

PRÁCTICA 3.1 CSS- TriSport

Lenguajes de Marcas 1º ASIR

Sitio web a realizar:

The browser window background color is set to the color value hsl(27, 72%, 72%) using style rule for the html element.

The h1 headings appear in white on a dark orange background as specified by the style rule for the h1 element.

TRI and Succeed Sports

Links

- [Home](#)
- [Running](#)
- [Cycling](#)
- [Swimming](#)
- [Active.com](#)
- [Runner's World](#)
- [endomondo.com](#)
- [Strava](#)
- [Bicycling Magazine](#)
- [VeloNews](#)
- [Bicycle Tutor](#)
- [Swim Smooth](#)
- [Swimming World](#)
- [USA Swimming](#)
- [triathlon.org](#)
- [usatriathlon.org](#)
- [Texas Triathlon](#)
- [CapTex Triathlon](#)
- [Triathlon Calendar](#)
- [Triathlete.com](#)
- [TriFuel.com](#)

About TSS

Since 2002, Tri and Succeed Sports has provided Austin with a first class training center for athletes of all abilities and goals. We specialize in helping you reach your full potential. You tell us what you want to do; we work to fulfill your needs.

Want to swim? Great! Interested in improving your cycling? Fantastic! Want to tackle a triathlon? We're there for you: before, during, and after the race. Or do you just want to get more fit? We are on it. We customize our instruction to match your goals. And you will finish what you start.

Classes

Winter instruction starts soon. Get a jump on your summer goals by joining us for individual or group instruction in:

- **Running:** We start with the basics to help you run faster and farther than you ever thought possible without aches and pains.
- **Cycling:** The indoor bike trainers at TSS include everything you need to refine your technique, stamina, and power for improved results on the road.
- **Swimming:** The open water swim can be one of the most frightening sports to master. Our classes begin with basic techniques so that your swim can be very enjoyable, and not a chore.

Contact us to set up individual instruction and assessment.

Our Philosophy

Athletes are the foundation of every successful training program. The best coach is an experienced guide who begins with each athlete's hopes, dreams and desires and then tailors a training plan based on that individual's current fitness and lifestyle. Since 2002, TSS has helped hundreds of individuals achieve success in many fitness areas. The winner is not the one who finishes first but anyone who starts the race and perseveres. Join us and begin exploring the possible.

Comments

Thank you for all that you have done. I am amazed at my progress. I realize that I have lofty goals but you have me well on my way.

Alison kept me focused working toward my dreams. She fosters a supportive and caring environment for growth as an athlete and as a person. Thank you!

You do it right! Your track record proves it. Proud to be a TSS athlete and I'm honored to have you all as my coaches and support team.

The coaches at TSS treat you with the highest respect; whether you're an individual getting off the couch for the first time or an elite athlete training for the Iron Man. They know their stuff.

The h2 headings appear in white on a light orange background as specified by the style rule for the h2 element.

Page body background color is set to ivory using the style rule for the body element.

Page text is set to the color value rgb(91, 91, 91).

A. Comprobaciones iniciales

1. Usando el editor de tu elección, abre el archivo **tss_home.html** . Añade tu nombre como comentario y estudia la estructura del código html.
2. Realiza una estructura de subcarpetas del sitio web y después ábrelo en el navegador.



3. agrega el siguiente elemento de enlace a la sección de encabezado directamente después del elemento de título y actualiza la página:

```

<meta charset="utf-8" />
<meta name="keywords" content="triathlon, running, swimming, cycling" />
<title>Tri and Succeed Sports</title>
<link href="tss_layout.css" rel="stylesheet" />
</head>

```

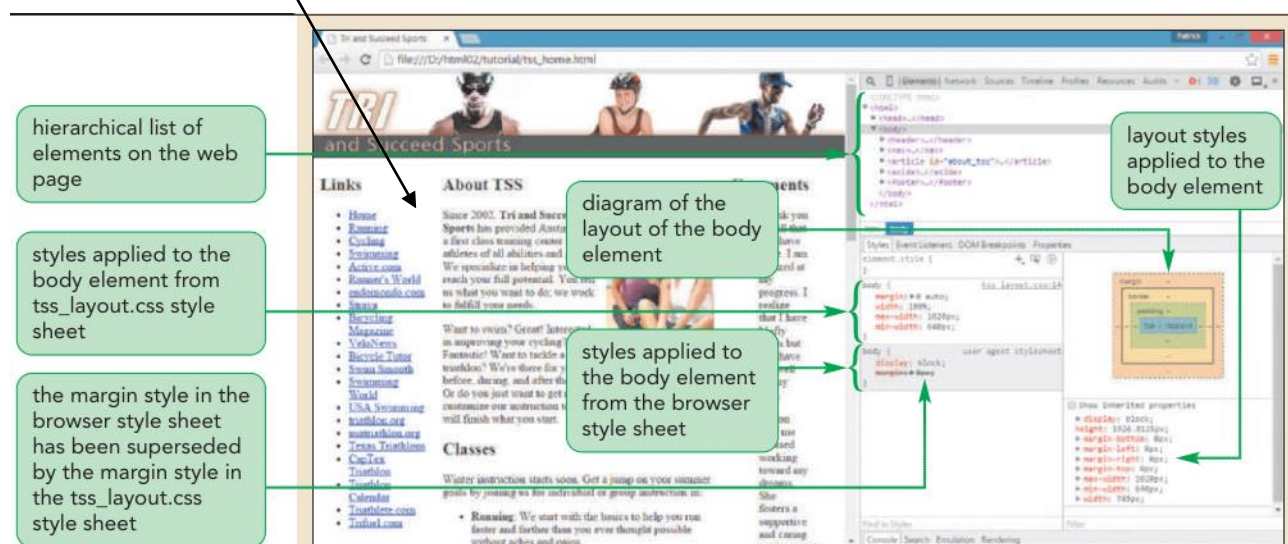
filename of style sheet

El archivo tss_layout.css controla la ubicación de los elementos de la página, pero no su apariencia. Los colores, las fuentes y otros estilos de diseño aún se basan en el navegador. Comprueba que la página se ve en columnas.

Acceso a las herramientas de desarrollo del navegador

- Presione F12 para abrir la ventana de herramientas para desarrolladores.

En la lista jerárquica de elementos de la página web, haga clic en la etiqueta <body> si no está ya seleccionado y revisa la estructura del ventana de desarrollo y la estructura de la página.



- Crea el archivo **tss_styles.css** en Visual Studio y guárdalo en la carpeta css

En el archivo tss_home.html en su editor HTML y agregue el siguiente elemento de enlace directamente antes de la etiqueta de cierre </head>.

```
<link href="css/tss_styles.css" rel="stylesheet">
```

- Agrega el siguiente código en **tss_styles.css** dentro de la sección HTML y estilos de body:

```

html {
  background-color: hsl(27, 72%, 72%);
}

body {
  color: rgb(91, 91, 91);
  background-color: ivory;
}

```

```

h1 {
  color: white;
  background-color: rgb(222, 128, 60);
}

h2 {
  color: white;
  background-color: rgb(235, 177, 131);
}

```

Guarda los cambios y recarga la página. Debería verse así:

The screenshot shows a web browser window displaying the 'TRI and Succeed Sports' website. The website has a header with the title 'TRI and Succeed Sports' and a navigation bar. Below the header, there are three main sections: 'Links', 'About TSS', and 'Comments'. The 'Links' section contains a list of links including Home, Running, Cycling, Swimming, Active.com, Runner's World, endomondo.com, Strava, Bicycling Magazine, VeloNews, Bicycle Tutor, Swim Smooth, Swimming World, USA Swimming, usatriathlon.org, usatriathlon.org, Texas Triathlons, CapTex Triathlons, Triathlon Calendar, and Triathlete.com. The 'About TSS' section contains text about the organization's history and mission. The 'Comments' section contains a comment from Alison. Annotations with arrows point to specific elements: 'white h1 heading text on a dark orange background' points to the header; 'browser window background is medium orange' points to the browser's background; 'white h2 heading text on a light orange background' points to the 'Links' section header.

B. Tipografía CSS

7. Dentro de la sección Estilos aside y Blockquote, inserta la siguiente regla de estilo:

```
aside blockquote {  
  color: rgb(232, 165, 116);  
}
```

Aplicando un selector de id

8. Cambia los selectores para los elementos h1 y h2 en sección Estilos de título a `article#about_tss h1` y `article #about_tss h2` respectivamente y verifica que sólo los títulos de article han sido cambiados

The diagram illustrates the application of CSS rules to h1 and h2 headings within an article element with the id 'about_tss'. It shows two CSS rules in a code block, with callouts explaining the selectors.

```
/* Heading Styles */  
article#about_tss h1 {  
  color: white;  
  background-color: rgb(222, 128, 60);  
}  
article#about_tss h2 {  
  color: white;  
  background-color: rgb(235, 177, 131);  
}
```

selects h1 headings within an article element with the about_tss id

selects h2 headings within an article element with the about_tss id

Aplicando un selector de clase

9. Dentro de la sección Estilos de título, agregue la siguiente regla de estilo para mostrar el texto de los encabezados h1 y h2 en gris medio sobre un fondo morado claro:

The diagram illustrates the application of a CSS rule to h1 and h2 headings within an article element with the class 'syllabus'. It shows a CSS rule in a code block, with callouts explaining the selector and the styles.

```
article.syllabus h1, article.syllabus h2 {  
  background-color: rgb(255, 185, 255);  
  color: rgb(101, 101, 101);  
}
```

selects h1 and h2 headings within article elements of the syllabus class

displays the content in medium gray text on a light purple background

En las páginas `tss_run.html`, `tss_bike.html`, and `tss_swim.html` aplica las siguientes hojas de estilos en la cabecera y comprueba su funcionamiento

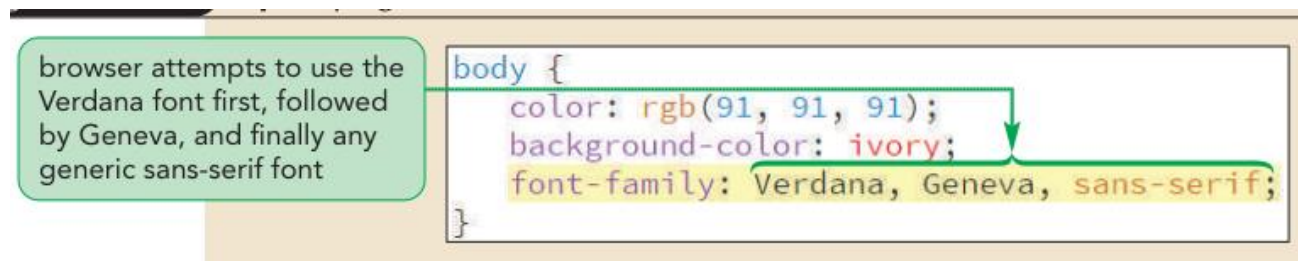
```
<link href="css/tss_layout.css" rel="stylesheet" >
```

```
<link href="css/tss_styles.css" rel="stylesheet" >
```



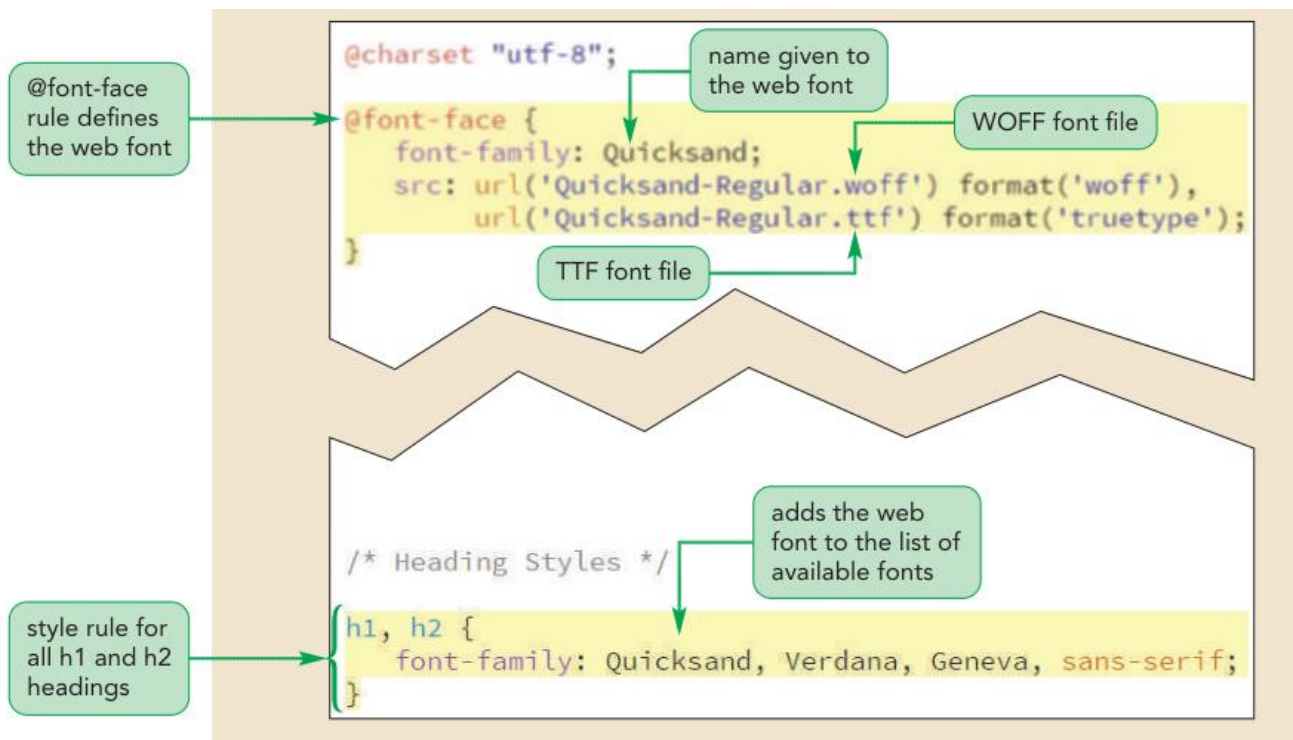
Cambiando la fuente por defecto

10. Agrega el siguiente código en **tss_styles.css** dentro de la sección `body` y comprueba el resultado recargando la página.



Cambiando la fuente por una Web Font

11. Cambia el texto por defecto de los `h1` y `h2` por la fuente incluida QuickSand



Resultado:



Cambiando el tamaño de las fuentes

12. Cambia el tamaño de los siguientes elementos en las secciones correspondientes:

sets the font size of h1 headings 2.2x bigger than surrounding content

```
h1 {  
  font-size: 2.2em;  
}
```

sets the font size of h2 headings 1.5x bigger than surrounding content

```
h2 {  
  font-size: 1.5em;  
}
```

sets the font size of the aside element and navigation list text to 80% of the font size of the body text

```
/* Aside and Blockquote Styles */  
aside {  
  font-size: 0.8em;  
}  
  
aside blockquote {  
  color: rgb(232, 165, 116);  
}  
  
/* Navigation Styles */  
nav {  
  font-size: 0.8em;  
}
```

font size set to 2.2em

font size set to 0.8em

font size set to 1.5em

font size set to 2.2em

font size set to 0.8em

Links

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About TSS

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Classes

Winter instruction starts soon. Get a jump on your summer goals by joining us for Individual or group instruction in:

- **Running:** We start with the basics to help you run faster.

Comments

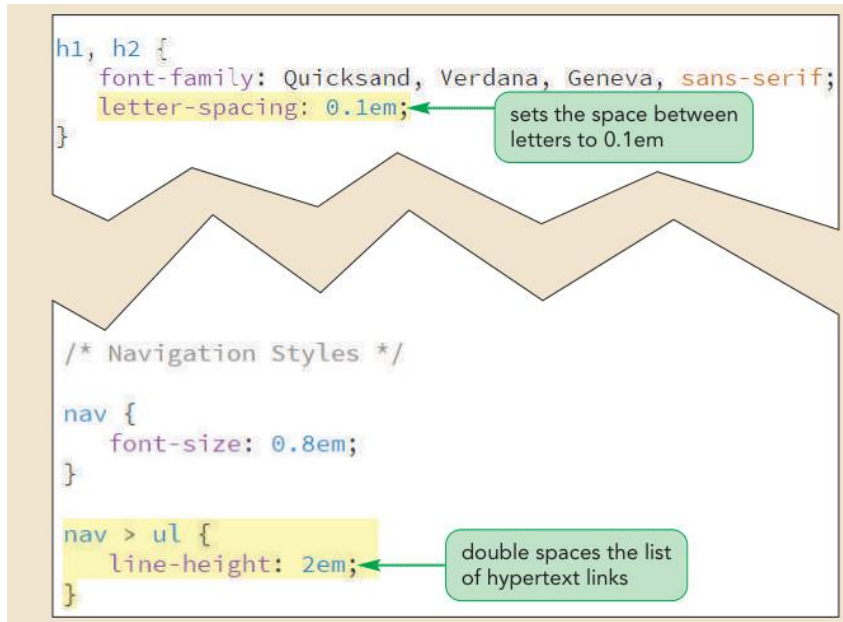
Thank you for all that you have done. I am amazed at my progress. I realize that I have 1 lefty goals but you have me well on my way.

Allen kept me focused working toward my dreams. She fosters a supportive and caring environment for growth as an athlete and as a person. Thank you!

You do it right! Your track record proves it. Proud to be a TSS athlete and I'm honored to have you all as my coaches and support team.

Controlando espaciado e indentacion

13. Escribe las siguientes reglas en las secciones correspondientes:



Combinando todas las propiedades con font

14. Escribe las siguientes reglas en las secciones correspondientes:

Figure 2–29 Style rule for the body footer

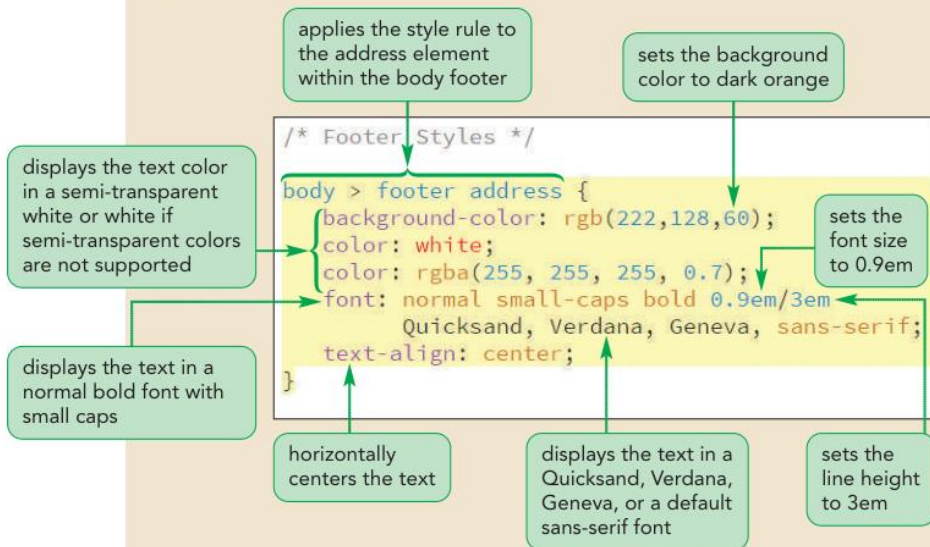
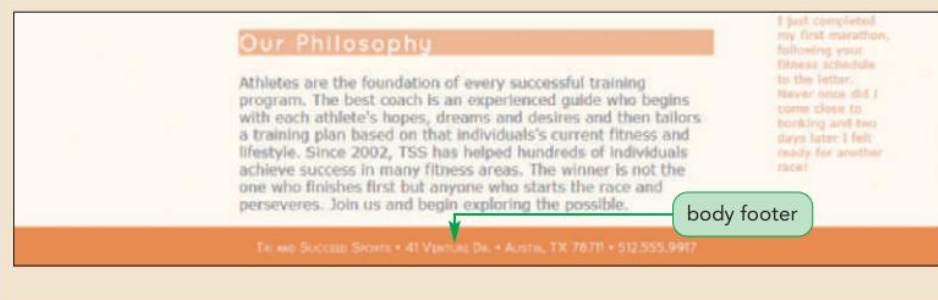


Figure 2–30 Formatted body footer



C. Pseudo elementos, listas y clases

Formateando listas

15. Escribe las siguientes reglas en las secciones correspondientes y abre tss_run.html para ver resultado:

selector for the top level of the ordered list

selector for the second level of the ordered list

selector for the third level of the ordered list

```
/* List Styles */
article.syllabus ol {
  list-style-type: upper-roman;
}
article.syllabus ol ol {
  list-style-type: upper-alpha;
}
article.syllabus ol ol ol {
  list-style-type: decimal;
}
```

top-level list marker is a Roman numeral

2nd-level list marker is an uppercase letter

3rd-level list marker is a decimal number

Course Outline

The running class will meet at the Falk Running Center and, when weather permits, we'll be outside at the Falk Running Track.

- I. Week 1
 - A. Orientation
 - 1. Setting a Goal
 - 2. Group Running
 - 3. Clothing and Shoes
 - 4. Danger Zones
 - B. Initial Assessment
 - 1. Gait Assessment
 - 2. Power Measure
 - 3. Time Trial
 - C. Stretching Techniques
- II. Week 2
 - A. Wind Sprints
 - B. Recovery
 - C. Building your Core
- III. Week 3
 - A. Wind Sprints 2
 - B. Stretching Session
 - C. Yoga and Running

nested list with different markers for each level of list items

Alterando marcas de las listas

16. Escribe las siguientes reglas en las secciones correspondientes y abre tss_run.html para ver resultado:

```
nav > ul {
  line-height: 2em;
  list-style-type: none;
}
```

displays no markers for unordered lists within the nav element

style rule applied to the unordered list within the about_tss article

```
/* List Styles */
article#about_tss ul {
  list-style-image: url(runicon.png);
}
```

displays the runicon.png file as the list marker

2-36 Unordered list with the runicon.png image marker

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on.png
e file

Trabajando con márgenes y rellenos

17. Escribe las siguientes reglas en las secciones correspondientes y abre tss_home.html para ver resultado:

The image displays three CSS rule examples, each with a central code block and surrounding explanatory text boxes connected by arrows.

Example 1:

- Selector:** `nav > ul {` (Annotated: "selects unordered lists within the nav element")
- Properties:** `line-height: 2em;`, `list-style-type: none;`, `padding-left: 5px;` (Annotated: "sets the padding on the left edge to 5 pixels")
- Closing:** `}`

Example 2:

- Selector:** `nav > ul {` (Annotated: "selects the list items belonging to the newgroup class found within the unordered navigation list")
- Properties:** `line-height: 2em;`, `list-style-type: none;`, `padding-left: 5px;`
- Sub-selector:** `nav > ul > li.newgroup {` (Annotated: "sets the margin space on the top edge to 20 pixels")
- Property:** `margin-top: 20px;`
- Closing:** `}`

Example 3:

- Selector:** `aside blockquote {` (Annotated: "selects block quotes within the aside element")
- Properties:** `color: rgb(232, 165, 116);`, `margin: 20px 5px;`
- Closing:** `}`
- Annotations for margin:** "sets the size of the top and bottom margins to 20 pixels" (pointing to the first '20px') and "sets the size of the left and right margins to 5 pixels" (pointing to the '5px').

Resultado:

each block quote surrounded by a 20 pixel top/bottom margin and a 5 pixel left/right margin

left padding set to 5 pixels

each new group offset by a 20 pixel top margin

Links

- [Home](#)
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- [andomondo.com](#)
- [Strava](#)
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"Thank you for all that you have done. I am amazed at my progress. I realize that I have lofty goals but you have me well on my way."

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I just completed my first marathon, following your fitness schedule to the letter. Never was did I come close to burning and

Trabajando con pseudoclasses

18. Escribe las siguientes reglas en las secciones correspondientes y abre tss_home.html para ver resultado (borra la anterior regla article#about_tss):

uses the runicon.png as the marker for the first list item

uses the bikeicon.png image for the second marker

uses the swimicon.png image for the last marker

```

/* List Styles */

article#about_tss ul li:first-of-type {
    list-style-image: url(runicon.png);
}

article#about_tss ul li:nth-of-type(2) {
    list-style-image: url(bikeicon.png);
}

article#about_tss ul li:last-of-type {
    list-style-image: url(swimicon.png);
}

```

selects the first list item from the unordered list in the about_tss article

selects the second list item

selects the last list item

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Swimming: The open water swim can be one of the most frightening sports to master. Our classes begin with basic techniques so that your swim can be very enjoyable, and not a chore.

Trabajando con pseudoclasses para enlaces

selects links in the navigation list that either have been visited (a:visited) or haven't been visited (a:link)

selects links that the user is hovering over (a:hover) or that are currently being activated (a:active)

adds underlining to the hypertext link

```

nav > ul > li.newgroup {
  margin-top: 20px;
}

nav > ul > li > a:link, nav > ul > li > a:visited {
  color: rgb(151, 151, 151);
  text-decoration: none;
}

nav > ul > li > a:hover, nav > ul > li > a:active {
  color: rgb(255, 64, 255);
  text-decoration: underline;
}
          
```

sets the text color to medium gray

removes underlining from the hypertext link

sets the text color to medium purple

link color changed to medium gray and underlining is removed

Links

- Home
- Running
- Cycling
- Swimming
- Active.com
- Runner's World

link changes color and decoration in response to the hover event

About TSS

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Añadiendo contenido con CSS (Comillas tipo graficas)

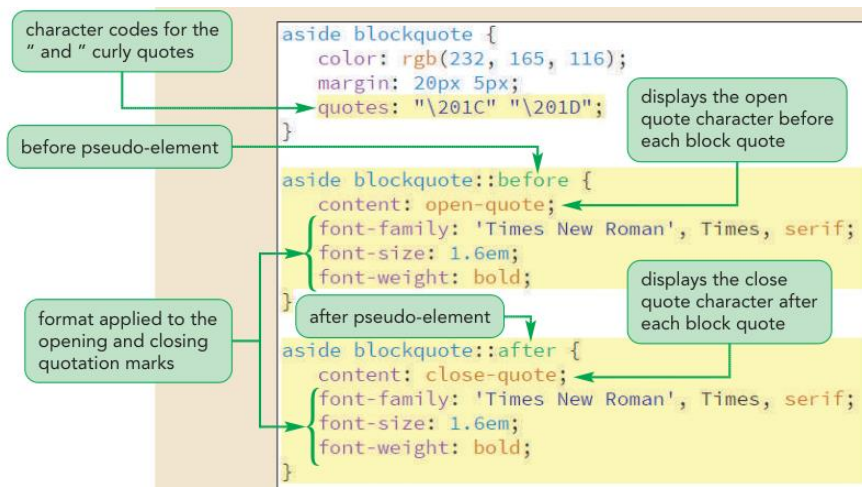
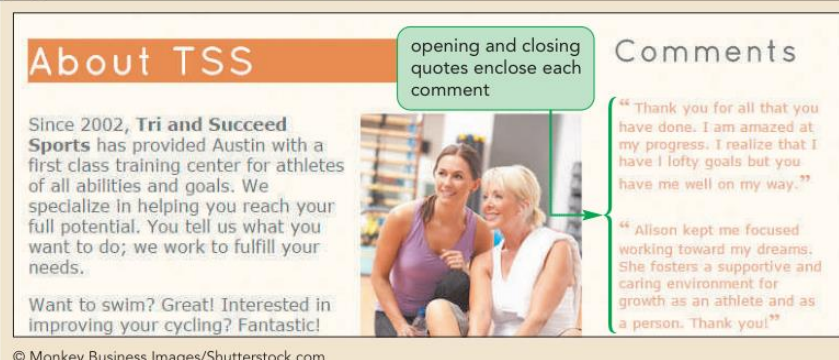


Figure 2-52 Quotation marks added to reviewer comments



Validando el CSS

19. Escribe el siguiente error en **tss_styles.css** : cambia el valor del color de fondo para el elemento html de `hsl(27, 72%, 72%)` a `hsl(27, 72, 72)` (borrando los símbolos % y validalo en la página <https://jigsaw.w3.org/css-validator/>)

W3C The W3C CSS Validation Service
W3C CSS Validator results for `tss_styles.css` (CSS level 3 + SVG)

Jump to: [Errors \(1\)](#) [Validated CSS](#)

W3C CSS Validator results for `tss_styles.css` (CSS level 3 + SVG)

Sorry! We found the following errors (1)

URI : `tss_styles.css`

25	html	Value Error : background-color <code>72</code> is not a valid color 3 or 6 hexadecimal numbers
----	------	--

error due to using a value of 72 in the HSL color value rather than 72%

Después corrige el error y comprueba que no haya errores

20. Añade una nueva opción al menú izquierdo Coaches para realizar la siguiente página:

TRI

and Succeed Sports

- Home Page
- Running Class
- Cycling Class
- Swimming Class
- Coaches**
- Active.com
- Runner's World
- endomondo.com
- Strava
- Bicycling Magazine
- Velotienda
- Bicycle Tutor
- Swim Smooth
- Swimming World
- USA Swimming
- triathlon.org
- usatriathlon.org
- Texas Triathlons
- CapTex Triathlon
- Triathlon Calendar
- Triathletes.com
- TriFuel.com

Meet our Coaches


Our mission at TSS is to help you reach your athletic goals through motivation, support, and education. We have years of experience with athletes of all ages and abilities and we're happy to assist any athlete committed to pursuing his or her dreams.

We offer one-on-one coaching, evaluation, and instruction; but we also offer small group practices. Our classes are never large in number. We believe that a low coach-to-athlete ratio provides the best results in the shortest time.

Come in and introduce yourself to our team of coaches and educators.

Alison Palmer

- ✓ MA, CSCS, USAT Level II Coach
- ✓ Exercise Physiologist and Biomechanic Specialist
- ✓ Owner of *Tri and Succeed Sports*




Alison brings an extensive background in physiology and biomechanics to TSS and 18 years of experience coaching in the health and fitness field. She is a USA Triathlon Level II Certified coach and is certified in strength, conditioning, and bike fitting. Before founding *Tri and Succeed Sports*, Alison built a private training studio for local athletes.

Alison was a lettered volleyball player at the University of Texas and she picked up the sport of triathlon after graduation. Triathlons have been her passion ever since. She has competed in many short- to long-distance running, cycling, and triathlon events including multiple races in IM Texas, IM Brazil, and IM Chicago.

Alison wants to provide personalized instruction to her athletes. She believes an educated athlete is an athlete primed for success. Under her instruction, you will learn not only what to do but why to do it.

Kevin Hughes

- ✓ BS, USAT Level I
- ✓ Kinesiologist



Kevin is a student of body mechanics. In addition to a Bachelor's degree in Kinesiology, Kevin brings certification in Swim Instruction and coaching. He has coached numerous recreational and elite athletes, including Sprint and Ironman triathletes.

In addition to coaching individual athletes, Kevin has coached a variety of teams and groups. Kevin coached Swimming and Cross Country at Austin High School and Palmer Country Day School. As Head Coach, his swim teams set school records in 9 out of 11 events, won the Mid-Texas Conference Championship, and consistently finished in the top 3 at the Small School State meet. Kevin currently coaches the Masters swim classes at TSS.

"I have been given great feedback and encouragement by the TSS coaches. This last winter I took part in the Winter Cycling class and it made a huge difference to my spring rides. The coaches are caring professionals and they know their business."

- a) Inserte una regla @charset para establecer la codificación de caracteres para el archivo en utf-8.
 - b) Use la regla @font-face para definir una fuente web llamada Nobile
21. Vaya a la sección Estilos estructurales principales del archivo **trainer_styles.css** y haga lo siguiente:
- c) Cambie el color de fondo de la ventana del navegador creando una regla de estilo para el elemento html que establece el color de fondo en el valor hsl(27, 72%, 72%).
 - d) Para el elemento del cuerpo, cree una regla de estilo para establecer el color del texto en el valor rgb(91, 91, 91), el color de fondo a marfil y texto del cuerpo a la lista de fuentes: Verdana, Ginebra, sans-serif.
22. Cree una regla de estilo para la dirección del pie de página que contenga los siguientes estilos:
- e) El color de fondo establecido en el valor rgb (222, 128, 60)
 - f) El color de fuente a blanco y luego al valor semitransparente rgba(255, 255, 255, 0.6)
 - g) El estilo de fuente a normal se muestra en letras mayúsculas pequeñas en negrita con un tamaño de fuente de 0,9 em y un
 - h) altura de línea de 3em utilizando la pila de fuentes Nobile, Verdana, Ginebra, sans-serif
 - i) El texto centrado horizontalmente en la página.
23. Vaya a la sección Estilos de encabezado y cree una regla de estilo para cada encabezado h1 que muestre el texto con un peso de fuente normal de la pila de fuentes: Nobile, Verdana, Ginebra, sans-serif. Seleccione el espaciado entre letras a 0.2em y el margen a 0 píxeles.
24. Alison quiere que le des formato al encabezado h1 principal en la parte superior de la página. Cree una regla de estilo para el section#tss_coaches selector h1 que establece el tamaño de fuente en 2,5em con un valor de color de hsl(27, 82%, 85%) y color de fondo de hsl(27, 6%, 21%). Establezca el espacio de relleno izquierdo en 10 píxeles.
25. Alison también quiere que formatee los encabezados h2 para cada entrenador. Cree una regla de estilo para el article.coach_bio Selector h2 que establece el tamaño de fuente en 1,6em con peso normal y el color de fuente a rgb (240, 125, 0).
26. Alison ha insertado un comentario de un atleta sobre los entrenadores. Dar formato a este comentario yendo a la sección aside blockquote y creando una regla de estilo para hacer lo siguiente:

- j) Establezca el tamaño de fuente en 0,95 em usando la pila de fuentes 'Comic Sans MS', cursiva.
 - k) Establezca el color de fuente en rgb (222, 128, 60) y use un color de fondo semitransparente con el valor rgba(255, 255, 255, 0,75).
 - l) Establezca el espacio de relleno en 10 píxeles.
 - m) Defina comillas de apertura y cierre para el elemento utilizando el carácter Unicode 201C y 201D respectivamente.
27. Dé formato a la apariencia de las comillas de apertura creando una regla de estilo para el selector `blockquote::before` para escribir una cita abierta en negrita antes de la cita en bloque con el tamaño de fuente establecido en 1,6 em de la pila de fuentes 'Times New Roman', Times, serif.
- Dé formato a la apariencia de las comillas de cierre creando una regla de estilo para el selector `blockquote::after` para escribir una cita abierta en negrita después de la cita
28. A continuación, formateará la apariencia de la lista de navegación yendo a Estilos de navegación y creando una regla de estilo para el `body > nav` que establece el texto de la lista de navegación en un tamaño de letra de 0,8em con una altura de línea de 2em.
29. Cree una regla de estilo para el selector `nav > ul` que elimine el marcador de lista y establezca la izquierda relleno a 5 píxeles.
30. Alison quiere dividir la larga lista de enlaces en la lista de navegación. Crear reglas de estilo para el sexto y 16th li dentro del selector `nav > ul` que establece el tamaño del margen superior de esos artículos a 20 píxeles.
31. Para cada enlace de hipertexto visitado anteriormente o no visitado dentro del selector `nav > ul > li`, configure el texto al valor de color RGB rgb (151, 151, 151) y elimine el subrayado del enlace de texto.
32. Para cada enlace de hipertexto activo o sobre el cursor dentro del selector `nav > ul > li`, establezca el color del texto al valor RGB rgb (222, 128, 60) y subraye el enlace de hipertexto.
33. Vaya a la sección Estilos de párrafo e inserte una regla de estilo que establezca el margen superior y el inferior margen a 10 píxeles, el margen derecho a 30 píxeles y el margen izquierdo a 0 píxeles por cada párrafo en el documento.
34. Cada entrenador tiene una lista de logros. Vaya a la sección Estilos de lista e inserte una regla de estilo para el selector `article.coach_bio > header > ul` que muestra el archivo check.png como la lista marcador y establece el espacio del margen en 0 píxeles, excepto el margen inferior, que debe establecerse a 10 píxeles.

Notas:

Ver [Organización de un proyecto web](#)

1. **ENTREGA:** una carpeta comprimida en zip(en Aula virtual) que contenga los archivos del sitio web con el siguiente nombre: practica_3. 1_NombreIniciales_nºequipo

Ejemplo: practica_3.1_AntonioGC_08.zip

Entrega : Jueves 19 Enero

Se deben seguir las normas proporcionadas en el documento: Errores Comunes en los Sitios web

Las páginas deben validar correctamente en HTML5 utilizando el [validador w3c](#)