

A
PROJECT REPORT
ON
GYM WEBSITE NAMED AS GYMNAST

Submitted for Partial fulfillment of the Requirement for the award of the Degree

Of

Bachelor of Science in Information Technology (BSC.IT)

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Of

Faculty of computational science



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Class – B.Sc(IT) 6th sem

GU-2019-2067

Submitted to :

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(Assistant professor)

DECLARATION

I undersigned Solemnly and declare that the report of the project work entitled GYM WEBSITE is based on my own work carried out during the course of my study under the supervision of Er. SARNEET KAUR. I assert that the statements made and conclusions drawn are an outcome of the project work. It further declare that to the best of my knowledge and belief that the project report does not contain any part of any work which has been submitted for the award of any other degree/diploma/certificate in this university or in any other university.

Signature of the candidate

Rani

GU-2019-2067

ABSTRACTION

The purpose of Gym Website is to automate the existing manual system by the help of computerized equipments and full-fledged computer software, fulfilling their requirements, so that their valuable data/information can be stored for a longer period with easy accessing and manipulation of the same. The required software and hardware are easily available and easy to work with.

Gym Website, as described above, can lead to error free, secure, reliable and fast management system. It can assist the user to concentrate on their other activities rather to concentrate on the record keeping.

The aim is to automate its existing manual system by the help of computerized equipments and full-fledged computer software, fulfilling their requirements, so that their valuable data/information can be stored for a longer period with easy accessing and manipulation of the same. Basically the project describes how to manage for good performance and better services for the clients.

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INTRODUCTION TO PROJECT

The "Gym Website" has been developed to override the problems prevailing in the practicing manual system. It can assist the user to concentrate on their other activities rather to concentrate on the record keeping.

Every organization, whether big or small, has challenges to overcome and managing the information of Trainer, Gym, Facility, Time Slot, Fitness Class. Every Gym Website has different Gym needs, Also, for those busy executive who are always on the go, our systems come with remote access features, which will allow you to manage your workforce anytime, at all times.

OBJECTIVE

The main objective of the Project on Gym Website is to manage the details of Gym, Trainer, Memeber, Facility, Fitness Class. It manages all the information about Gym, Time Slot, Fitness Class, Gym. The project is totally built at administrative end and thus only the administrator is guaranteed the access. The purpose of the project is to build an application program to reduce the manual work for managing the Gym, Trainer, Time Slot, Memeber. It tracks all the details about the Memeber, Facility, Fitness Class.

Tools/Platform, Hardware and Software Requirement specifications:**Software Requirements:**

| Name of component | Specification |
|--------------------------|---|
| Operating System | Windows 98, Windows XP, Windows7, Linux |
| Language | Html , Css, javascript, bootstrap, Sass |
| Database | MySQL Server |
| Browser | Any of Mozilla, Opera, Chrome etc |
| Web Server | Tomcat 7 |

Hardware Requirements:

| Name of component | Specification |
|--------------------------|----------------------|
| Processor | AMD RYZEN 3 |
| RAM | 128 MB |
| Hard disk | 20 GB |
| Monitor | 15” color monitor |

4.Development and Implementation

(a)Introduction to languages (Front and backend)

Front end

HTML

- HTML stands for Hyper Text Markup Language
- HTML is the standard markup language for creating Web pages
- HTML describes the structure of a Web page
- HTML consists of a series of elements
- HTML elements tell the browser how to display the content
- HTML elements label pieces of content such as "this is a heading", "this is a paragraph", "this is a link", etc.

CSS

- CSS stands for Cascading Style Sheets
- CSS describes how HTML elements are to be displayed on screen, paper, or in other media
- CSS saves a lot of work. It can control the layout of multiple web pages all at once
- External stylesheets are stored in CSS files

JAVASCRIPT

- JavaScript is the world's most popular programming language.
- JavaScript is the programming language of the Web.
- JavaScript is easy to learn.

Bootstrap

Bootstrap is a free and open-source tool collection for creating responsive websites and web applications. It is the most popular HTML, CSS, and JavaScript framework for developing responsive, mobile-first websites. It solves many problems which we had once, one of which is the cross-browser compatibility issue

Backend**PHP**

- PHP is a server scripting language, and a powerful tool for making dynamic and interactive Web pages.
- PHP is a widely-used, free, and efficient alternative to competitors such as Microsoft's ASP.

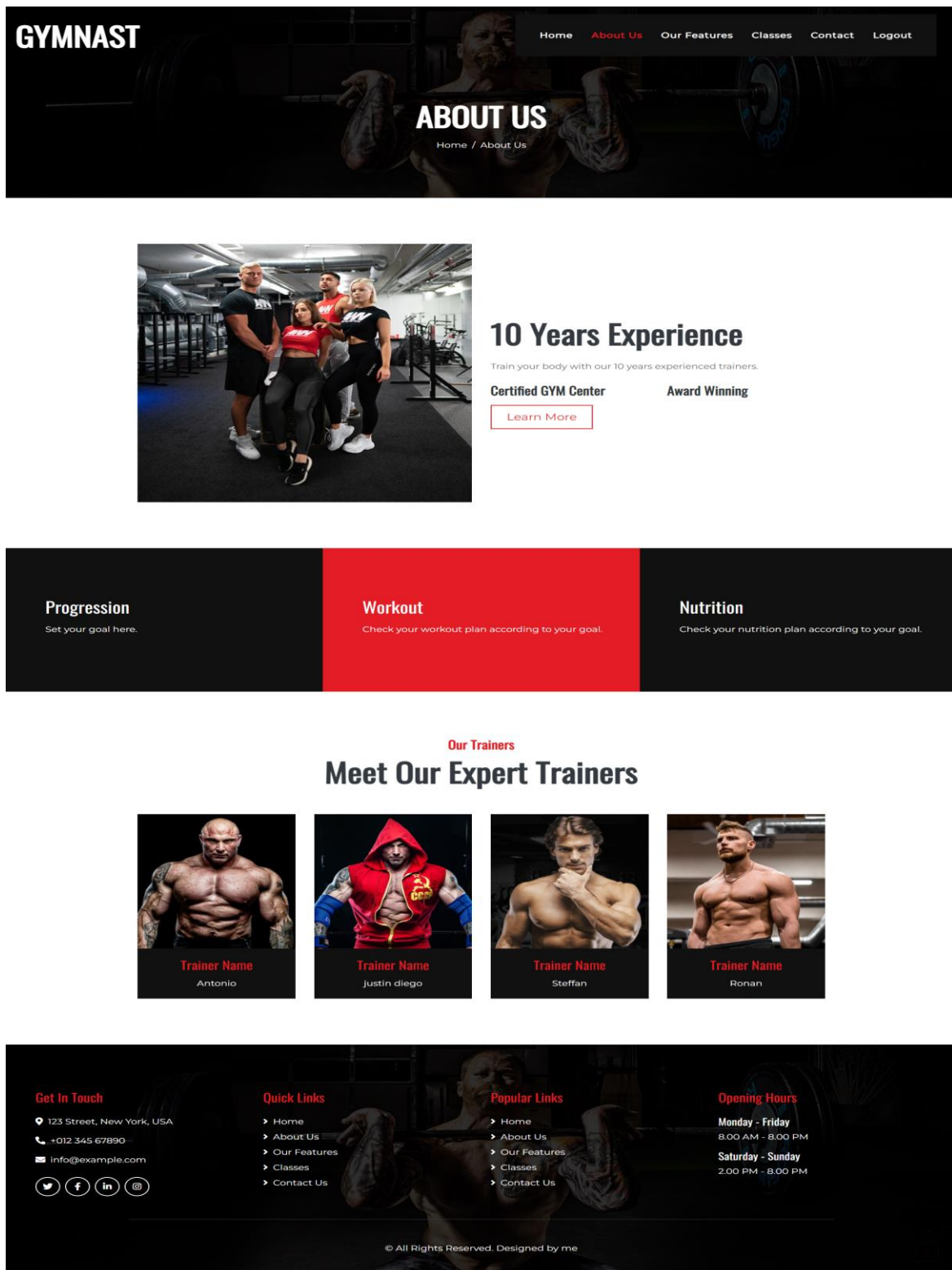
(b) Implementation with screen shot /figure**SCREENSHOTS OF PROJECT****About Us page**

Fig no. 1

Our features page

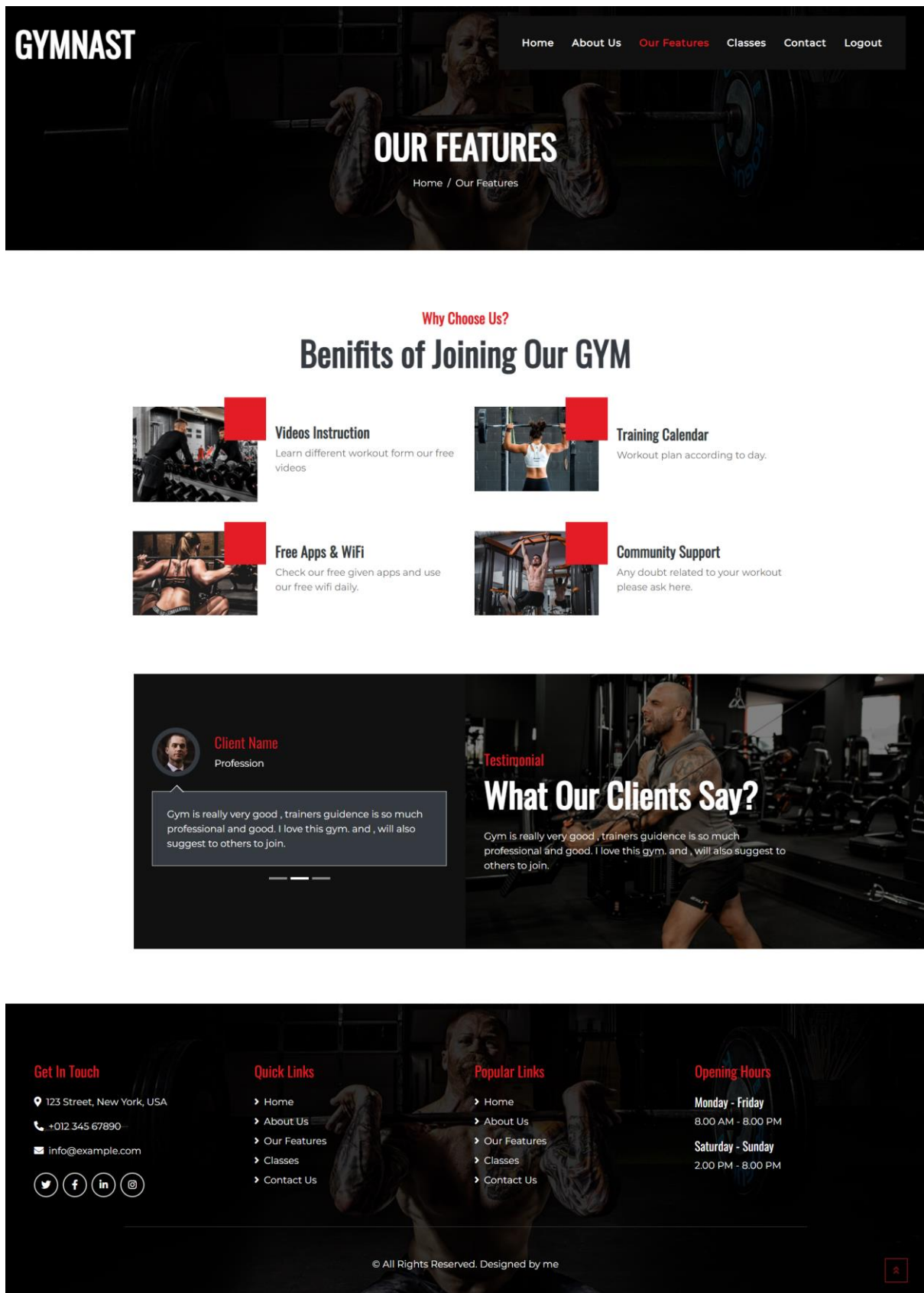


Fig no. 2

Classes page

GYMNAST

HomeAbout UsOur FeaturesClassesContactLogout

GYM CLASSES

Home / Gym Classes

Body Building

Bodybuilding is the use of progressive resistance exercise to control and develop one's muscles by muscle hypertrophy for aesthetic purposes. It focuses on physical appearance instead of strength.

Join Now

Muscle Building

muscle building - exercise that builds muscles through tensionmuscle building - exercise that builds muscles through tension anaerobic exercise, bodybuilding, musclebuilding, weightlifting.

Join Now

Class Timetable

Working Hours and Class Time

All ClassesCardioCrossfitPowerlifting

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---------------------------|------------------------------|------------------------------|---------------------------|------------------------------|------------------------------|---------------------------|
| 6.00am - 8.00am | Cardio John Deo | | Crossfit Adam Phillips | | Power Lifting James Alien | | Cardio John Deo |
| 10.00am - 12.00am | | Power Lifting James Alien | | Cardio John Deo | | Crossfit Adam Phillips | |
| 5.00pm - 7.00pm | Crossfit Adam Phillips | | Power Lifting James Alien | | Cardio John Deo | | Crossfit Adam Phillips |
| 7.00pm - 9.00pm | | Cardio John Deo | | Crossfit Adam Phillips | | Power Lifting James Alien | |

Body Mass Index

Whate is BMI?

Body Mass Index (BMI) is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet). A high BMI can indicate high body fatness. BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.

Calculate your BMI

Weight (KG)Height (CM)

AgeGender

Calculate Now

Get In Touch

123 Street, New York, USA
+012 345 67890
info@example.com

Quick Links

> Home

> About Us

> Our Features

> Classes

> Contact Us

Popular Links

> Home

> About Us

> Our Features

> Classes

> Contact Us

Opening Hours

Monday - Friday

8.00 AM - 8.00 PM

Saturday - Sunday

2.00 PM - 8.00 PM

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Fig no. 3

Contact Us page

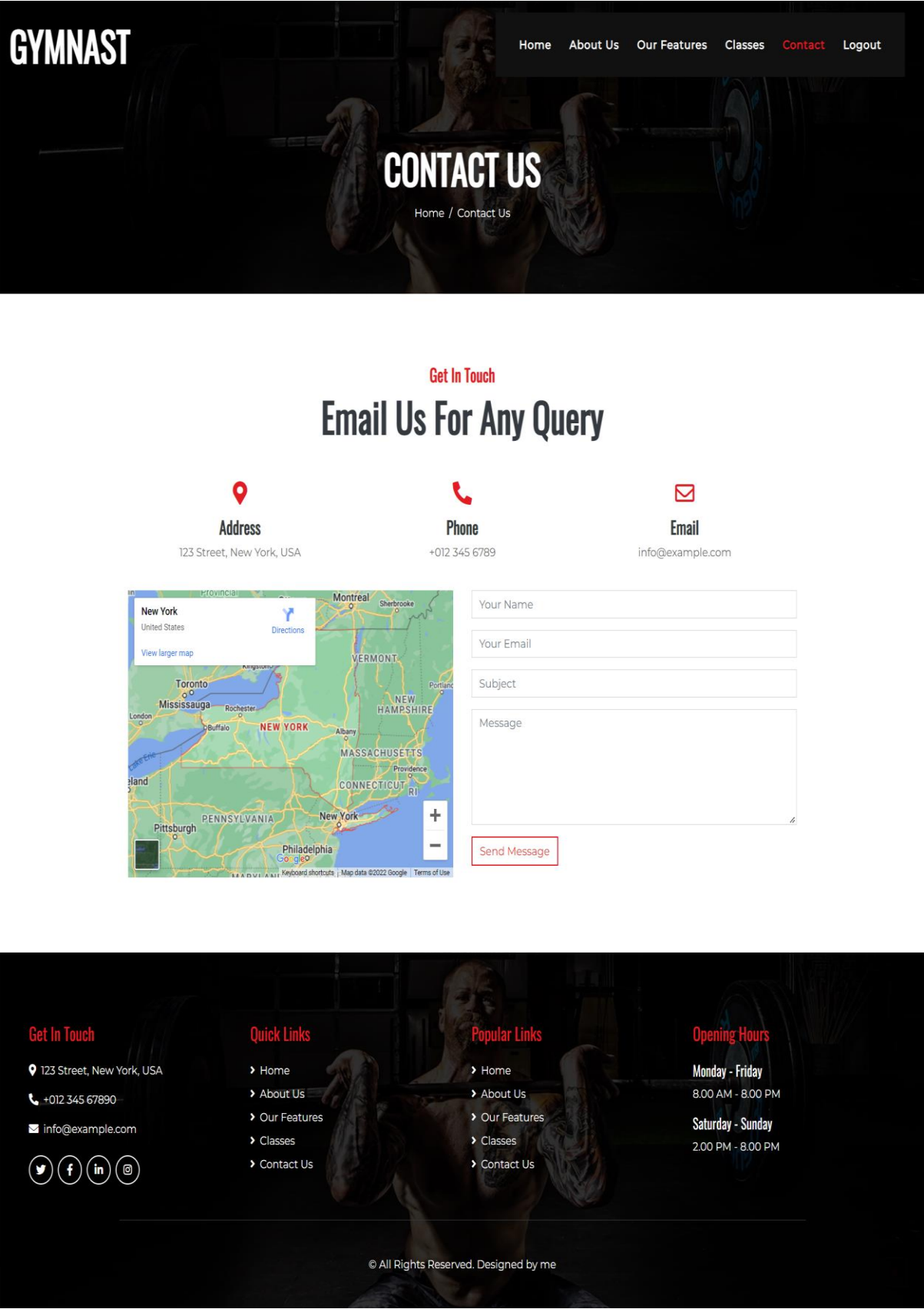


Fig no. 4

Sign Up page

A mockup of a sign-up page with a solid red background. The text 'Sign up' is at the top left. Below it are two white input fields for 'Username' and 'Password'. A link 'Already have an account ? login here' is positioned below the password field. A black 'Signup' button is at the bottom left of the form area.

Sign up

Username

Password

[Already have an account ? login here](#)

Signup

Fig no. 5

Login page

A mockup of a login page with a solid red background. The text 'log in' is at the top left. Below it are two white input fields for 'Username' and 'Password'. A black 'Login' button is at the bottom left of the form area.

log in

Username

Password

Login

Fig no. 6

Modules of Gym Website:

- Gym Management Module: Used for managing the Gym details.
- Fitness Class Module : Used for managing the details of Fitness Class
- Time Slot Module : Used for managing the details of Time Slot
- Trainer Management Module: Used for managing the information and details of the Trainer.
- Memeber Module : Used for managing the Memeber details
- Facility Module : Used for managing the Facility information
- Login Module: Used for managing the login details
- Users Module : Used for managing the users of the system

Conclusion of the Project Gym Website:

Our project is only a humble venture to satisfy the needs to manage their project work. Several user friendly coding have also adopted. This package shall prove to be a powerful package in satisfying all the requirements of the school. The objective of software planning is to provide a frame work that enables the manger to make reasonable estimates made within a limited time frame at the beginning of the software project and should be updated regularly as the project progresses.

Future Scope of the Project:

- We can give more advance software for Gym Website including more facilities
- We will host the platform on online servers to make it accessible worldwide
- Integrate multiple load balancers to distribute the loads of the system
- Create the master and slave database structure to reduce the overload of the database queries
- Implement the backup mechanism for taking backup of codebase and database on regular basis on different servers

The above mentioned points are the enhancements which can be done to increase the applicability and usage of this project. Here we can maintain the records of Gym and Trainer. Also, as it can be seen that now-a-days the players are versatile, i.e. so there is a scope for introducing a method to maintain the Gym Website. Enhancements can be done to maintain all the Gym, Trainer, Member, Facility, Fitness Class.

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