits to use?

A. I would recommend Bootstrap because it's easy to use, is open source and contains a lot of documentation in case you get stuck on something.

Q. Will the chosen tools require a steep learning curve?

A. No as you have previous experience with it you will be fine

Q. What techniques do you use to make a user face user friendly?

A. Adhere to the W3C standards, Attractive visuals, good use of colour. A consistent style throughout the interface. Good feedback on the user's actions. Lastly a well-defined target audience is a must! I would also recommend you look into Human-centred design as it uses design techniques that focus on the human interaction which will really help you considering the application will be used by keen gym users.

Q. What are the best design methods used to develop an idea?

A. I would start with a mind map and a clear target audience, once the requirements have been identified either sketch out a rough drawing on paper or you can use a program call Whimsical. it's easy to use and you can generate designs, wire-frames flowcharts easily. Once you're happy with your chosen design I would recommend a program called Figma which brings your design to life and with real time editing you can design and test your design as you go along.

Q. Can you tell me techniques I can use to improve the speed of the user interface?

A. Keep you design simple. If using HTML, CSS by removing excessive code, comments, etc. There are tools available that will condense your code and remove excessive spaces.

Q. How would you define a successful design?

A. These are the traits a successful user interface will have. Clear layout, easy to navigate, responsive and fast user interface and a consistent and familiar style throughout.

Q. Would you be able to assist this project as a design consultant?

A. yes

My thoughts
Really helped increase my understanding on the design process, was interesting looking at how a simple design on paper can transform into a fully functional real world user interface.

1.1.3 Back-end Developer

Q. I need a database to store gym exercises. What is the best database management system to use?

A. I would recommend MySQL or MariaDB, as it's noted for its ease of use, reliability and quick processing.

Q. Which platform would be best to run the system bearing in mind that I am a poor improvised student? Do I need any special software, or could I use an open-source platform?

A. As you use a Mac you can opt for the MAMP stack. Apache Is the web server, MySQL the database is an open-source platform, and PHP can be the server scripting language.

Q. How do you easily put information into a database?

A. Use SQL statements with a scripting language like PHP to add, amend and delete data into the tables within the database. I would also adopt Relational Database modelling, where you can model the information into sets of tables.

Q. If server scripts are to be used, what would be an efficient language to use bearing in mind that data will be extracted from the database?

A. PHP is designed to be used for web purposes, its widely used simple and straight forward to learn.

Q. What are the encryption methods used to ensure the database is secure?

A. There are functions (hashing algorithm) available within programming languages that allow you to encrypt or decrypt data.

Q. Finally, would you be able to assist this project as server consultant?

A. Well, for a fee, I can be bought.

My thoughts
Really insightful character really helped me understand how the process of making a user interface fully functional and how the web page connects with the application server and the database. I look forward to increasing my knowledge as I progress through the project.