



WORKSHOP-2

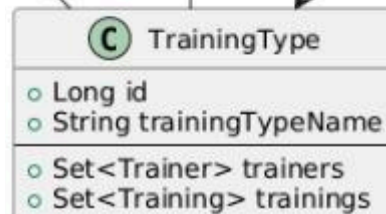
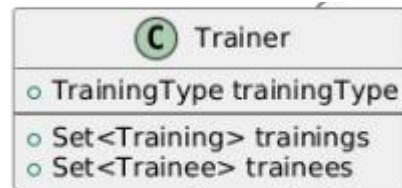
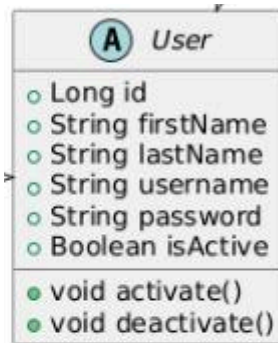
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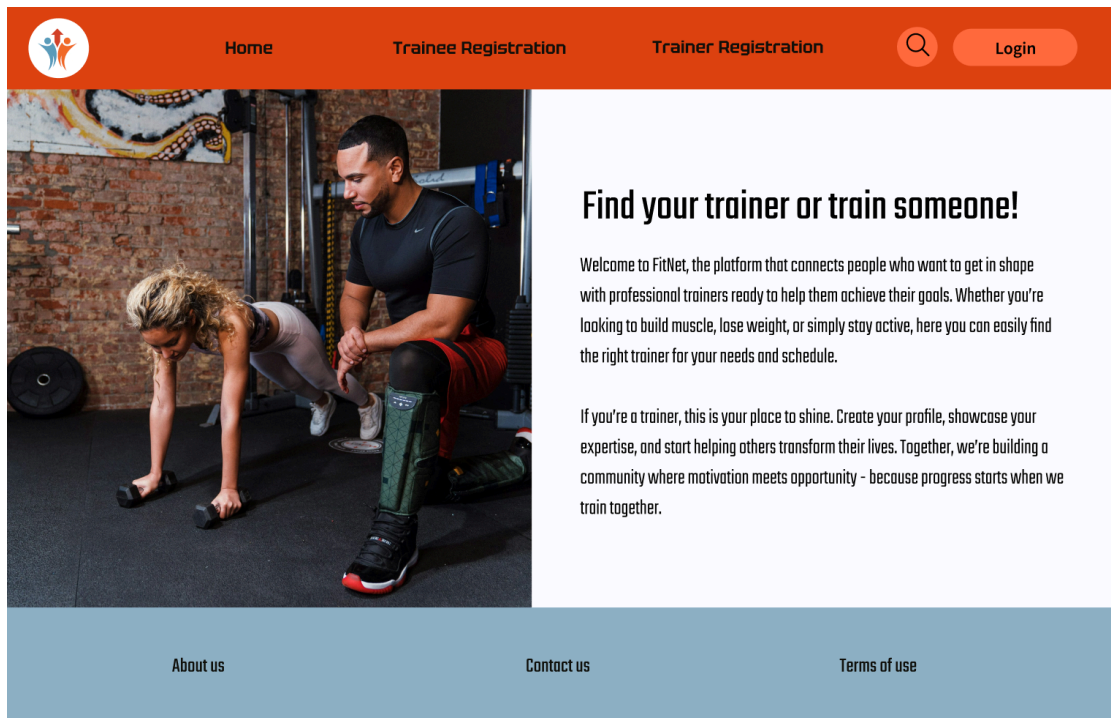
1. CRC Cards

Class	Responsibilities	Collaborators
User (abstract)	<ul style="list-style-type: none">- Represents a generic system user.- Stores basic information such as first name, last name, username, password, and active status.- Provides methods to activate or deactivate the user account.	Trainee, Trainer (subclasses)
Trainee	<ul style="list-style-type: none">- Represents a gym member receiving training sessions.- Stores personal details such as date of birth and address.- Maintains a list of associated trainers.- Keeps track of all attended training sessions.	Training, Trainer
Trainer	<ul style="list-style-type: none">- Represents a gym trainer or coach.- Manages a list of trainees being trained.- Keeps track of all training sessions conducted.- Linked to a specific training type.	Trainee, Training, TrainingType
Training	<ul style="list-style-type: none">- Represents an individual training session.- Stores session details such as name, date, and duration.- Connects a trainee, a trainer, and a training type.	Trainee, Trainer, TrainingType
TrainingType	<ul style="list-style-type: none">- Represents a category or type of training (e.g., Strength, Cardio, HIIT).- Keeps a list of trainers specialized in this training type.- Keeps a list of training sessions belonging to this type.	Trainer, Training



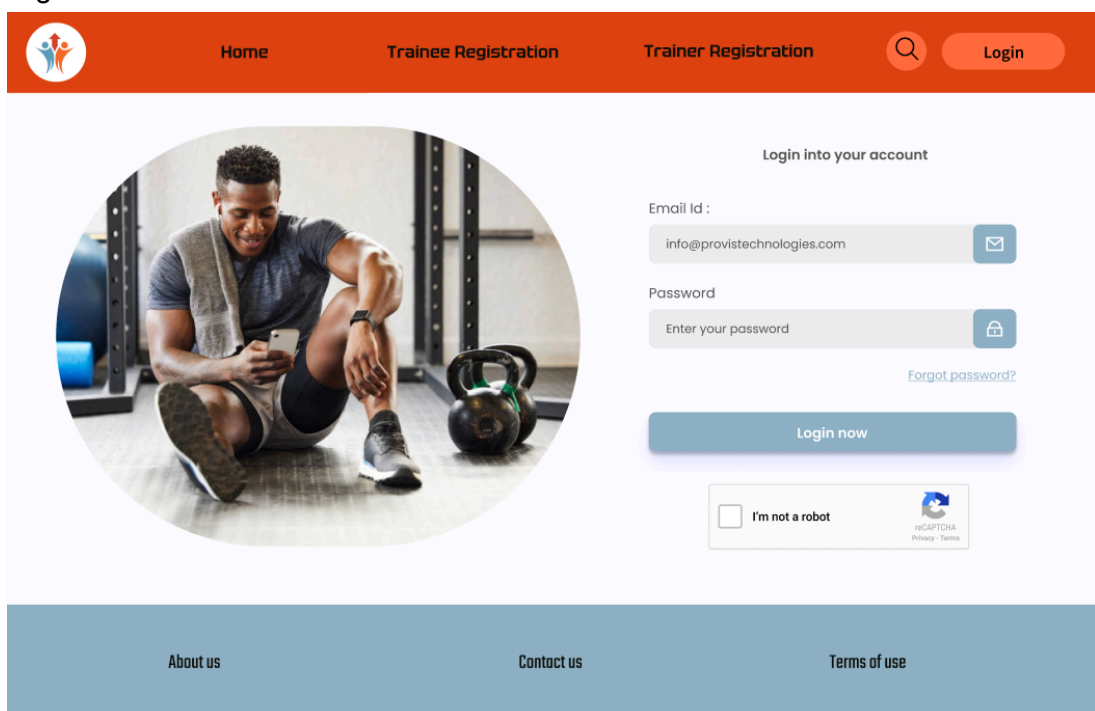
2. Mockups

- Home page



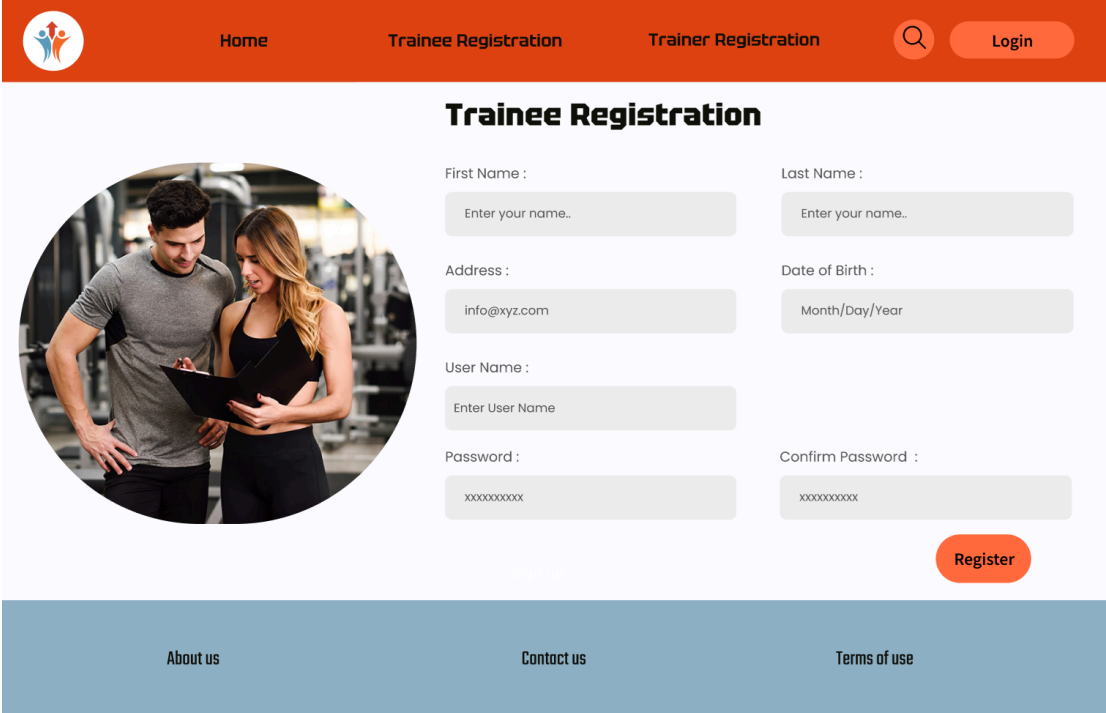
The Home Page welcomes users and explains what the app does. New users can read about how the platform connects trainees who want to get fit with trainers who can guide them. The page shows links to register as a trainee or as a trainer and also has a login button to enter the system. At the bottom, there are links for “About us,” “Contact us,” and “Terms of use.” It is the main introduction to the app.

- Login Form



The Login Form screen allows both trainees and trainers to enter their accounts. Users type their email and password to access the platform safely. There is also a “Forgot password?” link to recover access if needed, and a CAPTCHA to verify that the user is not a robot. When users click “Login now,” the system checks their information and opens their personal profile. This screen protects user data and gives secure entry to the application.

- Trainee registration screen



The image shows a web application interface for "Trainee Registration". At the top is an orange navigation bar with a logo on the left, and links for "Home", "Trainee Registration" (which is highlighted), "Trainer Registration", a search icon, and a "Login" button. Below the navigation bar, the main content area has a light blue background. On the left is a circular image of a male trainer and a female trainee in a gym. To the right of the image is the registration form. The form is titled "Trainee Registration" and contains several input fields: "First Name" and "Last Name" (both with placeholder text "Enter your name.."), "Address" (with placeholder "info@xyz.com"), "Date of Birth" (with placeholder "Month/Day/Year"), "User Name" (with placeholder "Enter User Name"), "Password" (with placeholder "xxxxxxxxxx"), and "Confirm Password" (with placeholder "xxxxxxxxxx"). A red "Register" button is located at the bottom right of the form. At the bottom of the page is a blue footer bar with links for "About us", "Contact us", and "Terms of use".

Trainee Registration

First Name :
Enter your name..

Last Name :
Enter your name..

Address :
info@xyz.com

Date of Birth :
Month/Day/Year

User Name :
Enter User Name

Password :
xxxxxxxxxx

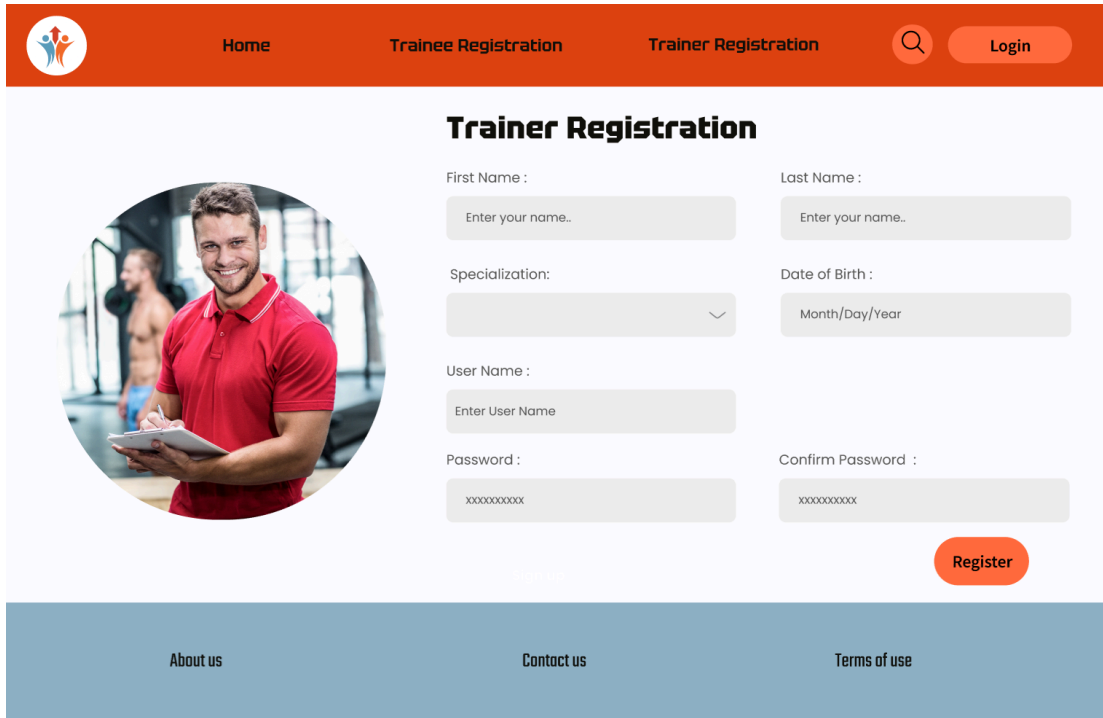
Confirm Password :
xxxxxxxxxx

Register

About us Contact us Terms of use

The Trainee Registration screen lets new users who want to train create their own account. Here, they fill in personal information like first name, last name, address, and date of birth. They also create a username and password to log in later. When they finish, they click the “Register” button to send their data and become part of the platform. This screen helps identify each trainee and saves their information safely in the system.

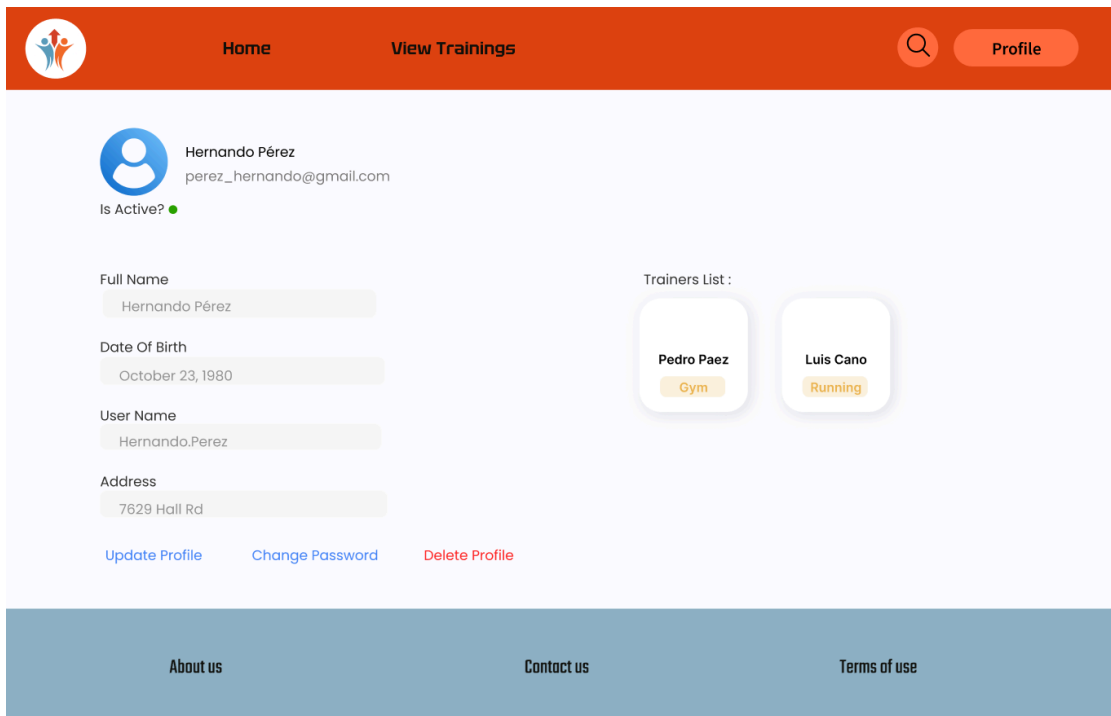
- Trainer registration screen



The Trainer Registration screen features an orange header with a logo, navigation links (Home, Trainee Registration, Trainer Registration), a search icon, and a Login button. The main content area is titled "Trainer Registration" and includes a circular profile picture of a smiling male trainer. To the right of the image are input fields for: First Name, Last Name, Specialization (a dropdown menu), Date of Birth (Month/Day/Year), User Name, Password, and Confirm Password. A red "Register" button is positioned below the password fields. The footer is a blue bar with links for About us, Contact us, and Terms of use.

The Trainer Registration screen is for new trainers who want to join the platform. Trainers fill in their first and last name, date of birth, and choose their specialization, such as running or yoga. They also create a username and password to log in later. After entering all the information, they press “Register” to complete their account. This screen helps collect trainer details so they can start offering training sessions to trainees.

- Trainee profile screen



The Trainee Profile screen has an orange header with a logo, navigation links (Home, View Trainings), a search icon, and a Profile button. The profile section displays a blue circular avatar, the name "Hernando Pérez", the email "perez_hernando@gmail.com", and a green "Is Active?" status. Below this are input fields for Full Name, Date Of Birth, User Name, and Address, each with a light green background. At the bottom of the profile section are three links: "Update Profile" (blue), "Change Password" (blue), and "Delete Profile" (red). To the right, under "Trainers List", there are two cards: "Pedro Paez" with a "Gym" tag and "Luis Cano" with a "Running" tag. The footer is a blue bar with links for About us, Contact us, and Terms of use.

The Trainee Profile screen shows the personal information of a trainee who is already registered. It displays details like the trainee's full name, date of birth, username, address, and if their account is active. On the right, the trainee can see the list of their trainers and each trainer's specialization. The trainee can also update their profile, change their password, or delete their account using the buttons below. This screen helps trainees manage their profile and trainer connections easily.

- Trainer profile screen

The screenshot displays the Trainer Profile interface. At the top, an orange navigation bar contains a logo, 'Home', 'View Trainings', a search icon, and a 'Profile' button. The main content area has a light blue background. On the left, the trainer's profile for 'Luis Cuesta' is shown, including their email 'cuesta_luis@gmail.com' and a status 'Is Active?' with a red dot. Below this are three input fields: 'Full Name' (containing 'Luis Cuesta'), 'Specialization' (containing 'CrossFit'), and 'User Name' (containing 'Cuesta.Luis'). To the right, a 'Trainees List' section shows two trainees: 'Andrea Maria' with specialization 'Gym' and 'Tim Turner' with specialization 'Running'. At the bottom of the main content area are three buttons: 'Update Profile' (blue), 'Change Password' (blue), and 'Delete Profile' (red). A dark blue footer bar at the very bottom contains the links 'About us', 'Contact us', and 'Terms of use'.

The Trainer Profile screen shows the personal information of a trainer who is registered in the system. It displays details like the trainer's full name, specialization, username, and if their account is active or inactive. On the right side, the trainer can see the list of trainees they are currently training, with each trainee's name and specialization. The trainer can also update their profile, change their password, or delete their account. This screen helps trainers manage their professional information and relationships with trainees.

- Add Training for Trainee

Create New Exercise

Find Trainee

Name

Type

- Weighted / Reps
- Weighted / Time
- Reps
- Time
- Distance

Muscle Group

- Chest
- Abs
- Shoulders
- Biceps
- Triceps
- Forearms
- Lats
- Traps
- Hamstrings
- Quadriceps
- Calves

Duration

Set 1	10 lbs	00:00:30	<input type="radio"/>
Set 2	10 lbs	00:00:30	<input type="radio"/>
Set 3	10 lbs	00:00:30	<input type="radio"/>

+ Add Set

Create

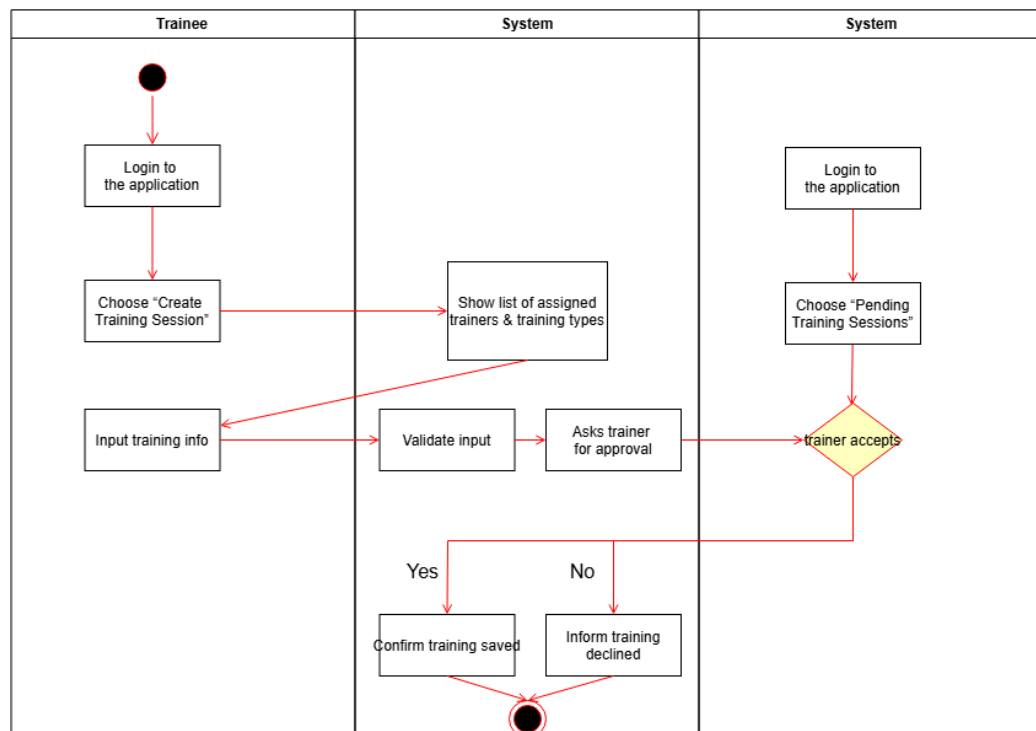
About us Contact us Terms of use

The Add Training for Trainee screen lets a trainer create a new exercise or training session for one of their trainees. The trainer can select the trainee's name, choose the type of exercise (for example, by time, reps, or distance), and pick which muscle group the workout focuses on. They can also add details about sets, weight, and duration. After entering everything, the trainer clicks "Create" to save the exercise. This screen helps trainers organize and assign personalized workouts to each trainee.

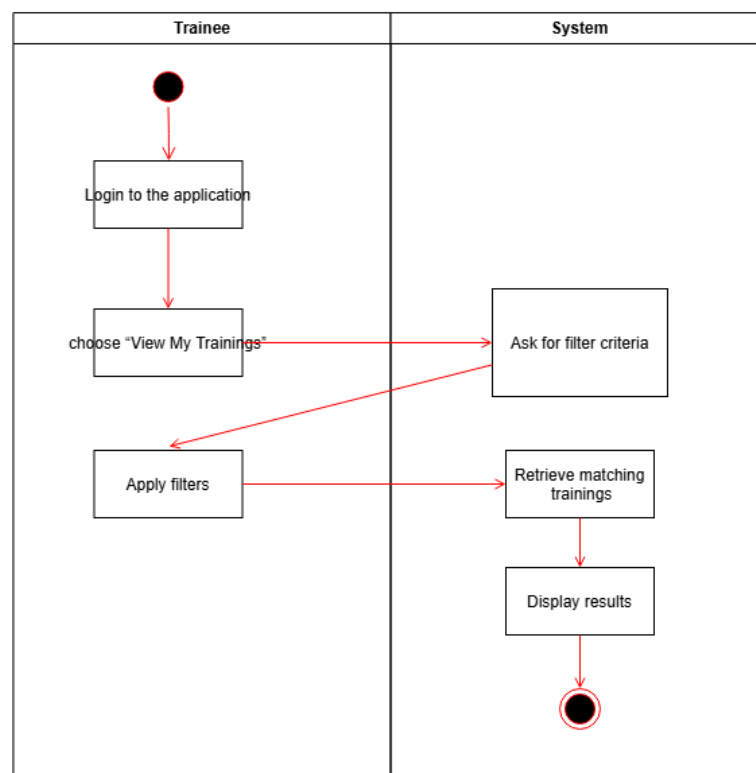
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3. Business Model Processes

Trainee Logs Training Activities

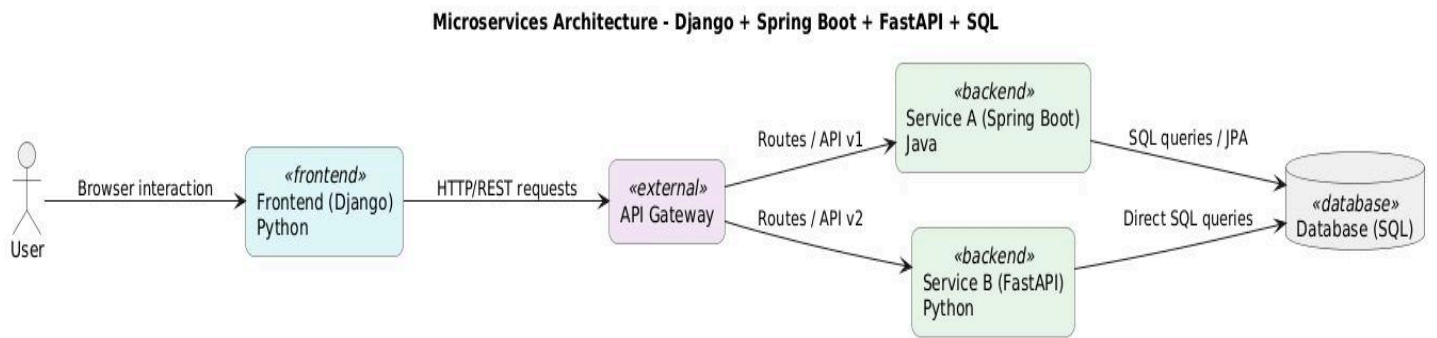


Trainee Views Training Activities

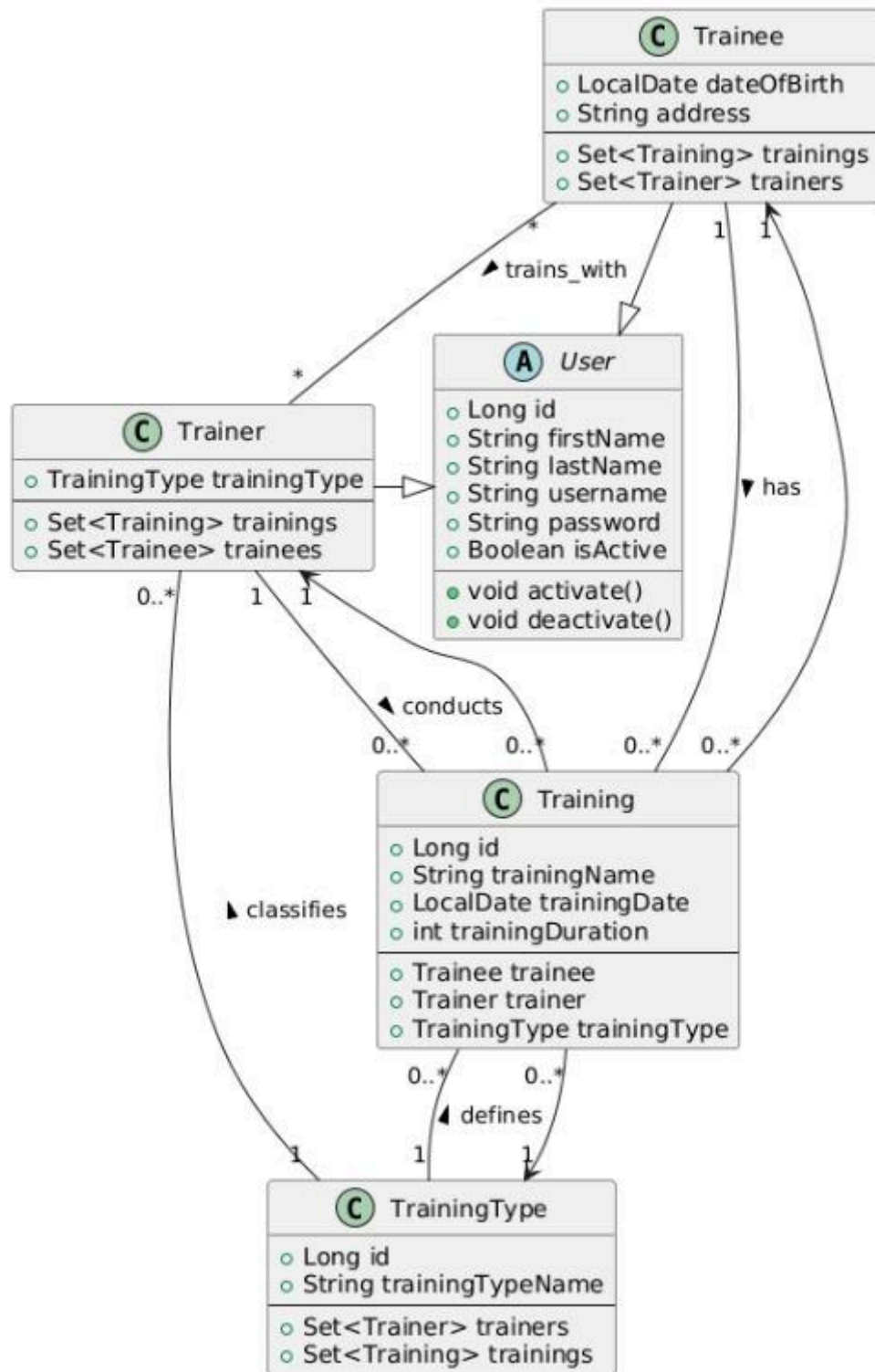


This process allows trainees to record their workout sessions and later review them.

4. Architecture Diagram



5. Class Diagram



6. Relational Database Model

