**PennWest California Vulcan Activity Tracker**

**CMSC-4900-001-Senior Project I**

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**Project Requirements**

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**Instructor Comments/Evaluation**

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# **Abstract**

The Vulcan Activity Tracker is intended to serve as an athletic activity management system for PennWest California students. By entering student email credentials, a free interactive environment is accessible. The question arises, there are many current athletic activity trackers available, what makes The Vulcan Activity Tracker different? Apps on the market right now are activity specific, alienating both uncommon and unpopular exercises from using the app features. For example*, Nike Run Club App (2025)*, *Runna (2025),* and *Strava* *(2025)* are directed towards running athletes and users only. Whereas, *Strong (2025)* and *Hevy (2025)* are designed for weightlifting activities. The purpose of the Vulcan Activity Tracker is to bring together the PennWest student population into one athletic app that allows for the tracking of all campus sports, cycling, weightlifting, calisthenics, swimming, running, climbing, equestrian sports, and general exercise categories. While many other activity trackers may provide exclusive features and smart watch connectivity, they are costly and detrimental to a student’s overall budget. In one combined platform, the Vulcan Activity Tracker aspires to meet student organization needs, social interaction, and exercise goal planning in a free accessible way.

The overall projection for this document is to serve the purpose as a technical guideline for project development requirements. Software components will be discussed thoroughly to gain scope of project. All hardware required will be specified. Technical development toolsets will be determined. Team scheduling and leadership roles will be created for project organization. Overall, this document will establish a clear blueprint for senior project phases, software development and testing to produce a deliverable in undergraduate Spring Semester 2026.

# **Introduction**

## **Background:**

A common problem for all undergraduate students is the need for organization systems. Students balance multiple classes, jobs, friendships, family life, and workout schedules. Whether a student is a Vulcan athlete with a rigid exercise plan or has recreational and personal goals to meet, finding a place to track progress is often blocked behind apps with monthly subscriptions. The Vulcan Activity Tracker is the result of identifying both the problem of organization and access to athletic activity planning. This senior project application aims to replace exercise tracking apps, such as Strava. The Vulcan Activity Tracker aspires to fulfil the features of recording workouts, viewing performance analysis, and following leaderboards. With the social aspect of friendly competitions, this application seeks to bring the students together into an athletic community.

**Overview/Objectives of Project:**

The objective of the Vulcan Activity Tracker is to implement various features that encourage athletic participation and are helpful for recording training schedules. The Vulcan Activity Tracker is intended to be a web-based application that implements a user-friendly dashboard combined with contained database system for student credentials and activity data. The front-end or client side of this application will have 3 main components. A User Profile will allow students to add activities, statistics, and notes regarding their workout progress. Students will be able to view past activity history. The second client-side feature will be group interaction. Students will be able to make groups of other Vulcan Activity Tracker users, filtering by friends. clubs, and activities. Users will be able to record who participated with them in the activity. The third client-side feature will be a leaderboard. This leaderboard will show top users and the most popular activities, adding a fun competitive feature to the Vulcan Activity Tracker. Fun friendly competition will inspire users to perform their best at selected activity to get a spot on the application leaderboard.

On the back end of the Vulcan Activity Tracker, a server, API framework, and database will be implemented to power this web-based application. The use of internal functions and frameworks eliminates the security flaw of outsourcing code. By maintaining and controlling a database for the Vulcan Activity Tracker, data injection can be catered to PennWest student needs. An API framework will allow for fast data transfer, considering all https protocols. Organizing the server by APIs, services/data handlers, and database schema will allow for a streamlined development strategy.

## **Constituents / Team Details & Dynamics**

Teamcoordination and planning is a crucial part of the Vulcan Activity Tracker’s development. Every member of Group 2 Team is foundational and valued. Development roles will be both allocated and shared for this project to both succeed and achieve proposed goal. Leadership roles will be assigned to each member based on skillset and knowledge in designated topic. The following tabular representation demonstrates the selection each member has chosen to lead. These phases are to show initiation of team member leadership that is enhanced by prior experiences. The individual strengths of each team member are fundamental in the creation of The Vulcan Activity Tracker. Each member is listed below:

|  |  |  |
| --- | --- | --- |
| **Team Member:** | **Major:** | **Leadership Phase:** |
| John Gerega | CS | Specification Analysis/Design |
| Margo Bonal | CS | Implementation |
| Luke Ruffing | CS | User Manual & Final Presentation |
|  |  |  |

Regarding project organization, the team will stay in constant communication through a Discord server, which is the primary source of communication. Phone numbers are saved as well in case of technical issues with Discord. Team meetings will mostly be virtual, however overlapping scheduling allows for frequent in-person meetings. For remote collaboration, GitHub is used to implement a shared team repository for project source code, documents, research, brainstorming outlines, and all other related resources. Every member is given contributor access. GitHub allows for source control, project history, and member participation mapping.

# **Application Domain**

## **Project Context**

The Vulcan Activity Tracker will be designed to help promote physical activity within the PennWest California community. This web-based application will provide access to all its features to anyone with a valid PennWest email address, whether they are students or faculty.

While there are already so many popular activity tracking apps that have good features, they are too often hidden behind a hefty subscription that locks these valuable features. This creates a problem for a lot of people, especially students who are already short on money. The Vulcan Activity Tracker aims to eliminate this problem by providing a free, easily accessible, community-focused alternative.

With features such as group workout logging, campus-based organization groups, and campus-wide leaderboards, the Vulcan Activity Tracker encourages the PennWest students and faculty to stay active and engage with their campus communities. Our tracker aims to promote personal wellness and community involvement, which cannot be said for all the other popular activity trackers.

# **Initial Business Model**

## **Operational Environment**

The Vulcan Activity Tracker will view the PennWest California campus as its operational environment. Various paths around campus will be designated as athletic training area for running and cycling paths. The Campus gym will be the physical environment for other activities, such as workout equipment, pool, running track, and climbing wall. Various athletic facilities, such as fields or indoor courts, will be used to track specific sports depending on the team or club the student is participating in. Users will represent the adjoining view of the operational environment. The proposed users of the Vulcan Activity Tracker are currently enrolled students with a PennWest email address. Demographics of these users are students who are student athletes, participate in club sports, or personal athletic training. Limiting access to only approved PennWest California campus students allows for a common ground, shared interests, and an opportunity for students to connect through exercise. Additionally, it allows for fair competition on the same athletic courses.

## **Description of Data Sources**

The Vulcan Activity Tracker will handle and access multiple data sources to provide users with refined athletic information. Users will manually enter activity data into their user profile. This data will be represented in activity name, time, date, description, calories burned. Users will also be able to record what environment was used to participate in their activity. For example, a student ran for 5 miles, on the Riverview Road loop. This student would record time, distance, energy expended, and the path they chose to run on. Users can also record if it was a solo exercise or participated in a group. The Vulcan Activity Tracker will store these records to implement in 2 ways. The first use will be an Activity History Viewer. Incorporated into a student profile, they can easily see what past activities they participated in and following statistics. The second use of the athletic records will be the overall platform Leaderboard. Students will be able to compete in challenges for overall athletic performance on the Campus Leaderboard feature. This Leaderboard will pull data such as distance to calculate the highest value between users, recording them on the leaderboard. The Vulcan Activity Tracker will use both numeric and alphanumeric data to supplement platform features. Systems of filtering, storing, and fetching data will be important to this project’s functionality.

## 

## **Use Case UML Diagrams & Descriptions**

User interacting with platform

* User portal
* Activity list
* Filter activity
* History
* Choose maps
* Choose activities

User interacting with others

* Leaderboard
* Group activities

A diagram of a flowchart

AI-generated content may be incorrect.

A blue diagram with white circles and red text

AI-generated content may be incorrect.

A screenshot of a graph

AI-generated content may be incorrect.

A diagram of a network

AI-generated content may be incorrect.

# **Initial Requirements**

## **Functional**

This project has several functional requirements, the first being a successful database. The database will ensure that a user’s activities can be tracked and that total values can be calculated, which can then lead to the accurate data being displayed for all of those users’ friends on the app to view. The database will also securely hold a user’s login information, like their email and password.

The first thing a user will do before accessing anything is log in to the system, whether they are a new or returning user. Once the user enters credentials, the program will search the database to either ensure the credentials are correct or create a new account with the provided credentials. Once the credentials are verified or the new account is created, the user will be entered into the activity feed section, which will display other users' activities.

## **Nonfunctional**

This project also has several nonfunctional requirements that help to ensure that it is reliable, secure, and easy to use. To provide a smooth user experience the system should respond within a couple seconds under typical conditions and support at least one hundred users at once without lag. Users should be able to upload their workouts and view others activities without delay or performance issues.

Security is an especially important part of the system. All users data will be encrypted while being transferred and securely in the database while at rest. It will also have built-in safe guards against data injections and unauthorized access to protect every user and their data from data breaches. Additionally, he system will be developed with maintainability in mind and will be expected to maintain around 99% uptime excluding downtime for maintenance.

## **Documentation**

Needed documentation as outlined by professor.

1. Proposal Document
2. Requirements Document
3. Specifications Document

# **Testing / Revisions**

# **List of References**

Hevy Studios S.L. (2025). ***Hevy – Gym Log Workout Tracker*** (Version 2.4.7) [Mobile app].

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Nike, Inc. (2025). ***Nike Run Club: Running Coach*** (Version 7.70.0 for iOS) [Mobile app].

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The Run Buddy Ltd. (2022). ***Runna: Running Training Plans*** (Version 8.5.0) [Mobile app].

<https://www.runna.com/?gad_source=1&gad_campaignid=22530268929&gbraid=0AAAAABfUKAUcs2aA7jayQhjZYrJnvDftf&gclid=CjwKCAjwuePGBhBZEiwAIGCVS1dtaMKRlGDzWrJsTvy5TKab0O_LodHzXuZie-qwF0uvQrYvfe_-CRoC89MQAvD_BwE>

STRONG FITNESS PTE. LTD. (2025**). *Strong Workout Tracker Gym Log*** (Version 6.2.1) [Mobile app].

<https://www.strong.app/>

Strava, Inc. (2025, Sept 11). ***Strava* (Version 428.0.1)** *[Website and Mobile App].*

<https://www.strava.com>

# **Appendix I: Technical Glossary**

**Database** – a structured set of data held in a computer, especially one that is accessible in various ways

**API**

# **Appendix II: Team Details**

# **Appendix III: Workflow Authentication**

# **Appendix IV: Report from Writing Center**