



TED UNIVERSITY

ONLINE GYM TRAINING

Project Proposal

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Team Members:

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1 Introduction

In today's world, especially with the pandemic, there is a high demand to have a system where physical activeness is possible in a safer, more convenient way. With the launch of this project, our aim is to battle the problems mentioned above from a distance as we encourage customers to have a way to stay active at home, trained by professionals. This project will provide a scalable and high-quality online sports training experience to gym customers who want to exercise depending on their own needs.

2 Project Description

1. Overview

In this project, the main purpose is to provide an easier and more efficient physical journey to its customers. It will have 5 important features:

1. Customers will fill out a form to determine their needs, and trainers will create workout programs for them accordingly.
2. As customers complete exercises, they will gain points to track their progress.
3. There will be a library of exercise-related videos and various guides.
4. There will be a special communication system where the trainer and the client can communicate.
5. There will be a payment system where clients can check their subscription and payments.

2. Objectives

Objective	Brief Description of the Objective
Customization Form	Users will fill out a form that expresses their needs
Progress Tracking System	Users will gain points with completed exercises, and they will affect how challenging their programs will be
Communication System	An e-mail system that will allow the users and the trainers to communicate
External Resource Library	External sources for exercises, workout guides, and nutritional advice
Payment System	The user will be able to make a payment for their subscription

The functional system requirements are as follows:

- It shall have a form which determines the specific needs of users upon subscribing.
- The users shall be provided with a custom workout program provided by their trainers.
- There shall be a private e-mailing system that will be used by customers to send requests and by trainers to send feedback.
- The users shall have a checklist of their training program.
- Points shall be appointed to users after they complete exercises, as a measure of progress.
- The system shall supply external sources that should be demonstration of exercises, workout guides, and nutritional advice.
- There shall be a payment and subscription tracking system that allows the users to make payments.

The non-functional system requirements are:

- The system should provide a quality experience for the users by being easily usable.
- It should be understandable and easily comprehensible by users of any background.

3. Target Customers

The online gym training system targets customers that may be seeking a more practical substitute for working with a personal trainer or may be seeking to enhance their present exercise regimen with additional direction and assistance. It is also expected to be used by qualified trainers who are looking for more flexible working conditions.

4. Value Proposition

Standard gyms are designed to be in-person, however in some cases that might not be possible or practical. Our customers will be provided with the opportunity to work out according to their wants and needs within a professionally controlled environment from the convenience of their own homes. With the online gym training system we are providing, users get all the benefits of a gym-approved trainer that helps them use their own body and surroundings to achieve their fitness goals.

3 Preliminary Plan

5. Planned Deliverables

We are expecting there to be 5 main phases in this project:

- **Planning**
 - Project scope statement
 - Project timelines
 - System Requirements Specification
- **Design**
 - User interface
 - Database design and development
 - System Design Specification
 - Implementation plan
- **Development**
 - Executable source code
 - User manuals
- **Testing**
 - Test reports
 - Acceptance testing results
 - Bug reports
- **Deployment & Maintenance**
 - User training manuals
 - Software updates
 - User support and assistance

6. Working Plan

There will be 5 phases of our project that are planning, design, development, testing, and deployment and maintenance. Since our project can be divided into modules, we are looking to develop it with a strategy that is closer to the agile scrum methodology.

Mainly open-source software will be used to develop our project. For any training our crew might require, platforms which provide free tutorial videos such as YouTube and free courses from educational sites like Coursera will be used. We will seek support from online resources such as StackOverflow where necessary.

We will use the Git repository as a tool to store our code and collaborate on code changes. Project management tools, such as scheduling and task management tools, will be used to stay on top of the deadlines.

We will be in collaboration with each other throughout the entire project and hold weekly meetings to ensure that we stay focused on our goals and communicate well with each other. Our project manager will help maintain communication in between modules that are being developed. Our designer will mainly focus on the development of the website depending on the work of our developers. Our tester will be checking in with them consistently to provide any necessary feedback.

The milestones that we set for the system are creating user interface mockups, database creation, completion of workout tracking system implementation, resource library implementation, and user-trainer communication system implementation.

7. Roles and responsibilities

Team Member Name	Role in Project Development (e.g.: Project Manager, Analyst, Designer, Developer, Tester)
Ecem Sıla Gök	Project Manager: Checking whether the needs of the product to be created are in line with the customer's request. In addition, checking the errors of the prepared product.
Mehmet Koç	Designer: Designing the interface of the system to be created according to the needs and objectives prepared during the project process.
Ahmet Efe Ersoy	Developer: In addition to the interface of the prepared product, the backend development of the library that contains training videos, exercise guides and nutritional advice for our members, the form that determines individual needs and goals, and the personal payment system.
Pelin Hamdemir	
İrem Beşiroğlu	Tester: Checking whether the needs of the product to be created are in line with the customer's request. In addition, checking the errors of the prepared product.