

**UNIVERSITY OF NAIROBI**

**SCHOOL OF COMPUTING AND INFORMATICS**

Project Proposal

**GYM MANAGEMENT SYSTEM**

NAIROUA ELVIS SALATON

**CHAPTER 1: INTRODUCTION**

**1.1 Introduction**

“Physical fitness is not only one of the most important keys to a healthy body, it is the basic of dynamic and creative intellectual activity”(John F. Kennedy). Physical fitness is very essential for a healthy life as it has a great impact on ones body.

For a person who loves exercising, a fitness gym is a highly recommended place to pay a visit to. It has facilities that are designed for specific parts of the body, and not to forget the trainers, who give services (exercise programs) to the members and help them become fit.

Every organization, whether big or small, using the manual management of it’s resources is missing out on one of the most important aspect in a business, which is automating it’s processes and computerizing the business. The main reason that it is important to computerize a business is that it saves on time and resources hence saving costs.

Most gyms vary in location, size, membership fees and the programs offered. In order to attract more clients, the gym has to offer a conducive working out environment

**1.2 Problem definition**

To provide good quality service to it’s members, a gym should have a well established computerized system that will help the staff to centralize the operations and also to perform their tasks diligently.

Today, we have too many gyms using a manual management of it’s progress. If we ignore this problem; resources will need to increase to handle the spreading problems, and we may fail to control critical member details that need their privacy.

Without an effective system to help manage a gym, a lot of time will be wasted on data entry and searching, since there will be a lot of entries and also report generation. There will be little efficiency with high costs and also increased paperwork.

**1.3 Objectives**

The main aim of this project is to help gym Administrators to handle information of the gym members. The objective is to develop a software that meets the following project objectives;

* To Facilitate secure storage of Data
* To Facilitate data maintenance
* To design and develop a user friendly system that requires minimal user training
* To store the records of the gym equipments
* To Create a system with no data redundancy
* To develop a flexible system that enhances the customer-staff relationship
* To develop a system that helps users to plan their programs

**1.4 Justification**

This company has a great data collection and record keeping activities that must be recorded into a computerized system for future references. The gym administrators have been manually managing the gym activities which makes the records prone to data loss by misplacement/Destroying of the registers. Data redundancy is another issue that affects the manually controlled system.

A new computerized system would be advised in order to save on time and reduce the paper work. Time will be saved due to data entries being made faster. The system will also reduce data redundancy and also enhance data security.

**1.5 Scope of study**

This study will focus on developing a web-based system that will let users (Gym Members) to freely interact with the gym website which contains information about everything that goes on in the gym. Moreover, the proposed system will help the gym administrators to centrally control all the information about it’s staff and members.

**1.6 Significance of Study**

The proposed model will provide a significant way of data entry and data retrieval methods. Here are some achievements that the proposed system is expected of;

* Provide privacy to Member details
* Provide convenience by storing accurate data during registration
* Provide efficiency and also reduce the workload on the staff members

**CHAPTER 2: LITERATURE REVIEW**

**Fitness industry in Kenya**

In recent times, Nairobi is slowly becoming home to one of Africa’s largest gym going communities. The Kenya BodyBuilding federation (KBBF) represents the growing popularity of the culture in the country.(http://venturesafrica.com/cholera-outbreak-occurs-in-idp-camps-in-borno/) . This body is used to set up competitions like Mr & Miss Nairobi open championship that takes place yearly. The KBBF does not just promote body building, but also it helps promote a culture of getting healthy.

As more people become increasingly sedentary, the average waistline has been increasing. In a survey conducted by the health sector, the obese population in Kenya was at 9% of the total population in 2009. Three year down the line, 20% of the population are obese. If the trend has to continue, by 2020 the rate will be 50-60% (<https://www.businessdailyafrica.com/Fitness-industry-booms-as-waistlines-bulge/539444-1750108-1487vi7z/index.html>).

**Exercising and fitness**

Due to this, more people are becoming conscious of their health by taking part in exercises because they understand the benefits of of being fit and healthy. With an increase in demand for the fitness industry, come with an increase in gyms and fitness centres.

Some of the gyms in Kenya have modern equipments but manually controlled processes like storing member details. This brings about the need to fully automate the whole process which comes with it’s advantages.

**CHAPTER 3: SYSTEMS ANALYSIS AND DESIGN**

**METHODOLOGY**

System Development Methodology

**Introduction**

A system development methodology is a framework that describes the adopted methods and set of tools that will be used by the developers to design and develop the system hence achieve the objectives of the project .

After reviewing the process models, the modified waterfall model will be used. It is a sequential design process with different phases which are; requirement Analysis phase, design phase, implementation phase, testing phase and the maintenance phase. This method brings about flexibility since in the development process, the phases can overlap and processes can be done simultaneously.