Tobias has been playing badminton with his friend and has noticed his friend has considerably improved. Curious, Tobias asks his friend how he improved so drastically; his friend tells him that he has been using the Metaverse Augmented Reality Sports application for advice from the AI Coach based on his performance. He goes home and decides to use his AR device, motion sensor and Human Health Monitoring System to try out this app for himself. Tobias goes directly to the browse sports page and selects badminton, after the environmental safety notification and confirmation, Tobias begins to start his coaching. Tobias receives a pop-up window with feedback he finds valuable and useful, so he decided to begin practicing in conjunction with the AI coach for an hour every day that week. This practice led to him improving his smash and flick techniques. The following week, Tobias had a rematch with his friend in person and was complimented on how much he had improved.