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### \*\*Problem Statement:\*\*

At TARUMT (Tunku Abdul Rahman University of Management and Technology), students and mentors face challenges in enhancing their knowledge of health and fitness. However, existing resources and platforms present several issues:

1. \*\*Lack of Centralized Learning Resources:\*\* Currently, students and mentors rely on multiple disparate sources to obtain health and fitness knowledge and courses. This fragmented resource management results in information gaps and reduced learning efficiency.

2. \*\*Insufficient Interaction and Feedback Mechanisms:\*\* Interaction between students and mentors is limited, preventing effective discussion and feedback. Students are unable to receive timely guidance from mentors, and mentors struggle to track students' progress and needs.

3. \*\*Difficulty in Course Access and Selection:\*\* Students face challenges in selecting suitable health and fitness courses, particularly when distinguishing between free and paid options. Additionally, existing payment systems may be complex and user-unfriendly.

4. \*\*Inconvenient Resource Management:\*\* Mentors and students lack an efficient tool for managing and sharing health and fitness resources, such as nutrition guides and workout plans. Current systems fail to provide this convenience.

5. \*\*Inadequate Data Analysis:\*\* There is a lack of effective data analysis tools to track students' learning progress, course participation, and feedback. Mentors and administrators are unable to make data-driven decisions to enhance teaching and learning experiences.

### \*\*Solution Objectives:\*\*

The \*\*FitHealth Platform\*\* aims to address these issues by providing a comprehensive health and fitness learning solution for TARUMT students and mentors through the following features:

1. \*\*Centralized Management:\*\* Offer a unified platform for TARUMT students to browse, select, and enroll in health and fitness courses, including both free and paid options. Mentors can manage course content on the same platform, streamlining resource access and management.

2. \*\*Interaction and Feedback:\*\* Create interactive discussion forums and Q&A features that allow students to engage with mentors in real-time, receiving timely feedback and guidance to enhance their learning experience.

3. \*\*Simplified Course Access:\*\* Provide clear course displays and search functionalities, integrate user-friendly payment systems, and offer detailed course information to assist students in making informed choices.

4. \*\*Efficient Resource Management:\*\* Implement a library feature that enables mentors and students to upload, manage, and access health and fitness resources. Support various file formats and classification methods for easy retrieval and sharing of materials.

5. \*\*Data Analysis Tools:\*\* Offer data analysis capabilities to track students' learning progress, course participation, and feedback. Provide valuable insights and reports to mentors and administrators for optimizing content and improving the learning experience.

By achieving these objectives, the \*\*FitHealth Platform\*\* will deliver an integrated, interactive, and efficient health and fitness learning environment for TARUMT students and mentors, enhancing the overall learning experience and effectiveness.

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