Documentation

UIView object is a rectangular holder that renders objects in its place and can be used by the user to interact with. UIView objects are labels, image, tab bars, table view, etc. The three main responsibilities of UIView are drawing and animation in a view box, layout and subview management, and event handling which means when something happens to it.

You can nest views into other views like what we do with classes there: superclasses and subclasses, with views there can be superviews which is the main view that contains other views inside of it and subviews are what is inside of a superview.

The view frame is a rectangle that defines the size and position in a superview, the coordinates of a frame are specified by points. A bound is similar to a frame where you can change the size and position. The difference between the two are that bounds have their own coordinate system. Also when you change a bounds size the frame automatically changes its properties to match.