# **1. REPORT TABLE**

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| --- | --- | --- | --- | --- | --- | --- |
| *Test Ref* | *Req Being Tested* | *Test Content* | *Input* | *Output* | *Pass Criteria* | *Pass or Fail* |
| SE-F-001 | FR 1 | Check if the right screen is displayed when the application opens. | Start up the application | Start up displays | Screen displays correctly |  |
| SE-F-002 | FR 1 | Check that pre-configured exercise descriptions are displayed correctly | Left click on “Choose pre-configured workout” and look at how the descriptions are formatted | Screen displays description as “X Exercises; X Sec work; X Sec rest; X Min Midway rest” for each entry | Descriptions are all displayed in the correct format |  |
| SE-F-003 | FR 1 | Check the system can start with a pre-configured set of exercises | Left click on the first beginner workout (“10 Exercises; 20 Sec work; 20 Sec rest; 2 Min Midway rest”) | Screen transitions to exercise overview and choosing whether to start or change selected workout | Confirmation screen (FR 3) appears within 1 second of input with selected beginner choice |  |
| SE-F-004 | FR 3 | Test functionality of return button | Left click on the button labeled “Select or create a different set of exercises” | Screen will transition back start-up | Workout selection screen (FR 1) appears again within 1 second of input |  |
| SE-F-005 | FR 1 | Check the system can start with a user-configured set of exercises | Left click on the button labeled “Configure your own workout” | Screen transitions to configuring a set of exercises | Configuration screen (FR 2) begins 1 second of input |  |
| SE-F-006 | FR 2 | Test default value of configuration setting, ‘Number of exercises’ | Leave the slider “How many exercises?” in its default position | Configuration slider will display “15” | Number of exercises is set to 15 |  |
| SE-F-007 | FR 2 | Test maximum boundary of configuration setting, ‘Number of exercises’ | Drag the slider “How many exercises?” as far right as possible | Configuration slider will move as far as the right boundary and display “30” | Number of Exercises is set to 30 |  |
| SE-F-008 | FR 2 | Test minimum boundary of configuration setting, ‘Number of exercises’ | Drag the slider “How many exercises?” as far left as possible | Configuration slider will move as far as the left boundary and display “2” | Number of Exercises is set to 2 |  |
| SE-F-009 | FR 2 | Test default value of configuration setting, ‘Length of exercise time’ | Leave the slider “Working time per exercise?” in its default position | Configuration slider will display “2:25” | Length of exercise time is set to “2:25” |  |
| SE-F-010 | FR 2 | Test maximum boundary of configuration setting, ‘Length of exercise time’ | Drag the slider “Working time per exercise?” as far right as possible | Configuration slider will move as far as the left boundary and display “5:00” | Length of exercise time is set to “5:00” |  |
| SE-F-011 | FR 2 | Test minimum boundary of configuration setting, ‘Length of exercise time’ | Drag the slider “Working time per exercise?” as far left as possible | Configuration slider will move as far as the left boundary and display “0:10” | Length of exercise time is set to “0:10” |  |
| SE-F-012 | FR 2 | Test default value of configuration setting, ‘Time between exercises’ | Leave the slider “Resting time per exercise?” in its default position | Configuration slider will display “2:25” | Length of time between exercises is set to “2:25” |  |
| SE-F-013 | FR 2 | Test maximum boundary of configuration setting, ‘Time between exercises’ | Drag the slider “Resting time per exercise?” as far right as possible | Configuration slider will move as far as the right boundary and display “5:00” | Length of time between exercises is set to “5:00” |  |
| SE-F-014 | FR 2 | Test minimum boundary of configuration setting, ‘Time between exercises’ | Drag the slider “Resting time per exercise?” as far left as possible | Configuration slider will move as far as the left boundary and display “0:10” | Length of time between exercises is set to “0:10” |  |
| SE-F-015 | FR 2 | Test default value of configuration setting, ‘Duration of pause in the middle’ | Leave the slider “Rest time halfway through exercises?” in its default position | Configuration slider will display “5:00” | Length of middle pause is set to “5:00” |  |
| SE-F-016 | FR 2 | Test maximum boundary of configuration setting, ‘Duration of pause in the middle’ | Drag the slider “Rest time halfway through exercises?” as far left as possible | Configuration slider will move as far as the right boundary and display “10:00” | Length of middle pause is set to “10:00” |  |
| SE-F-017 | FR 2 | Test minimum boundary of configuration setting, ‘Duration of pause in the middle’ | Drag the slider “Rest time halfway through exercises?” as far left as possible | Configuration slider will move as far as the left boundary and display “0:00” | Length of middle pause is set to “0:00” |  |
| SE-F-018 | FR 3 | Test functionality of the start workout button with the configured workout | Left click button labeled “Start Workout” | Screen will transition to warm up | Warm-Up (FR 4) begins within 1 second of input |  |
| SE-F-019 | FR 9 | Check the functionality of the pause button during warm-up | When the warm up begins, press the pause button and ensure the timer stops by waiting 5 seconds. Then press it again to resume | Warm up instructions freeze at “3:00 left” and not carry on until resume is pressed | Warm-up instructions pause completely, and the program does not advance until the user resumes it.  Response to button click occurs within 1 second both times |  |
| SE-F-020 | FR 4 | Checks that the warm-up will begin after FR3 and will run for 3 minutes | Wait for 3 minutes  (No user input needed) | Warm up instructions display and run for allotted time | [Appendix # 01 & # 02](#_n3s78flvjxtu) |  |
| SE-F-021 | FR 9 | Check the functionality of the pause button mid exercise | When the exercise starts press the pause button and ensure the timer stops by waiting 5 seconds. Then press it again to resume | On screen exercise timer will pause on-screen at “0:10” and not carry on until resume is pressed | The timer pauses completely, and the program does not advance until the user resumes it  Response to button click occurs within 1 second both times |  |
| SE-F-022 | FR 5 | Check that exercise will begin after FR4 and will run for 10 seconds | Wait for 10 seconds  (No user input needed) | Exercise instructions display and run for allotted time | FR 5 begins within 1 second of FR 4 finishing. |  |
| SE-F-023 | FR 9 | Check the functionally of the pause button during normal rest | When the between exercises rest starts press the pause button and ensure the timer stops by waiting 5 seconds. Then press it again to resume | On screen exercise timer will pause on-screen at “0:10” and not carry on until resume is pressed | The timer pauses completely, and the program does not advance until the user resumes it  Response to button click occurs within 1 second both times |  |
| SE-F-024 | FR 5 | Check that between exercises there is a normal rest period. | Wait for 10 seconds  (No user input needed) | Rest will display for allotted time | [Appendix # 02](#_j4ucyu42vbv2) |  |
| SE-F-025 | FR 9 | Check the functionally of the pause button during cooldown phase | When the cooldown starts press the pause button and ensure the timer stops by waiting 5 seconds. Then press it again to resume | On screen exercise timer will pause on-screen at “3:00” and not carry on until resume is pressed | The timer pauses completely, and the program does not advance until the user resumes it  Response to button click occurs within 1 second both times |  |
| SE-F-026 | FR 6 | Checks that the cooldown sequence of 3 minutes completes | Wait for 3 minutes  (No user input needed) | Cooldown sequence begins | Cooldown sequence lasts 3 minutes then ends. |  |
| SE-F-027 | FR 7 | Checks that a guide for each exercise is displayed during warm-up. | Warm-up begins.  (No user input needed). | A screen displaying a diagram on how to carry out the exercise appears. | Diagram guide displayed with an image instructing the exercise. |  |
| SE-F-028 | FR 7 | Checks that a guide for each exercise is displayed during cool-down. | Cool-down begins.  (No user input needed). | A screen displaying a diagram on how to carry out the exercise appears. | Diagram guide displayed with an image instructing the exercise. |  |
| SE-F-029 | FR 7 | Checks that a video guide for each exercise is displayed during pausing. | Users select the pause function (button - mouse click or keyboard shortcut). | A screen displaying a Video on how to carry out the exercise appears. | Video guide displayed with an image instructing the exercise. |  |
| SE-F-030 | FR 8 | Check that times are present on warm-up and cool-down screens. | Timer starts and finishes.  (No user input needed). | Time should be displayed visibly with a sound notifying the starting and finishing of the warm-up and cool-down. | Timer should be visible to the user and sounds should work when warm-up and/or cool-down finishes. |  |
| SE-F-031 | FR 8 | Check that times are present during exercises and when exercises are paused. | Timer starts and finishes.  (No user input needed). | Time should be displayed visibly with a sound notifying the user of the starting and how long is left until finishing an exercise. | Timer should be clearly visible to the user. Following with a 5 Countdown sound for when an exercise will begin and end. |  |
| SE-F-032 | FR 8 | Check that times are present when exercises are paused. | User selects the pause function.  (button - mouse click or keyboard shortcut). | Time should be displayed visibly with a sound notifying the user of the starting and how long is left until finishing an exercise. | Timer should be clearly visible to the user, showing them how long left of the exercise and of the pause break. |  |
| SE-F-033 | FR 8 | Checks that the progress of the workout is shown. | Workout starts  (No user input needed). | A progress counter should be visibly shown under the guide of each exercise. | Counter of the exercises clearly visible to the user, stating what number exercise they’re on.  [Appendix # 06.](#_j4ucyu42vbv2) |  |
| SE-F-034 | FR 5 | Check the system can run 30 exercises | After the cooldown has finished, choose “Configure your own workout” and set all the sliders to their minimum value again, except “Number of exercises”, which you set to 30 (max) | 30 different exercises running sequentially with a counter to indicate the number of exercises and how many have been completed. | [Appendix # 03 & # 06](#_j4ucyu42vbv2) |  |
| SE-F-035 | FR 10 | Check that workouts are saved and displayed properly | After cooldown has finished, click the text “Previous Workouts” then view past workouts and confirm whether the displayed workouts match the exercises that were run while testing the program | The program should display the exercises run during testing | The workout data is accurate and displayed in the reverse-chronological order |  |

# **3. CRITERIA APPENDIX**

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| --- | --- |
| Appendix #. | Pass criteria reference. |
| # 01 | Warm up must be 3 minutes long, with an appropriate countdown timer. |
| # 02 | Clock must count down from the max time length of each activity without skipping any time, and stop the timer when it reaches 0. |
| # 03 | Exercise counters must display the correct number of different exercises in the whole workout. |
| # 04 | Rest times between exercises must run for 10 seconds, with an appropriate countdown timer. |
| # 05 | Timer pauses upon button press & displayed time does not go down. |
| # 06 | All exercises should run sequentially from the warm-up until the cool-down with no stoppage unless the user pauses. |

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# **3. TEST SUMMARY**

Total Tests: 40

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Total Passes:

Total Fails: