

Title: DEVELOPING AN IMPROVED HEART RATE MONITOR WITH WORK-OUT TRAINING ANDROID APPLICATION AND REAL TIME AUDIO COACHING

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ABSTRACT

The researchers from the College of Computing Education, University of Mindanao set to create TechnoHeart, a digital way of monitoring heart rate using a Heart Rate Monitor device and an android phone.

Moreover, this is made more special through its work-out training which is designed to help the users set and achieve their target heart rate and monitor at what training intensity they are during a strenuous exercise. The training is made more interactive as the application has its real-time audio coaching. The need for this application comes from three sources: Some athletes and even doctors are still using the traditional way of getting the heart rate; Training intensity is not monitored and target heart rate is not achieved; and most mobile developments do not tailor the need of users who undergo work-out training.

Keywords: Heart Rate, Training Intensity, Karvonen Formula, Speed, Distance, R-R interval, BT HxM Heart Rate Monitor, Target Heart Rate, Zone Limits, TechnoHeart