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**Project Proposal: RSA Rugby Skills & Fitness Hub**

**A Web-Based Platform for Learning Rugby and Promoting Health**

**Proposed by: Botshelo Letebele**

**1. Introduction**

The RSA Rugby Skills & Fitness Hub will be an interactive, mobile-friendly website designed to teach rugby fundamentals, promote fitness, and encourage healthy living across South Africa. Built with the use of **HTML, CSS, and JavaScript,** this platform will offer:

* Free video tutorials = (passing, tackling, rules) for beginners.
* Personalized training plans = for school/university players.
* Rugby-specific gym workouts = (strength, agility, injury prevention).
* Community forums = for coaches to share drills and feedback.

**2. Significance of the Project**

Bridging Gaps in RSA Rugby Development

* Centralized Learning: Combines scattered resources into one free, ad-free hub.
* Health Advocacy: Teaches nutrition and safe training practices to reduce injuries.
* Digital Inclusion: Works on low-end phones, ideal for townships/rural areas.

**3. Problem Statement**

The key Challenges Addressed

* No structured free training – Paid courses dominate the market.
* Lack of beginner-friendly content – Rugby rules and techniques are poorly explained.
* Limited coach-player interaction – Beginners struggle without feedback.
* Mobile-unfriendly resources – Many sites fail on affordable devices.

**4. Target Audience**

|  |  |  |
| --- | --- | --- |
| **Group** | **Needs** | **Platform Features** |
| Beginners | Learn rugby from scratch | Step-by-step video tutorials, quizzes |
| Schools /University Players (**Like me)** | Improve skills for club trials | Advanced drills, progress tracking |
| Casual Players | Social play with better techniques | Short-form tutorial clips |
| Coaches | Share drills, mentor players | Forum, downloadable lesson plans |

**5. Budgeting (Dual Currency: ZAR & USD)**

|  |  |  |  |
| --- | --- | --- | --- |
| Category | Cost (USD) | Cost (ZAR) | Notes |
| Domain & Hosting | $100 | R1,800 | . co.za` domain + basic hosting |
| UI/UX Design | $800 | R14,400 | Freelancer (Figma/Adobe XD) |
| Frontend (React.js) | $2,000 | R36,000 | Responsive mobile-first development |
| Backend (Node.js) | $2,500 | R45,000 | User accounts, data storage |
| Database (Firebase) | $300 | R5,400 | Real-time updates |
| Video Production | $1,000 | R18,000 | Professional tutorials (local crew) |
| Testing & Deployment | $500 | R9,000 | QA, bug fixes |
| Total | $7,200 | R129,600 |  |

Funding Strategy

* Local Sponsorships: Partner with SA Rugby, gyms, or brands like ASICS.
* Government Grants: Dept. of Sports & Recreation youth development funds.
* Crowdfunding: BackaBuddy campaigns targeting rugby communities.

6. Summary

The RSA Rugby Skills & Fitness Hub leverages simple web tech (HTML/JS) and React.js to create an inclusive platform that:

* Teaches rugby for free to beginners and schools.
* Connects coaches and players via forums.
* Promotes fitness and nutrition tailored to rugby.
* Runs smoothly on any device, even with slow internet.

The links

1. For Project Proposal

<http://127.0.0.1:5500/Act%202.html>

2. When you want to see the code in my Git Hub

<https://github.com/botletebele66/WEDE_file5020-practical/blob/main/Act%202.html>