**Mobile App**

Project Proposal

Nottingham Trent University

Final Year Project

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# Abstract

# Aims and Objectives

# Task and deliverables

# Literature Review

* Talk about the issue relating to the project (compare nhs old research to new research + stats)

The project will tackle physical health issues in the UK due to lack of exercise. According to the research done by NHS (July 2012), a lot of health issues in the UK are due to the lack of exercise which is “as deadly as smoking”. It has been estimated that “one in 10 cases of heart disease (10.5%) and just under one in five cases (18.7%) of colon cancer in the UK” often can be due to lack of exercise. In 2008, inactivity caused more than 5.3 million of the 57 million deaths estimated worldwide (NHS 2012). Lack of exercise can also cause your bones to become weak, risk of diabetes or hypertension (Kristin Davis, n.d). However, over the years, health issues relating to lack of exercise didn’t decrease; obesity being one of the main concerns. In a very recent article by NHS (May 2019), during 2017/18, there were 10,660 patient admissions who had illnesses directly relating to obesity and 711,000 where obesity was “primary or a secondary diagnosis”; which is very similar to the statistic recorded in 2016/17 (10,705). Obesity was more common in female adults than it was in male adults. For every 4 patients, 3 were female (74%) for illnesses directly relating to obesity, and around 2 in every 3 (66%) for illnesses that had some relation to obesity. The statistics show that obesity was commonly found in adults aged between 35-64.

“The majority of adults in England in 2017 were overweight or obese (64%)” and the percentage of obese adults was “29% higher than in recent years” (NHS 2019). The percentage of obesity increased “steeply between 1993 and around 2000” in England, however, the rate of increase became slower after that. This suggests that despite NHS knowing the increase of obesity throughout UK for a very long time, and researchers having come up with solutions to tackle this issue, they couldn’t decrease the amounts of patients being admitted into hospitals due to obesity; instead the numbers were gradually increasing with time – nonetheless, they did manage to slow it down in recent years. The research showed that not only adults are at risk of being diagnosed with physical health illnesses such as obesity, but young children too. The same article stated that in 2017/18 prevalence of obesity in year 6 children has increased by 1% compared to 20.0% in 2016/17. For children in reception the percentage didn’t change much and was “similar at 9.5% in 2017/18”. However, compared to 2006/07 the percentage is lower for children in reception but is higher for kids in year 6 (NHS 2019).

 

* Talk about Health Risks Associated with Obesity
* Talk about general solutions out there currently
* Narrow it down to mobile specific
* Current mobile related applications which tackle same issue
* Compare it with my project and how it’s different yet similar – how will it help with the issue

## Comparison

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Features** | **Strengths** | **Weaknesses** |
| Activenotts | * Can search for any sports (A-Z) * Gives overview of the chosen sport * Lists health benefits related to it * General costs the player may need to consider (hiring out a court etc) * Equipment required to play the sport * An interesting fact related to the sport * Locates clubs related to the chosen sport within the specified distance * Shows the location on the map * Information/Contact details of the club * Location of local venues   You can filter your search (age, disability, gender etc) | * Gives brief description about the chosen sport which is useful for beginners * Helps identify any costs the player may need to cover which can be difficult to know for someone new to the sport * Shows location of the club on the map + contact details so if the person has any enquiries, they can contact them or visit them in person * There is a filter option for people with disability so they can search for clubs which will suit their needs |  |
| Find a Player |  |  |  |
| Playwaze |  |  |  |
| Sportyapp |  |  |  |
| Teamapp |  |  |  |
| endomondo |  |  |  |
| Playo |  |  |  |
| GW Sports App |  |  |  |
|  |  |  |  |

# Legal, Social, Ethical and Professional Issues (LSEPIs)

# References

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