Assignment 8

Website: dianazhans.github.io/assgn8/index.html
Repository: dianazhans.github.io/assgn8/

PART 1

i. What is the purpose of your website?

The purpose of the website is to provide a learning experience about High-Intensity Interval Training (HIIT) — a type of workout that encourages maximum effort in a short amount of time in order to have an efficient outcome. The website's objective is also to encourage and equip interested people with the right information and provide a set of exercises they can use to begin doing HIIT workouts.

ii. What information do you convey with your website?

The website starts with a quick summary about HIIT for people to learn the intent of this workout. This is followed by information on the structure of a HIIT session, which is defined by long periods of work followed by short rest periods — this aspect is what differentiates HIIT from other types of workouts. I also include three levels for structuring a session depending on a person's skill level (i.e. beginner, intermediate, advanced). The website then provides a list of benefits on why this workout is of value. The next part displays a set of exercises users can use to start doing HIIT workouts. Each exercise includes a description and a short, looping video showing the most important part of the exercise. This ensures that users see the right technique and avoid injuries. The page ends with a motivational quote. My objective with this is to simply bring a smile on the user's face and provide inspiration to start doing a HIIT workout.

iii. How is it interesting and engaging?

I attempted to focus on the visual design of the website by clearly separating each section and highlighting important information in an appealing manner. I applied subtle micro-animations when scrolling through the website in order to provide engaging movement as the user absorbs the information.

iv. Who is the target audience?

The target audience is anyone interested in working out and improving their health — particularly those seeking for new cardio workouts.

PART 2

All the following interactions display animation:
- On load or upon refresh, the top of the page (i.e. title section) will show a subtle entrance animation
- Scroll through the website to see entrance animations for text, images and decorative parts of the page
    - The "What is HIIT" section animates the red line next to the section's title and also animates the image
    - The "Structure of a HIIT Session" section animates the red line as well and sequentially shows the different levels
    - The "Benefits of HIIT" section also animates the red line, and with a continued scroll on that section each benefit animates into the screen
    - The "Exercises" section animates the title's red line as well and also slowly reveals each exercise block as if it were appearing from below the screen
    - Finally, the quote appears with a slightly more dramatic animation upon scroll
- For the "What is HIIT", "Structure of a HIIT section", and "Exercises" section, scrolling back up will reverse some of the animations
- Click on the "Top" button that is fixed to the bottom right corner of the screen in order to scroll all the way to the beginning of the page

PART 3

Name of Tool	Why you chose to use it? (2-4 sentences max)	How you used it? (2-4 sentences max)	What it adds to your website? (2-4 sentences max)
ScrollMagic https://scrollmagic.io/	This JS library enables animation based on the user's scroll position. My website was designed to be a single page so scrolling was my target interaction for animation. This library also supports reverse animations when scrolling back up the page — making it more natural and engaging.	I added micro-animations to reveal certain parts of the website as the user scrolls (e.g. text, images). I also customized each animation (e.g. from where is was appearing, if it scales).	This type of animation creates a fun and engaging experience when scrolling through the page. Instead of being static, it seems to be "alive". In addition, this adds personality to the site since animations can be tailored to be soft and slow to portray a more calming experience, or fast and strong to create a more active experience.
Animate.css https://daneden.github.io/animate.css/	This JS library allowed me to add basic animations for the title section. This was recommended in lab and worked really well for what I was trying to achieve.	I applied animation to the title section — particularly for initial load of the page. This included entrances for the title, subtitle and scroll icon.	With this animation there is an impactful initial impression of the website. This elegantly introduces the title and concept of the page.

PART 4

The majority of the design is the same as Assignment 7. I only changed the title section by including a looping video as the background in order to make it more modern and include more movement — this a workout website after all. I changed the decorative, red line for the "Benefits of HIIT" section and moved it to begin on the right side. This made it more consistent with the rest of the sections and helped with responsive, as well making the animations consistent throughout.

PART 5

Making the website responsive was a challenge — I initially used Bootstrap, however, I discovered that flex-box was much easier. This framework provided a more fluid experience in contrast to Bootstrap's more "snappy" experience. Adding animation on scroll was also very challenging because I had to learn how to use a new library and it was difficult to understand its syntax. However, I referred to video tutorials and also experimented in order to get the right timing, speed and customization to create each animation.