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**GROUP B**

**Module**: **Web TECHNOLOGY**

**PROJECT NAME:** Virtual Personal Training Session Platform

**Project Documentation: Virtual Personal Training Sessions Platform**

**Introduction**

The Virtual Personal Training Sessions platform is designed to provide users with personalized fitness training via online sessions. Users can schedule and participate in live training sessions with certified trainers, track their fitness progress, and receive customized workout plans. The platform supports user registration, trainer management, session scheduling, and progress tracking functionalities.

**Features**

1. **User Registration and Management**
   * Users can create an account, update their profile, and delete their account.
   * Trainers can register, manage their availability, and update their profiles.
2. **Session Scheduling and Management**
   * Users can book sessions with trainers based on their availability.
   * Trainers can accept, reschedule, or cancel sessions.
3. **Workout Plans and Progress Tracking**
   * Trainers can create and update customized workout plans for users.
   * Users can log their workout progress and provide feedback on sessions.
4. **Search and Discovery**
   * Users can search for trainers based on various criteria like specialization, ratings, and availability.

**CRUD Operations**

**Delete**

| **Operation** | **Description** |
| --- | --- |
| User Account Deletion | Users and trainers can delete their accounts from the platform, removing all their data. |
| Session Deletion | Users and trainers can cancel sessions, which removes them from the schedule. |

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| **Operation** | **Description** |
| --- | --- |
| User Registration | New users and trainers can create accounts by providing necessary details. |
| New Sessions | Users can book sessions, and trainers can add available time slots. |
| Workout Plans | Trainers can create new workout plans with exercises, reps, and sets. |

**Update**

| **Operation** | **Description** |
| --- | --- |
| Profile Updates | Users and trainers can update their personal and professional information. |
| Session Rescheduling | Users and trainers can reschedule sessions, updating the system with new details. |
| Workout Plan Modifications | Trainers can update workout plans based on user feedback and progress. |



| **Operation** | **Description** |
| --- | --- |
| Trainer Search | Users can search for trainers based on specialization, ratings, location, and availability. |
| Session Search | Users and trainers can search for past and upcoming sessions. |

***XAMPP Description***

**XAMPP** is a free and open-source cross-platform web server solution stack package developed by Apache Friends. It consists mainly of the Apache HTTP Server, MariaDB database, and interpreters for scripts written in PHP and Perl.

Components of XAMPP

* **Apache HTTP Server**: XAMPP includes Apache, the most widely used web server software. Apache is responsible for serving web pages to users' browsers.
* **MariaDB (MySQL**): MariaDB, a fork of MySQL, is included as the database management system in XAMPP. It provides a relational database for storing and managing data used by web applications.
* **PHP**: XAMPP comes with PHP, a server-side scripting language that is widely used for web development. PHP enables dynamic content generation and interaction with databases.
* **Perl**: XAMPP also includes Perl, a high-level, general-purpose programming language often used for web development, system administration, and network programming.

**Conclusion**

The Virtual Personal Training Sessions platform provides a comprehensive solution for both users and trainers to engage in personalized fitness training. By incorporating robust CRUD operations and search functionalities, the platform ensures efficient management of user accounts, training sessions, and workout plans, creating an effective and user-friendly experience for all stakeholders.

This documentation provides a structured overview and detailed explanation of the key functionalities of the platform, with tables to clearly represent the CRUD operations and their descriptions.