**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). 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). For every 4 patients, 3 were female (74%) for illnesses directly relating to obesity, and around “2 in every 3 patients were female (66%)” for illnesses that had some relation to obesity. The statistics showed that obesity was commonly found in adults aged between 35-64.

(fig. 1)

“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.

Img (fig.2)

This suggests that despite NHS knowing the reason behind obesity, they are struggling to keep the illness under con

* 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 |  |  |  |
| Find a Player |  |  |  |
| Playwaze |  |  |  |
| Sportyapp |  |  |  |
| Teamapp |  |  |  |
| endomondo |  |  |  |
| Playo |  |  |  |
| GW Sports App |  |  |  |
|  |  |  |  |

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

# References

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