

Final Project Outline

Title: Get Moving: Working Out 101

Description:

This project is a beginner-friendly website that introduces learners to the basics of working out. It provides guidance on warm-ups, a safe and effective beginner routine, technique tips, and recovery essentials. Interactive elements will help learners practice recognizing proper form, avoid common mistakes, and build confidence in starting a fitness routine.

Learning Objectives:

1. Learners will be able to complete a 20–30 minute beginner full-body workout using correct form on at least 80% of exercises.
2. Learners will be able to explain the importance of warm-ups and demonstrate knowledge of safety checks with 70% accuracy.
3. Learners will be able to identify common workout mistakes and select correct corrections for at least 4 out of 5 exercises.

Navigation:

The website will have six main pages.

Total number of pages: 6

Page 1: Introduction & Benefits (index.html)

Content Summary	Overview of why working out is important, motivational benefits, and SMART goal setting.
Media	Infographic or short video explaining benefits; goal-setting worksheet
Interactions	Clickable checklist for goal setting; hyperlinks to health guidelines.

Page 2: Warm-Up & Safety: (Warmup.html)

Content Summary	Dynamic warm-up sequence, RPE scale, equipment and space safety checks.
Media	Short video/GIFs for warm-up moves; RPE chart image.
Interactions	Hotspot activity on body outline; click-to-reveal safety tips.

Page3: Beginner Full-Body Routine: (beginner.html)

Content Summary	A 20–30 minute workout routine with sets/reps, rest, and modifications.
Media	Exercise step images; printable routine card
Interactions	Collapsible content for each exercise; embedded timer/start button.

Page 4: Technique Tips & Common Mistakes: (tips.html)

Content Summary	Key technique cues and common mistakes for core exercises (squat, push-up, plank, etc.).
Media	“Do vs. Don’t” images or video clips.
Interactions	Drag-and-drop activity to match “mistake” with “fix.”

Page 5: Recovery & Fuel Basics: (recovery.html)

Content Summary	Cool-down stretches, sleep, hydration, and beginner nutrition guidance.
Media	Stretch sequence images; hydration/fueling chart.
Interactions	Interactive weekly planner to balance workouts and recovery.

Page 6: Quiz & Next Steps: (quiz.html)

Content Summary	Quiz testing knowledge from the site; SMART goal reflection and next steps.
Media	Quiz created in Articulate Storyline (or H5P).
Interactions	Graded quiz with feedback; certificate or link to downloadable plan.

