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ISTA 220 Project Step 2

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Project Step 2

In step 1 of the CAD Class Project assignment I discussed a variety of ideas that I had regarding what kind of Application I should build. During my brainstorming sessions I came up with three different ideas: a yoga database style app, a choose your own adventure game app with a novella storytelling element, and a workout tracking application that also did things like progression systems and dieting formulas based on user data. I’ve made the decision to pursue and actually build the Yoga Database application, as it seems to be the most viable and useful both from a technical standpoint and, in the future, possibly even a monetary standpoint.

The working title of my application is “Yog-natomy,” a mashup of “Yoga Anatomy,” which is the title of the book from which I will derived the majority of the app database from. I’m almost certain this violates copyright law. Fundamentally, the application will be a structurally simple database app, with the main actions being storing and retrieving information on Yoga poses based on user input and other criteria.

The high level requirements for my app will be that it will need to effectively take user input and then retrieve stored data that is relevant. I plan to accomplish this by building a series of interrelated databases that can be traversed by hyperlinks in the pages of the app. For example, on the home page the app asks you, “What hurts today?” and you select “Hamstrings.” This will take you to the page of the app with the subsection of exercises that are effective for strengthening and stretching the hamstrings. This page of the app will be linked to the pages for the quadriceps and lumbar spine. This way you can travel up and down the musculature of the body in a linear fashion. The databases will also be linked by the Classes of poses. For example, there may be poses that are good for the hamstrings in the standing, sitting, and supine pose groups. The muscular groups and the pose groups will be the main classification systems, but there will also be others as I get more specific.

The app will also support custom Yoga workouts that I will write myself. I think it is within the realm of possibility that I could design something that will automatically generate a workout based on user input and data, but right now I’m not sure if that is realistic so I will start with a handful of simple ones that will come pre-built in the app. This feature will be mainly recovery and rehabilitation focused, because I want to build something that people who have disabilities, are elderly, in rehabilitation programs, and are athletes can find useful.

I feel confident that I will be able to find many examples of applications that are in a similar vein as this. At its core, “Yog-natomy” will just be a simple database application. Most niche hobbies and things of that nature have a database app, I used to use one for the video game “Monster Hunter.” The key is going to be to really nail the User-Interface portion of the app, I want something that is going to be visually appealing but also simple and intuitive to use.

In the building of the app, I will first build the databases, and then I will build the logic portion, and finally I will build the User Interface on top of everything else. This is in line with how most applications are built, and how the project is outlined in the CAD Project manual. Building the databases will be the most time intensive part of the project I anticipate, as I will have to go through my resource book and create all of the entries and all of the relationships. There is quite a lot of material to cover so I must ensure that everything fits together and is navigable.

I’m not particularly sure what relevant literature I will use to assist me in building my application, other than the Yoga Anatomy book that it will be based on, but I just doing a few quick Google searches has returned a few good articles that I think can prove useful. Of course, I will also be using the MSSA course textbooks to build the databases, logic, and user interface. I think I will try to find an e-book on design philosophy or something along those lines to supplement what I already have.

In conclusion, I am very excited to get started working on Yog-natomy. At this point in the MSSA program, I don’t really know where to begin even designing the databases that will comprise the bedrock of the app, but I know that I’ll be able to learn! As long as I keep my higher functionality requirements in mind as I go through the building process my product should come out pretty much as the way I am envisioning it. I hope I’ll be able to sell a built upon version of it in a few years because I think it’s a pretty good idea.