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# BSP: Bench Safety Project

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Team 가오가이거  
권오준  
김정대  
이윤혁



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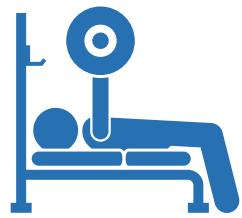
## 결론

기대효과, 개발방향

6.

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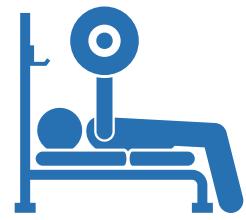
실제 시연



## 프로젝트 배경

# 배경



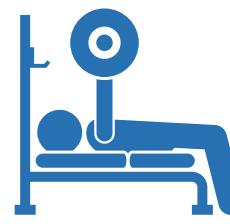


# 문제 분석

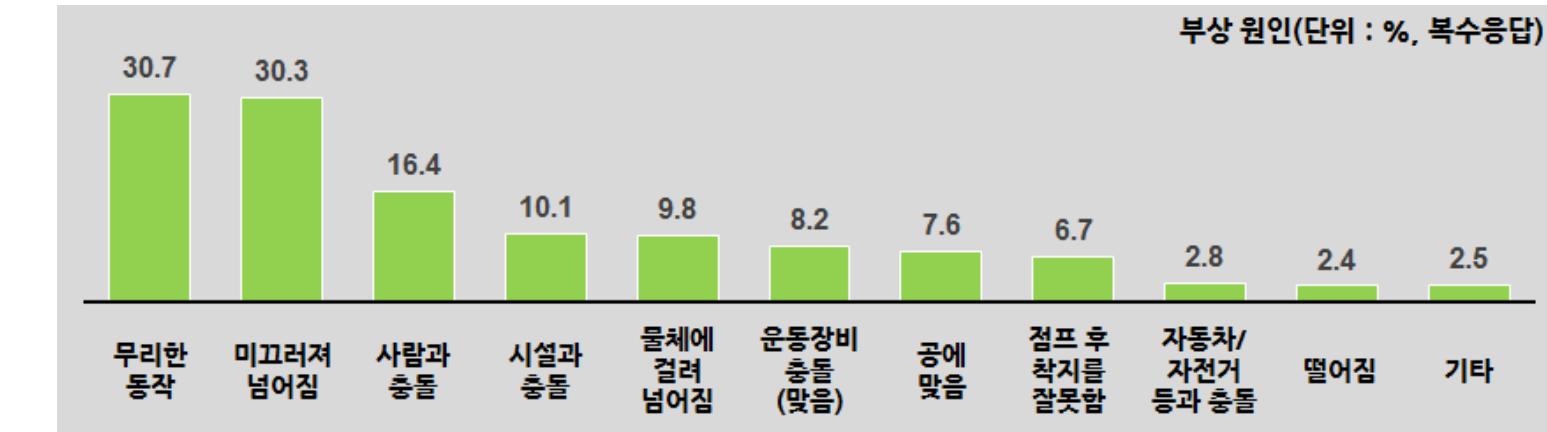
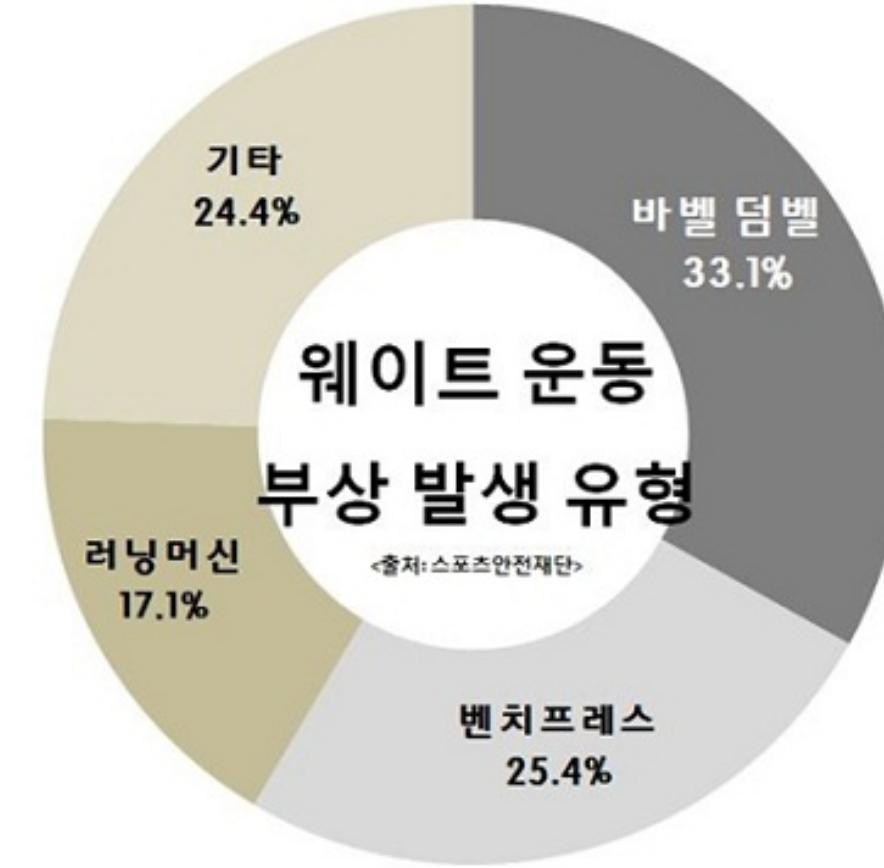


## 헬스장 환경

- ✓ 도움 요청 소리를 듣지 못하는 경우, 즉각적인 대응 어려움
- ✓ 일부 헤드폰 착용자의 경우 더욱 알기 어려움



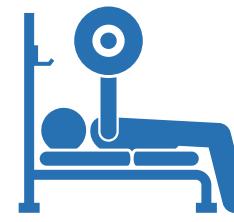
# 문제 분석



[서울스포츠재단의 웨이트 트레이닝 경험자 3031명 설문 결과]

## 무리한 동작으로 인한 부상

- ✓ 부상 빈도가 높은 바벨 벤치프레스
- ✓ 무리한 동작과 무게로 인한 부상 위험 존재



# 구현 목표

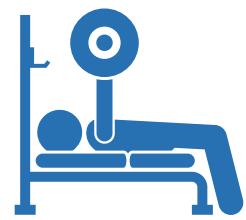
## 벤치프레스 사고 알림 시스템

### 위험 동작

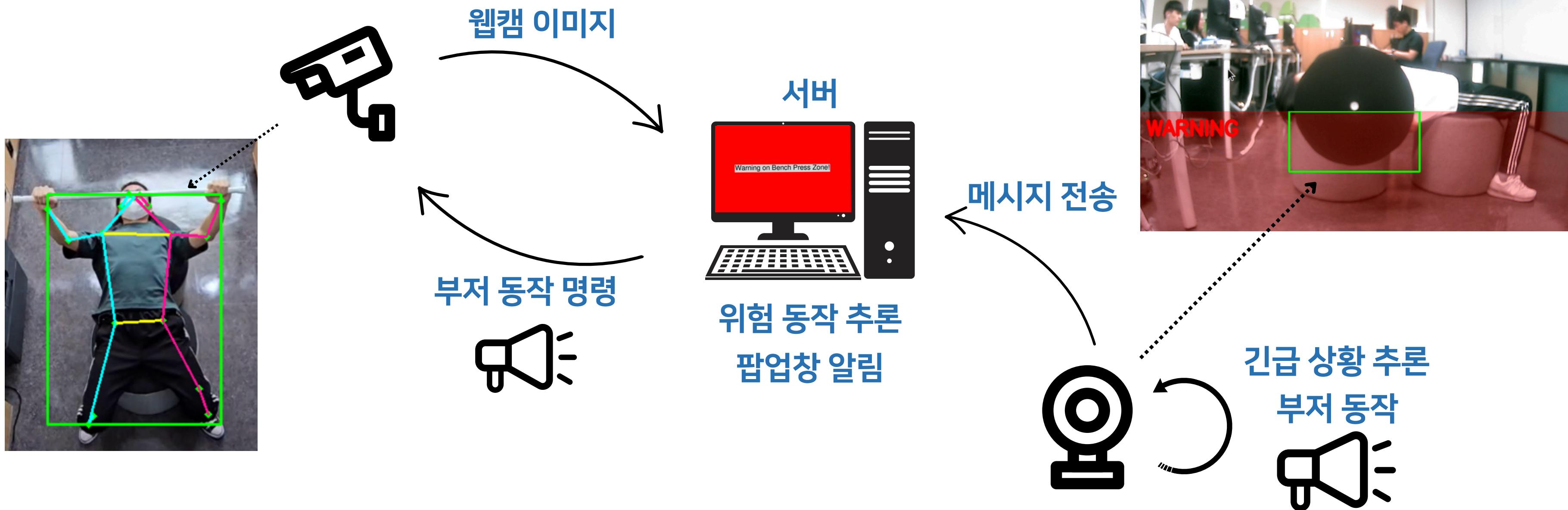
- 바벨을 더 이상 들지 못하는 상황
- 위험 동작 10초 지속 후 알림

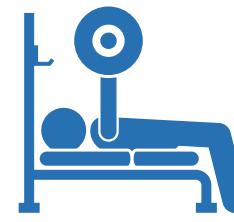
### 긴급 상황

- 바벨이 목으로 떨어지는 상황
- 감지 즉시 알림



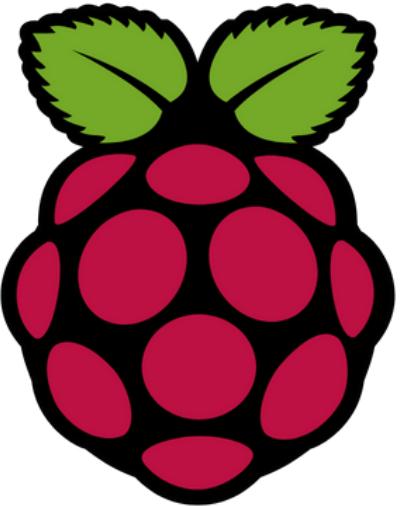
# High Level Design





# 개발 환경

OS

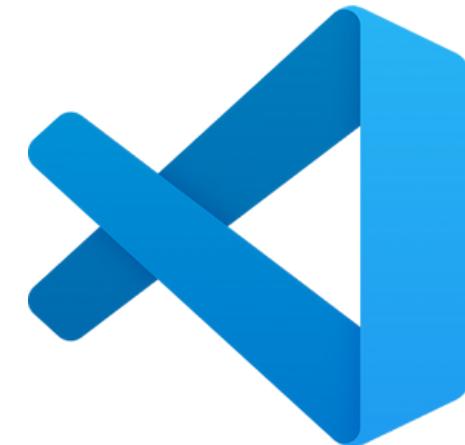


Raspbian 64bit

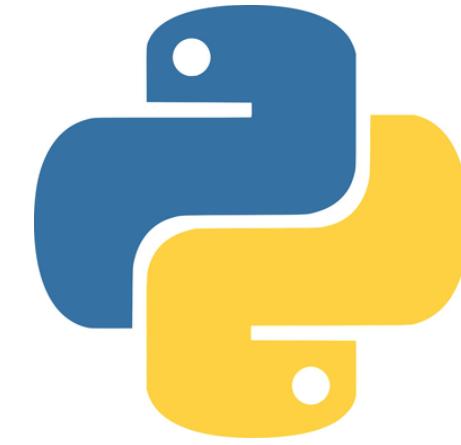


Ubuntu 22.04

## 개발 툴 및 언어



VS Code 1.90.1



Python 3.10

## 사용 모델



TensorFlow



PyTorch

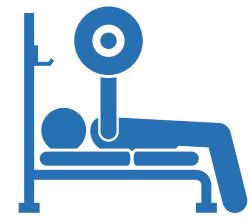


ultralytics  
YOLOv5

YOLOv5



2024.2

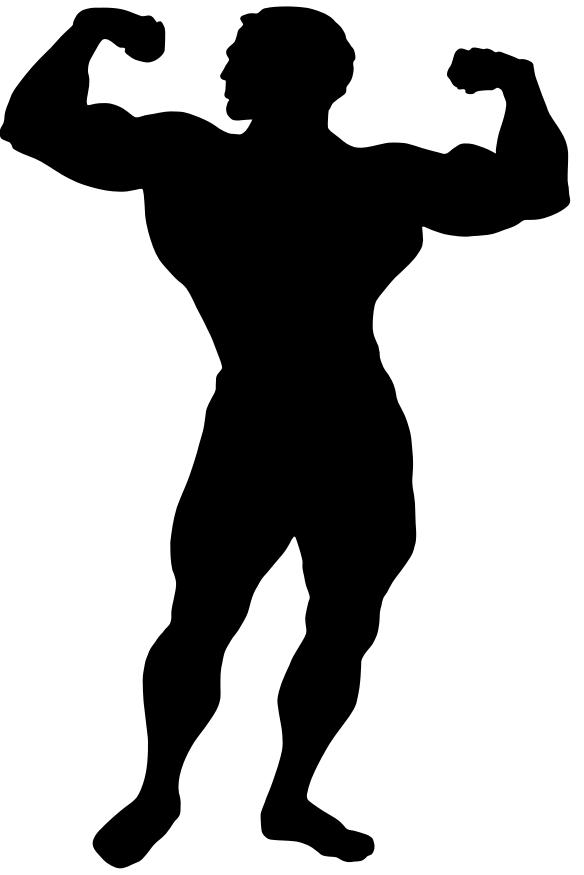


# 역할 분담



권오준

모델 학습  
위험 동작 알고리즘 설계  
서버-클라이언트 통신



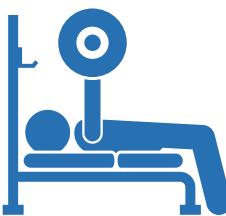
김정대

데이터셋 수집  
위험 동작 알고리즘 설계  
보정 알고리즘 설계

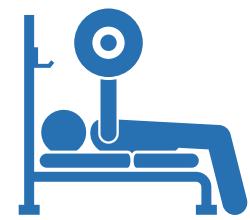


이윤혁

바벨 감지 모델 학습  
긴급 상황 알고리즘 설계  
알림 가능 구현



# 프로젝트 계획

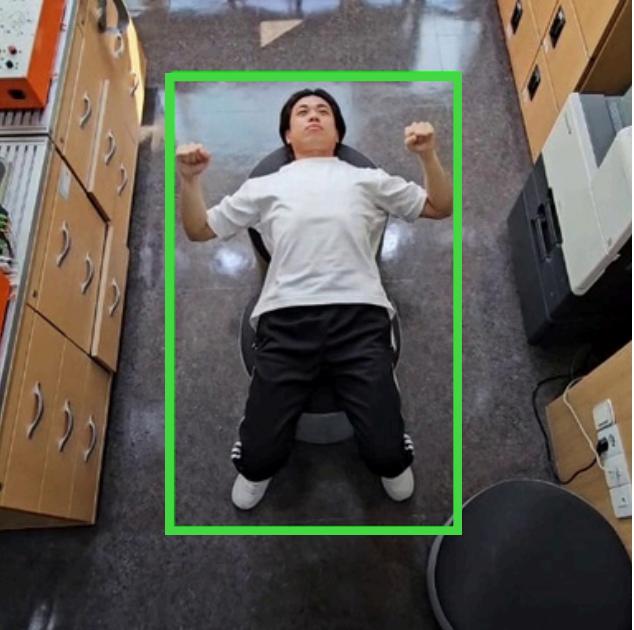


# 모델 선정

Object Detection

person-detection-0202

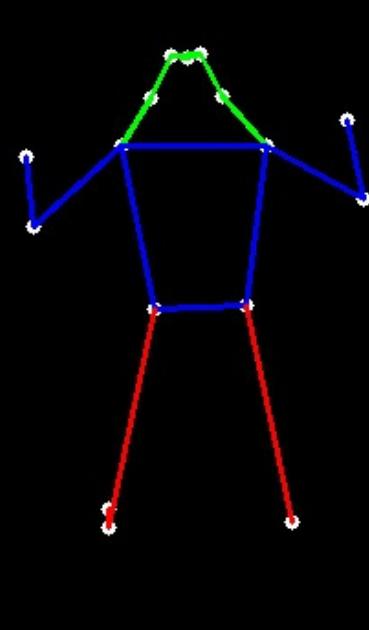
사람 탐지 및 좌표 추출



Landmark Detection

MoveNet-singlepose-thunder

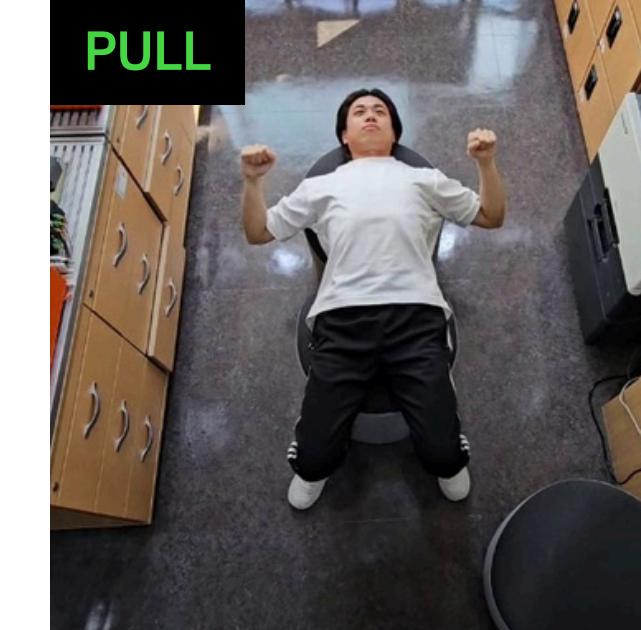
사람의 keypoints 추출



Classification

MobileNet-V3-large (Custom)

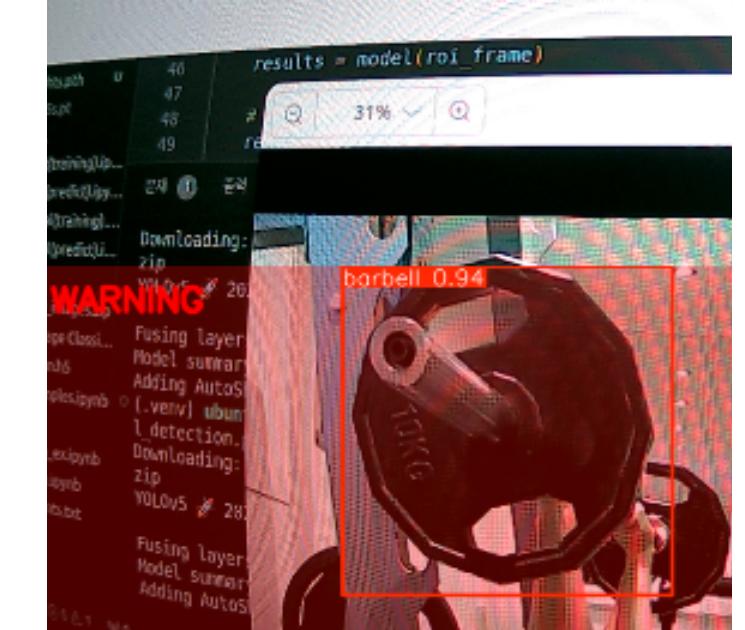
현재 자세 추론

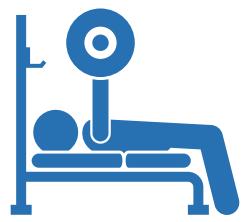


Object Detection

YOLOv5s (Custom)

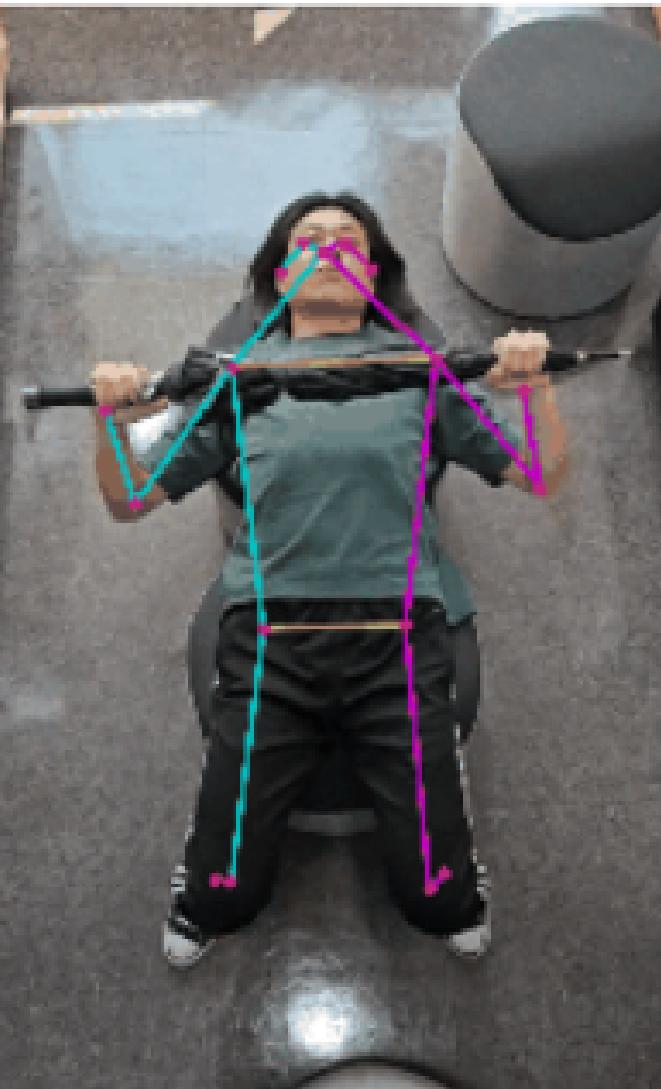
위험 영역 내 바벨 탐지





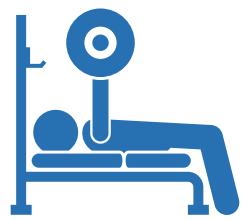
# 카메라 각도 설정

전신 범위



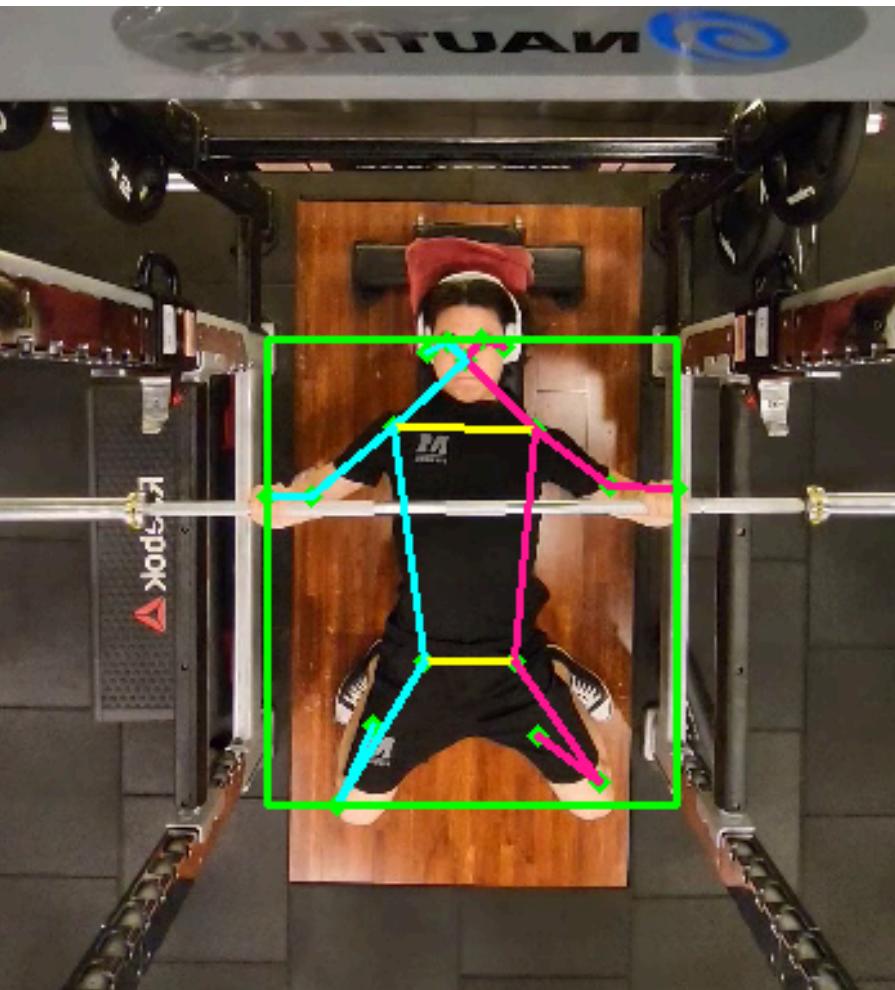
전신 범위 X



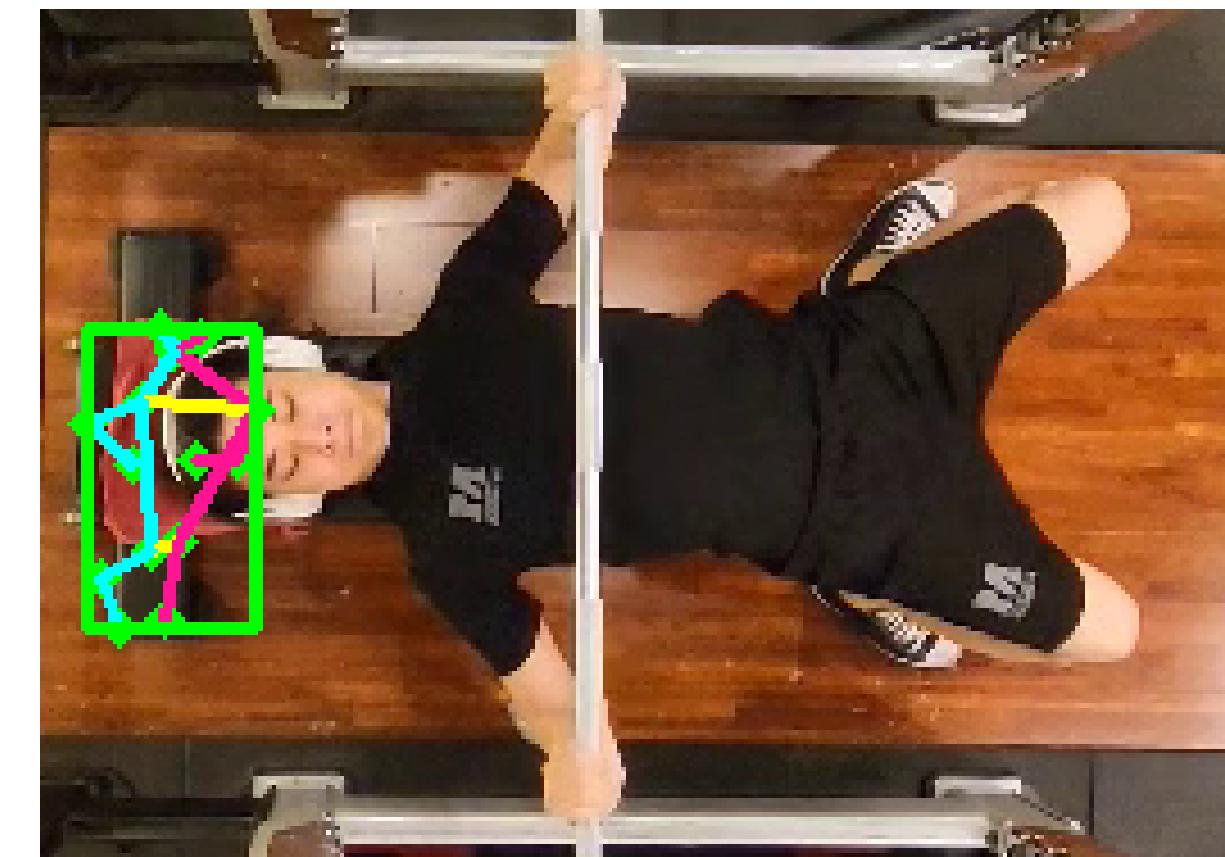


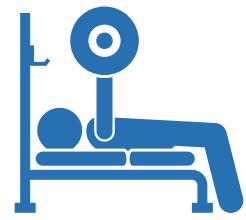
# 카메라 각도 설정

세로 영상



가로 영상



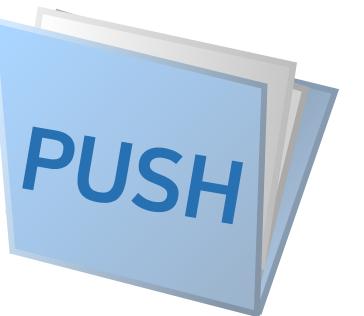
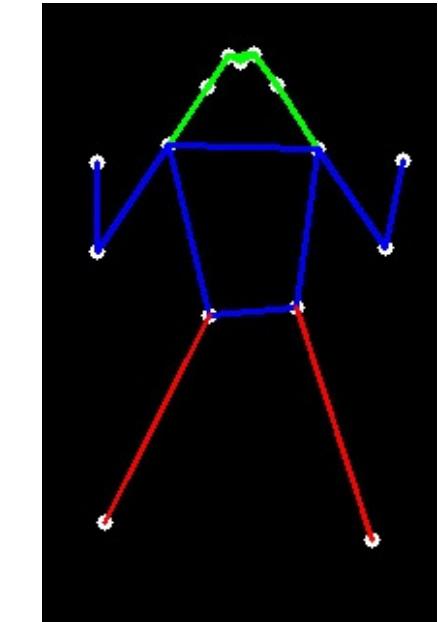
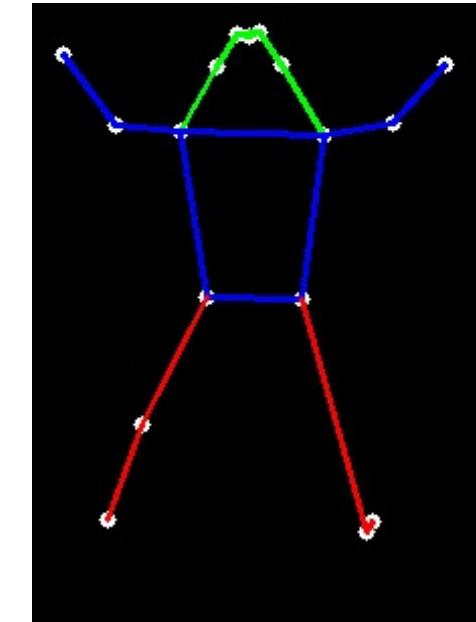


# 데이터셋 수집 - 위험 상황

실제 영상을 프레임 단위로 캡쳐



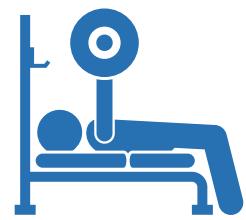
배경을 제거한 뒤 관절 이미지만 추출



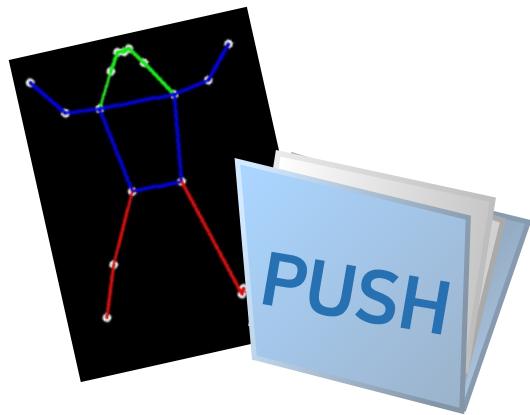
1,371 장



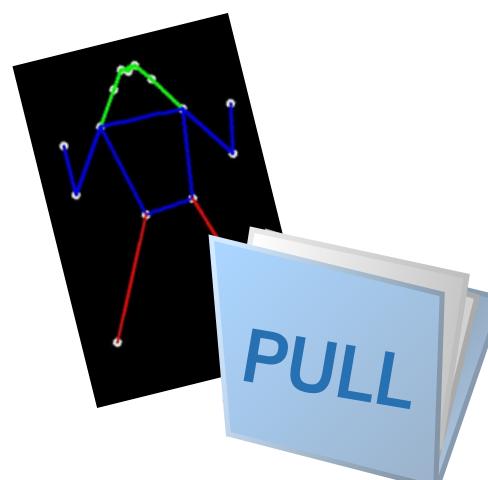
1,384 장



# 모델 학습 - 위험 상황

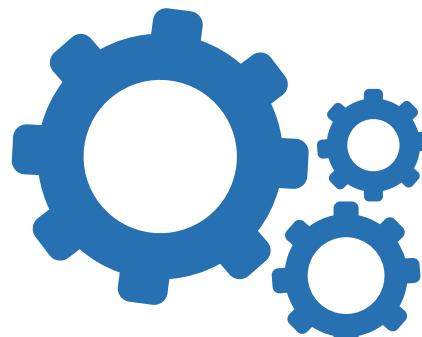


1,371 장

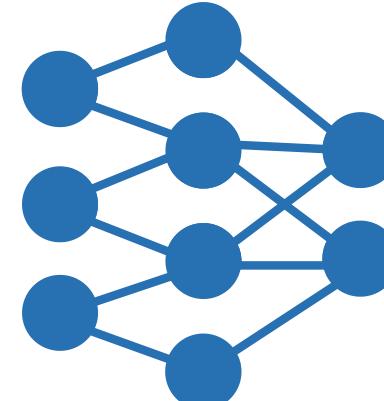


1,384 장

OpenVINO™  
Training Extensions  
(OTX)

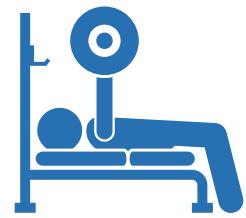


Custom  
Classification Model  
(MobileNet-V3-large)



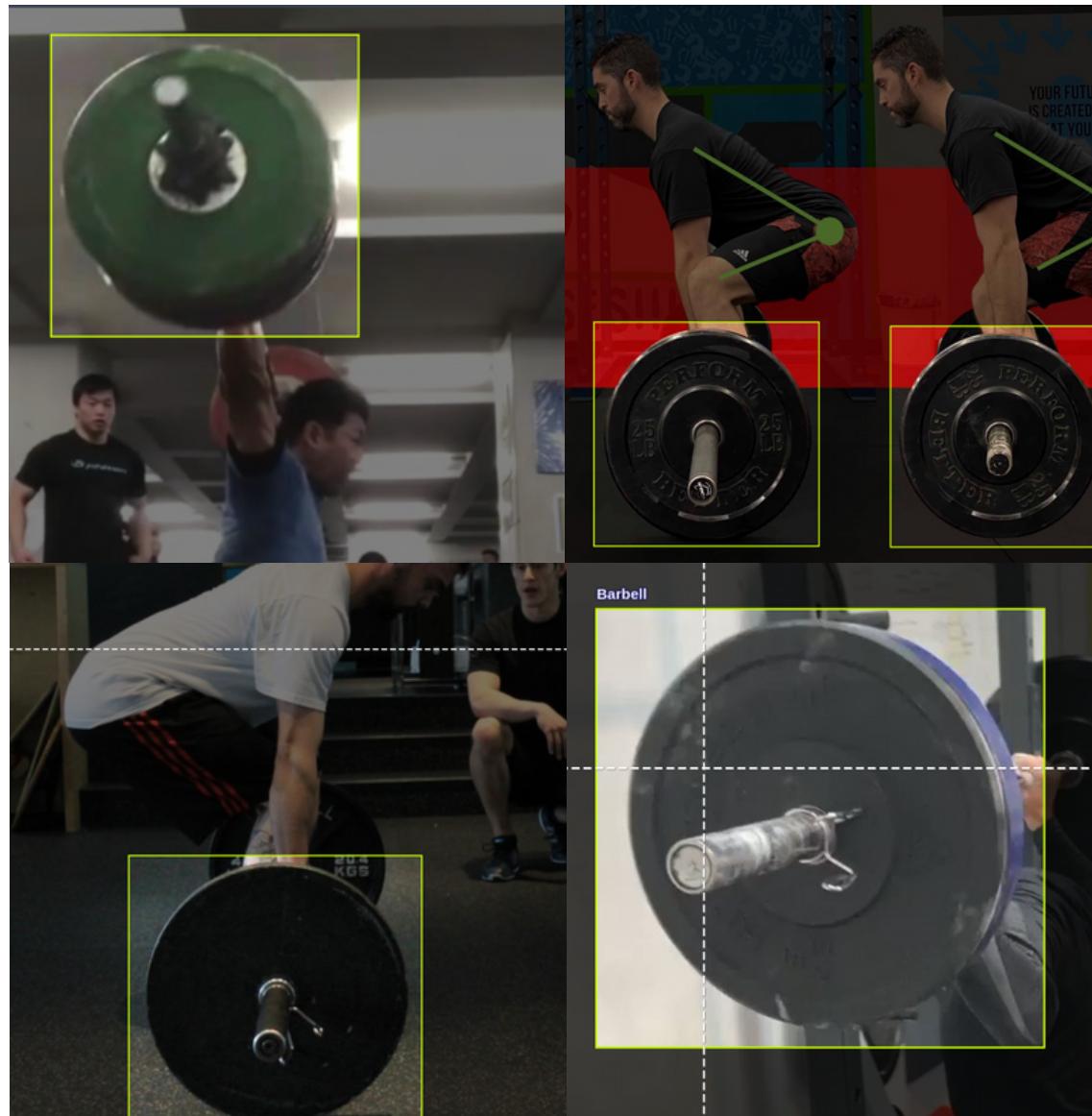
Model	Inference per Sec*
MobileNet-V3-large	86.98
EfficientNet-B0	72.79
EfficientNet-V2-S	42.27
DeiT-Tiny	55.94

\*처리한 프레임 수를 총 수행 시간으로 나눈 값



프로젝트 수행 과정

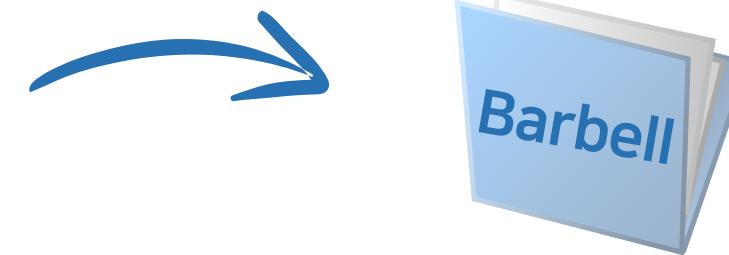
# 모델 학습 - 긴급 상황



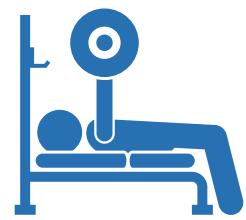
Roboflow 바벨 데이터셋

+

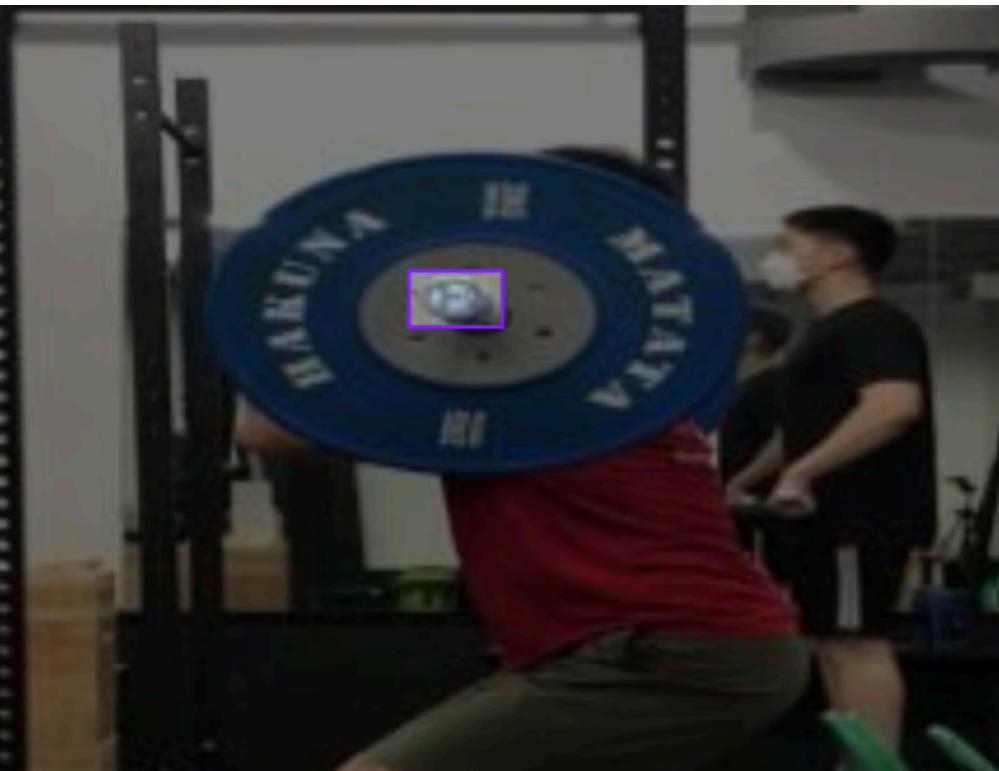
크롤링 코드를 사용하여  
구축한 데이터셋  
(Bing 검색 엔진)



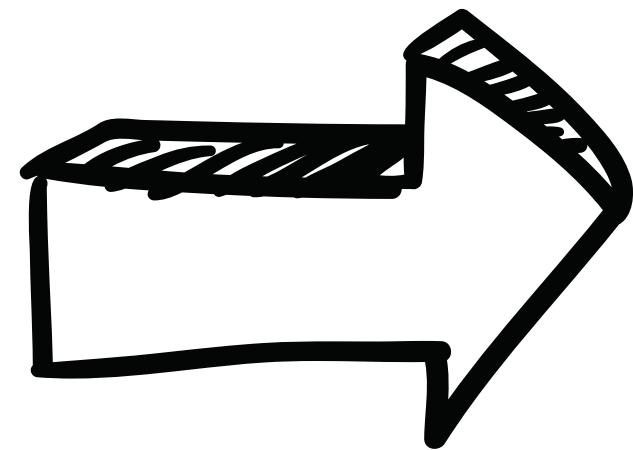
1,129 장



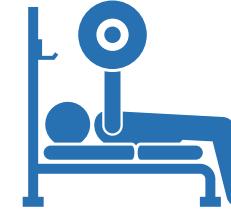
# 모델 학습 - 긴급 상황



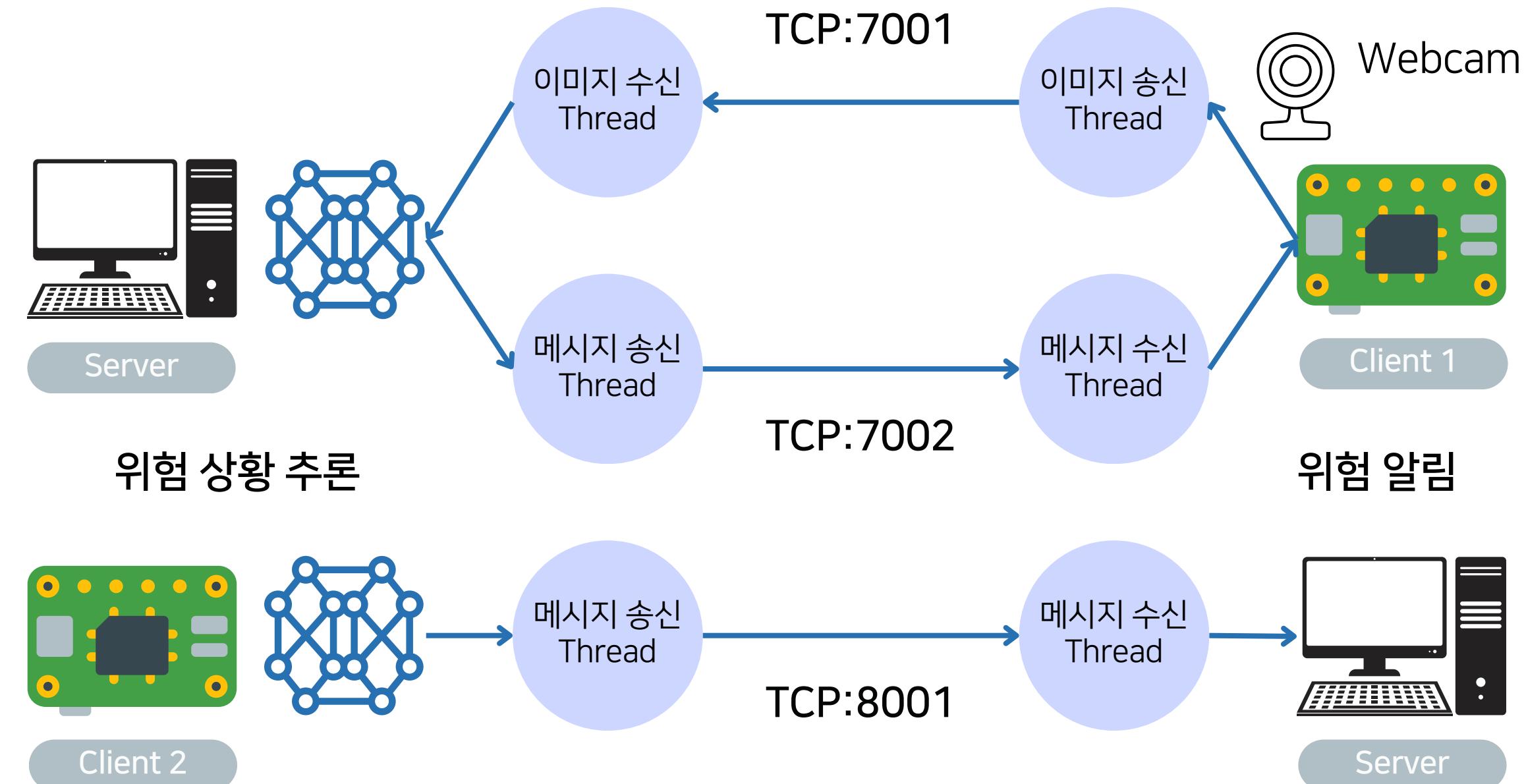
바벨 끝부분만 학습  
실제 시연 시 정확도 60%

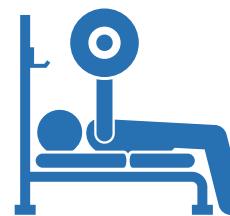


원판을 학습시켜 데이터셋 구축  
정확도 95%



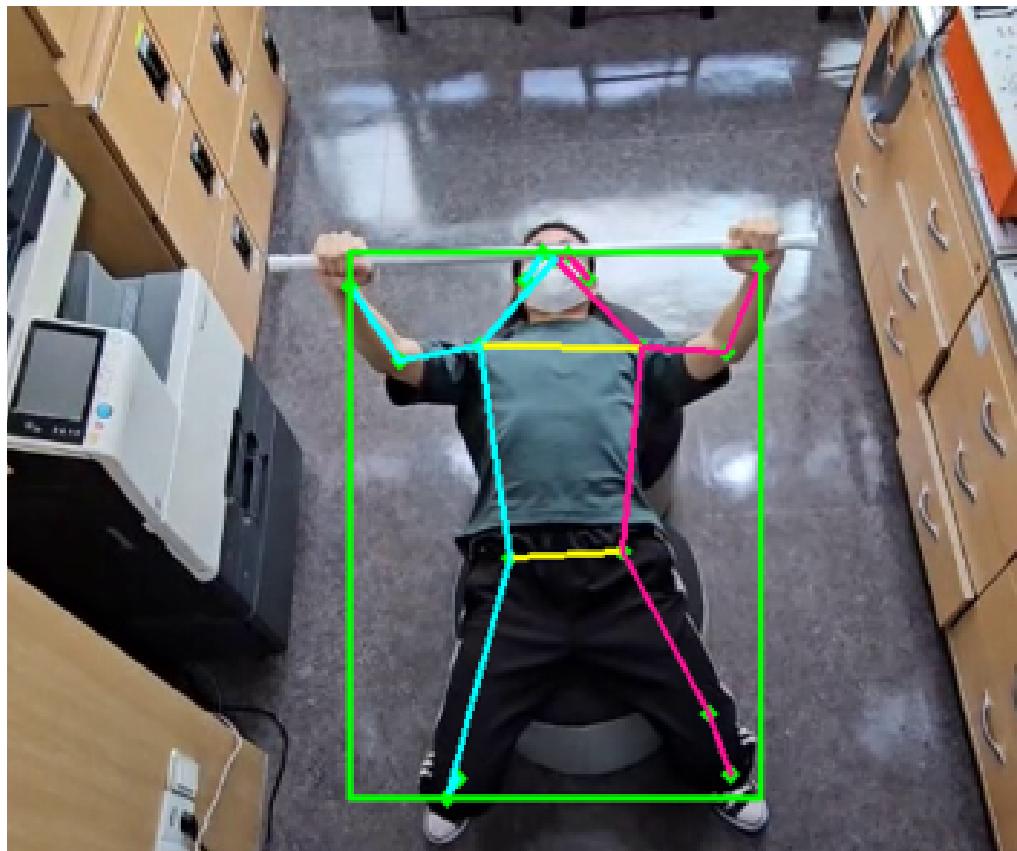
# 서버 통신





프로젝트 수행 과정

# 동작 예시(위험 동작)



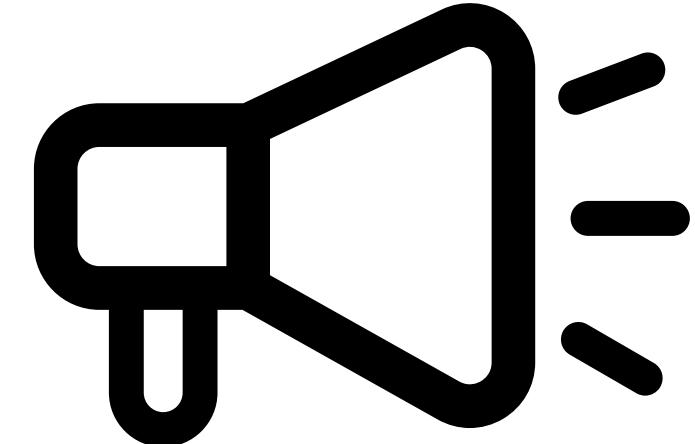
평상시  
(PULL - PUSH 반복)



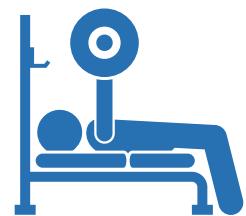
위험 상황  
(PULL 동작 10초 지속)



관리자의 서버(PC)로 위험 감지  
메세지 송신 및 경고창 팝업

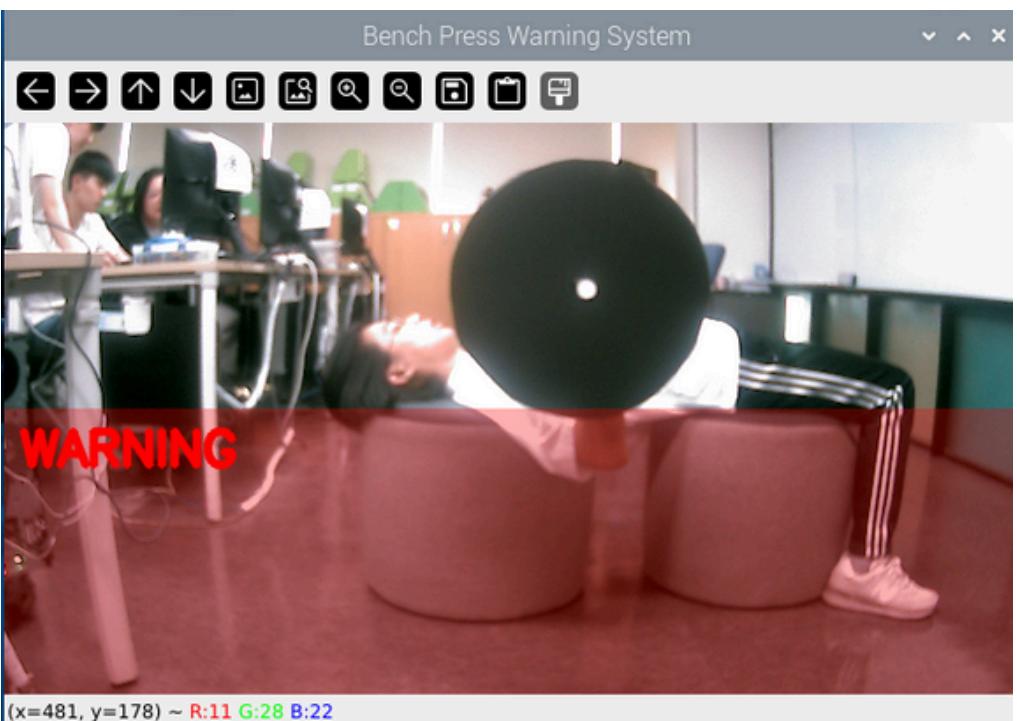


경고 부저 울림

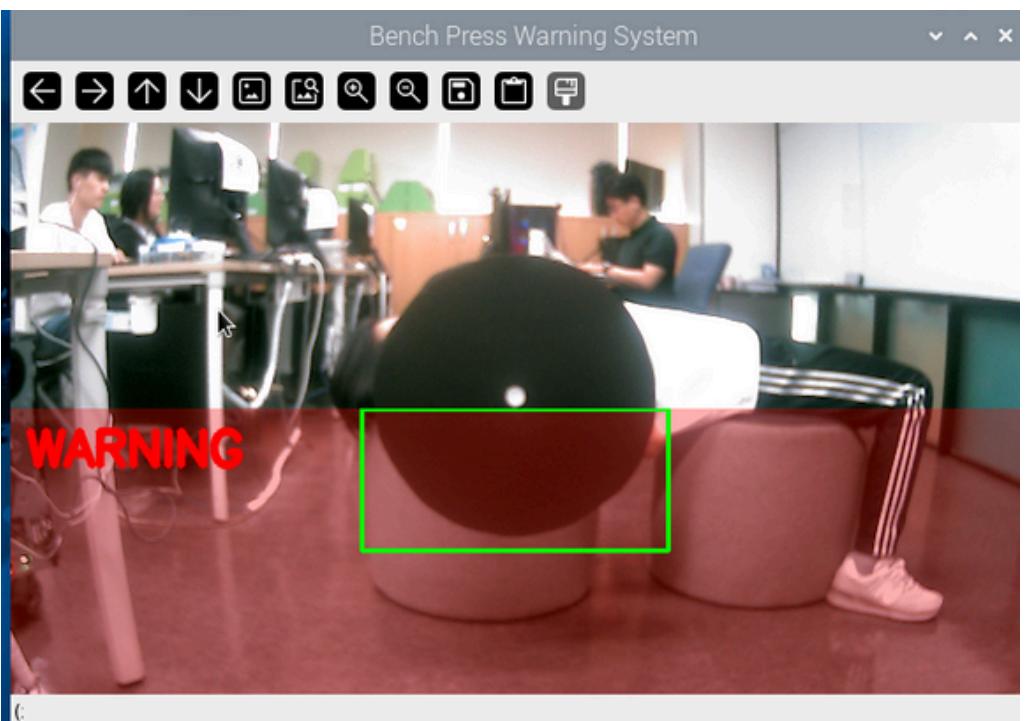


프로젝트 수행 과정

# 동작 예시(긴급 상황)



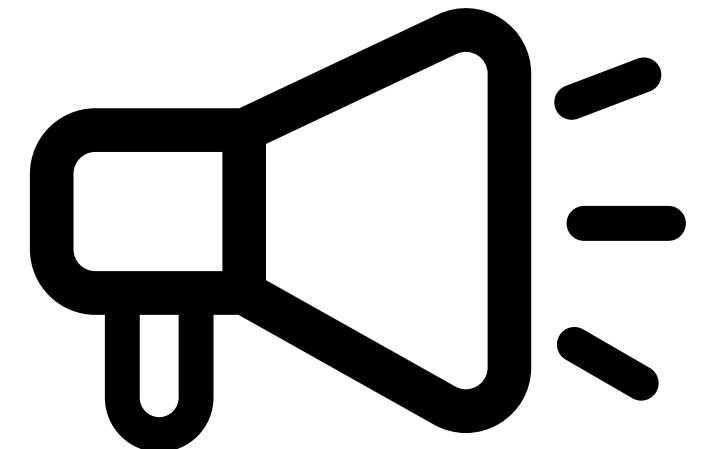
평상시  
(바벨이 Warning 존에 진입X)



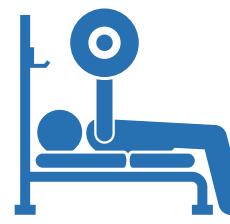
위험 상황  
(바벨이 Warning 존에 진입)



관리자의 서버(PC)로 위험 감지  
메세지 송신 및 경고창 팝업

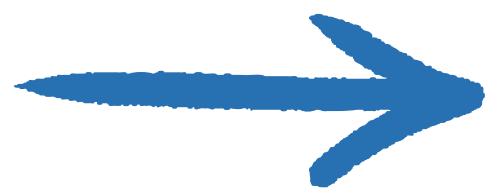
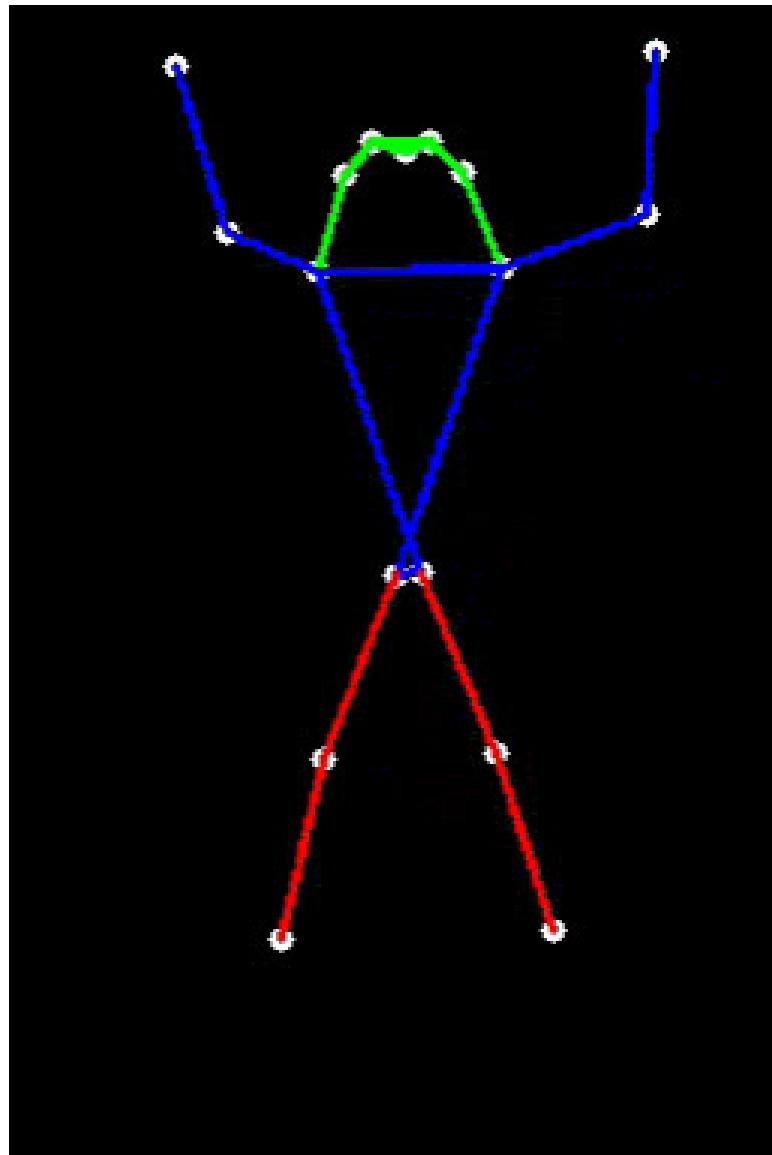


즉시 경고 부저 울림

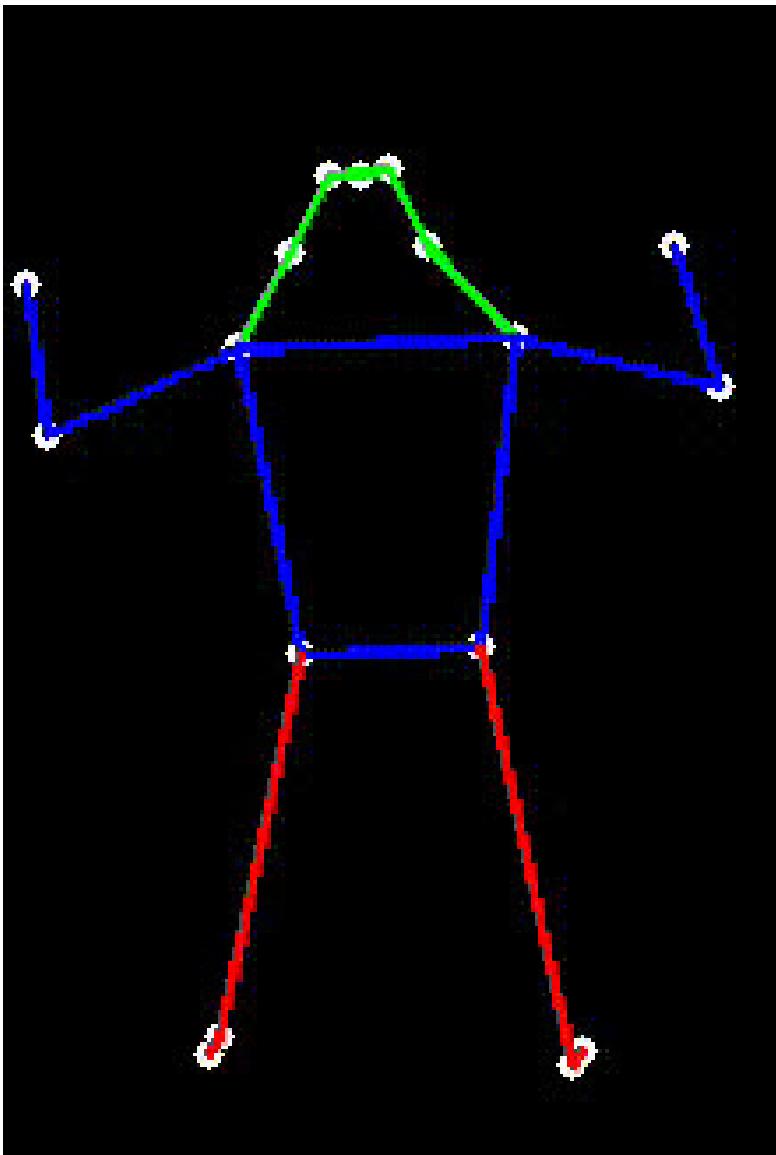


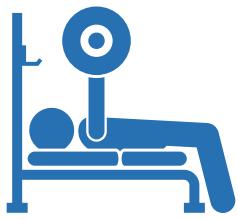
어려움 및 해결

# 랜드마크 성능 향상



ROI 내에서만 추정





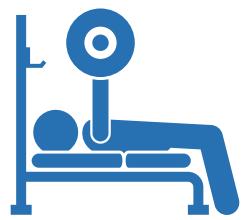
# 선별적 데이터 처리

```
# 결과의 신뢰도가 pose_threshold를 넘은 경우
if confidence > POSE_THRESHOLD:
    # 결과와 신뢰도를 기록
    state.result_history.append(predicted_index)
    state.conf_history.append(confidence)

    # result_history maxlen 주기로 중간값 필터링
    if len(state.result_history) == state.result_history maxlen:
        state.selected_index = int(np.median(state.result_history))
```

Threshold를 넘은 고신뢰도 결과만 큐에 저장

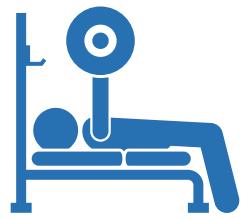
고신뢰도 결과 내에서 중간값 필터링 적용



# 초기 안정화 작업



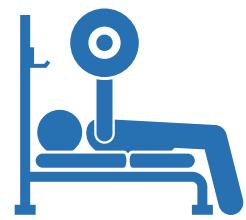
```
# 사람이 감지되면
if state.person_detected:
    state.person_detected_frame_count += 1
    # detection_frame_threshold만큼 프레임 소모 후 포즈 측정 활성화
    if state.person_detected_frame_count > DETECTION_FRAME_THRESHOLD:
        self._inference_pose(frame, boxes, state)
```



# 분류외 동작 처리



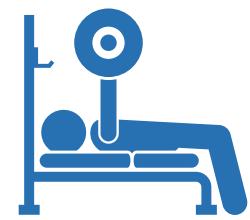
```
# 신뢰도가 pose_threshold보다 낮은 경우
else:
    state.low_confidence_count += 1
    # 연속으로 5번 낮은 결과가 나오면 unknown 상태
    if state.low_confidence_count >= 5:
        state.selected_index = 2 # unknown
        state.low_confidence_count = 0
```



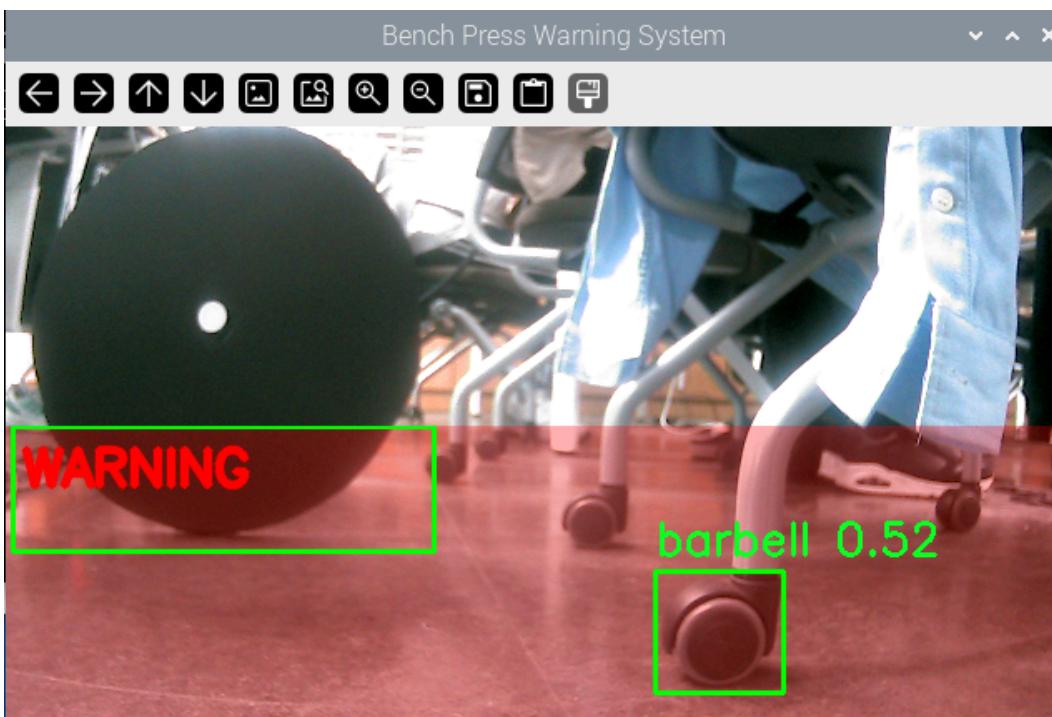
# 사람 유무에 따른 초기화



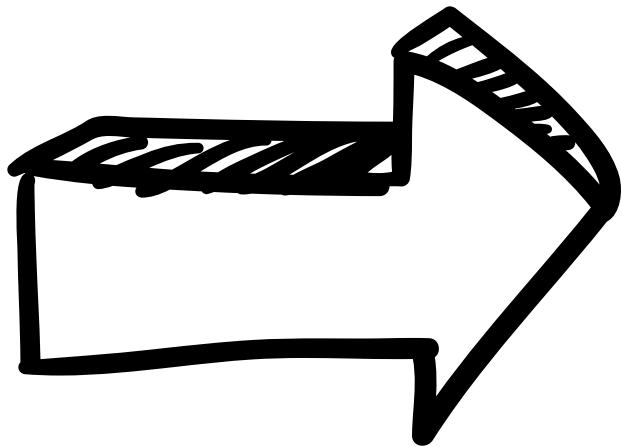
```
# 사람이 감지되지 않으면 변수 초기화
else:
    if state.warning_active:
        self.on_reset_warning()
    state.reset_state()
```



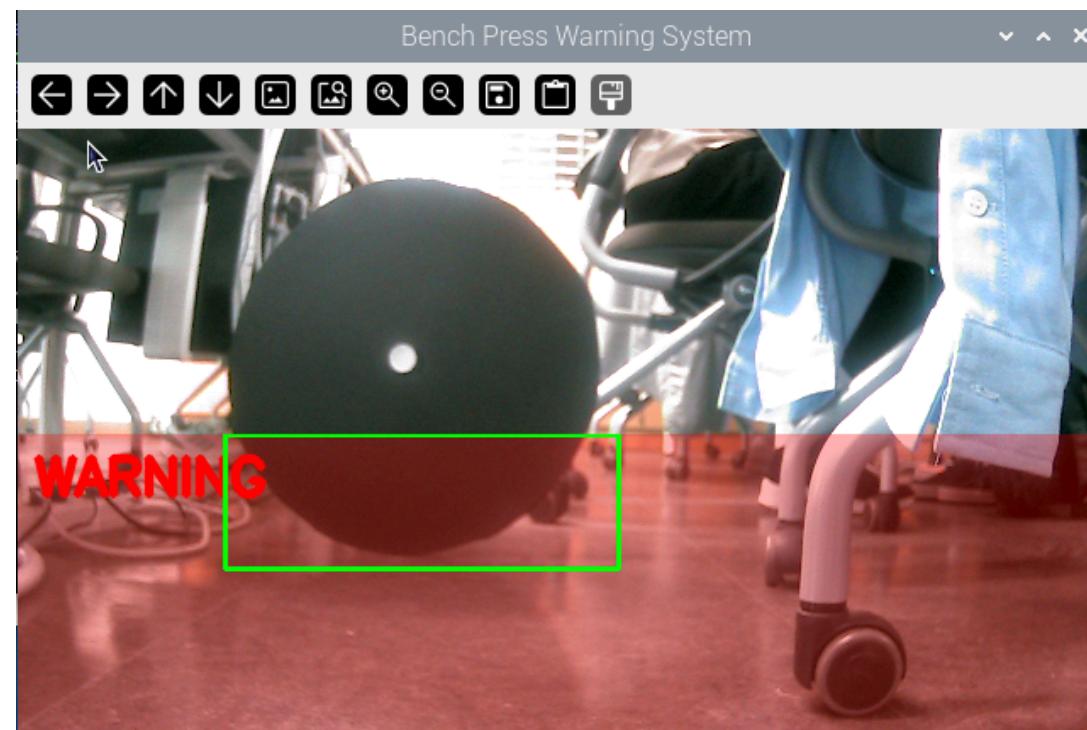
# 임계값 적용



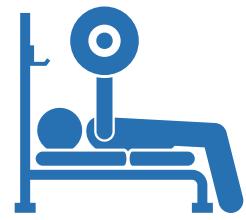
바벨 이외의 물체를 원판으로 인식



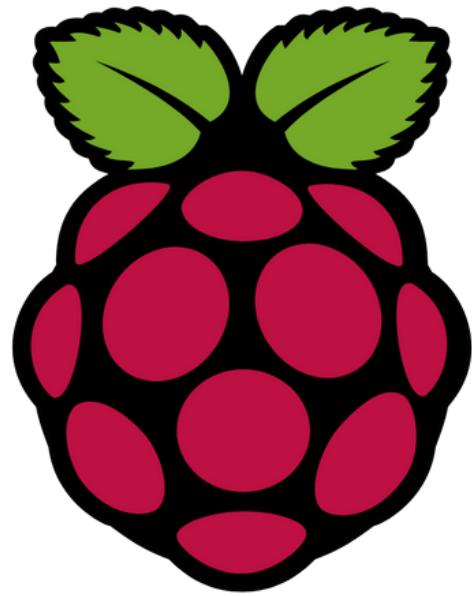
Threshold를  
0.7이상으로 설정



적용 후 바벨만 인식



# 멀티 스레딩



멀티 스레딩 적용

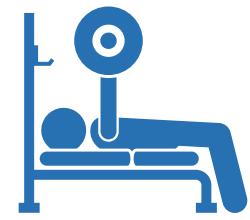
모든 프레임에 객체 탐지  
초기 딜레이 2초 이상

```
# 프레임 캡처 스레드와 처리 스레드 생성
capture_thread = threading.Thread(target=capture_frames)
process_thread = threading.Thread(target=process_frames)

# 스레드 시작
capture_thread.start()
process_thread.start()

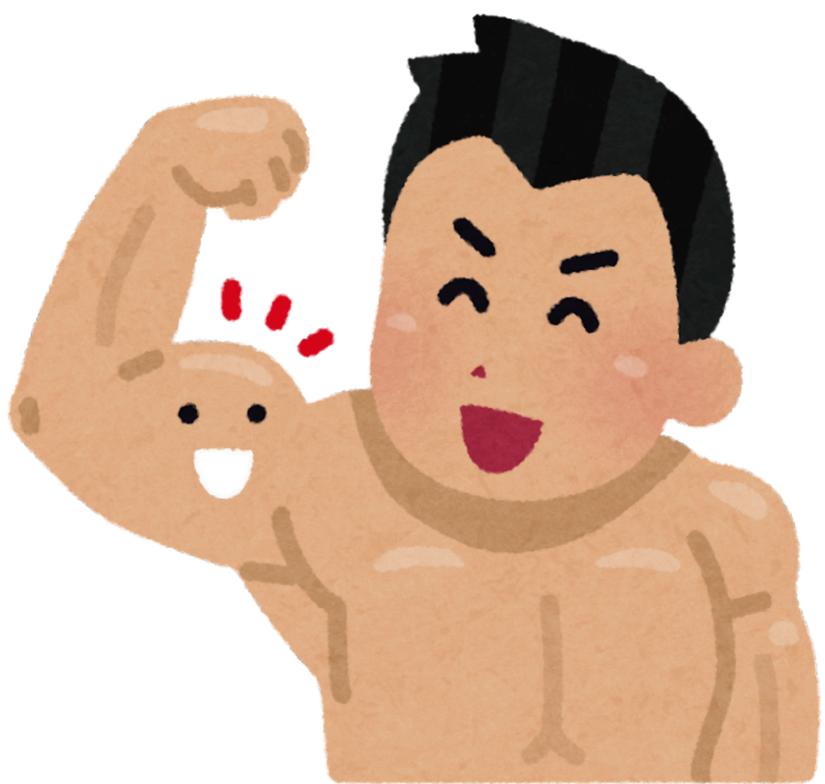
# 스레드 종료 대기
capture_thread.join()
process_thread.join()
```

객체 탐지와 프레임 캡쳐를 병렬로 처리  
웹캠 입력 속도에 따른 자연 감소  
딜레이 1초 이내로 감소



결론

# 기대 효과



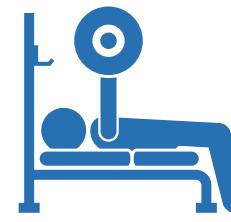
사용자들은 안심하고 운동에  
전념 할 수 있음



시스템을 통해 실시간으로 헬스장의  
안전 상태를 효과적으로 관리

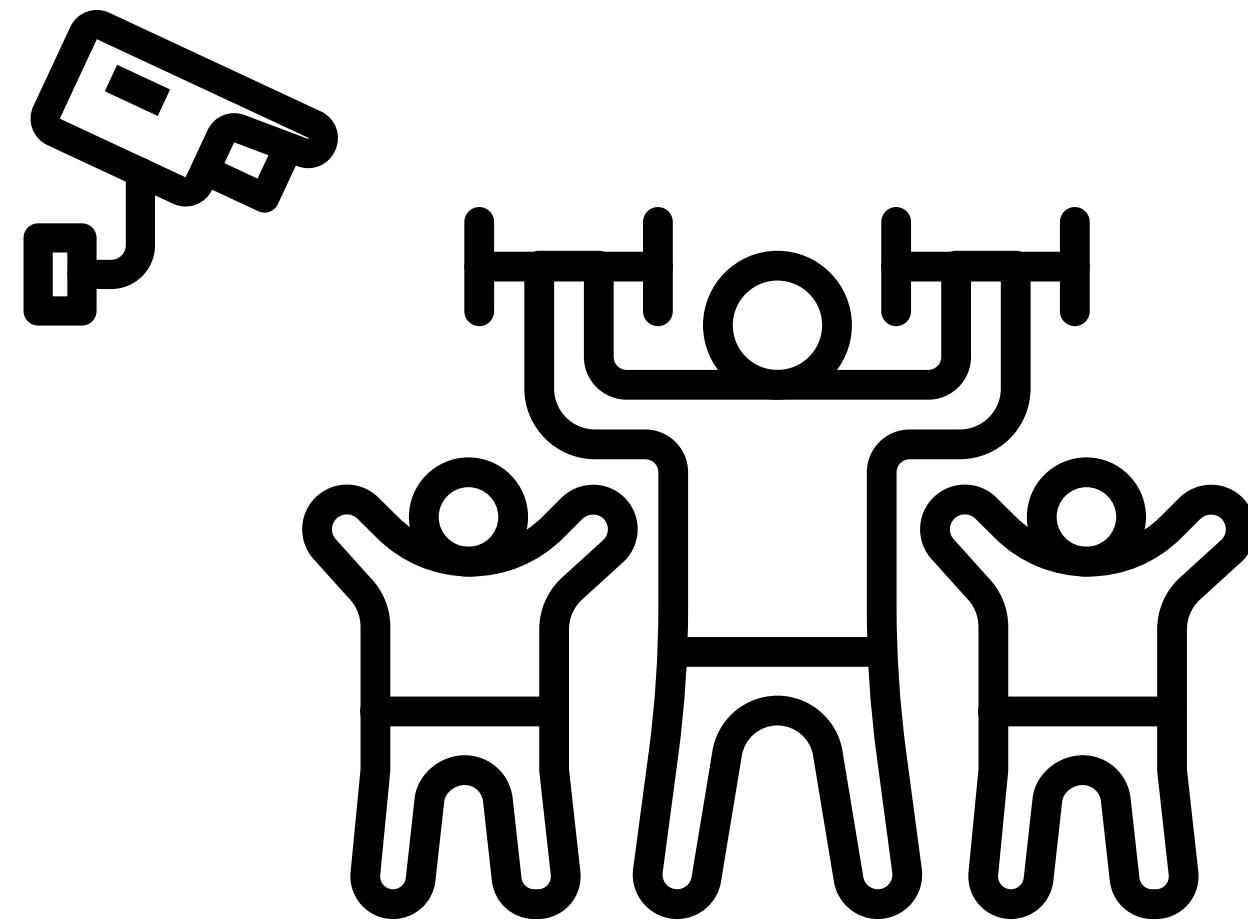


운동시 발생할 수 있는 사고의  
골든타임을 놓치지 않아 부상 최소화



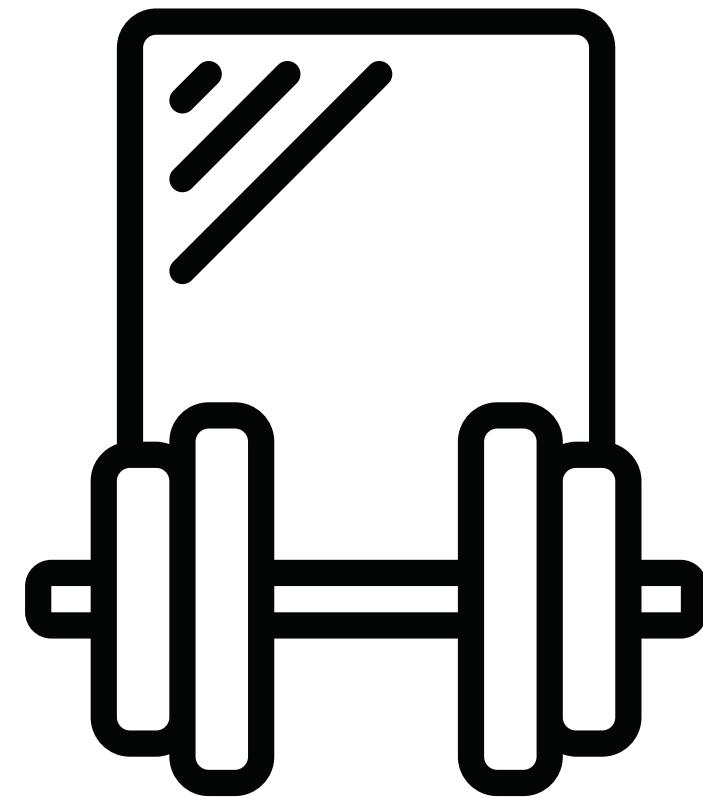
결론

# 추후 개발 계획



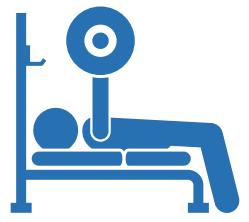
**Multi-Estimation**

동시에 여러 명을 인식



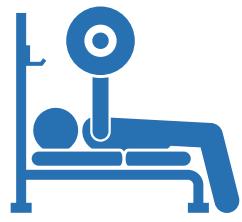
**Smart - Mirror**

헬스장 거울에 웹캠을  
내장하여 공간 확보



시연

시연



시연

# Q&A