ELIUD GICHUKI MUTUGI

CATHOLIC UNIVERSITY OF EASTERN AFRICA | LANG’ATA

GYM MANAGEMENT SYSTEM

DOCUMENTATION

**DECLARATION.**

A project documentation submitted to the department of computer science of the Catholic University of Eastern Africa in partial fulfillment of the requirement to be awarded degree of Bachelor of Science in Computer Science**.**

**Submitted by**

Eliud Gichuki Mutugi.

1026328.

**Supervised by**

Mr. Vincent.

Lecturer.

Department of Computer Science.

I the undersigned solemnly declare that the project documentation is based on my own work carried out during the course of my study under the supervision of Lecturer Mr. Vincent. I assert the statements made and conclusions drawn are an outcome of my research work. I further certify that

1. The work contained in the documentation is original and has been done by me under the general supervision of my supervisor.
2. The work has not been submitted to any other Institution for any other degree/diploma/certificate in this university or any other university of Kenya or abroad.
3. We have followed the guidelines provided by the university in writing the documentation.
4. Whenever we have used materials (data, theoretical analysis, and text) from other sources, we have given due credit to them in the text of the documentation and giving their details in the references.

Eliud Gichuki Mutugi.

1026328.

**ACKNOWLEDGEMENT.**

First of all, I am grateful to the Almighty God for establishing me to do this project.

Secondly I wish to express my sincere thanks to the chancellor of the University for providing me with all the necessary facilities.

I place on record, my sincere gratitude to the HOD (Mr. Edward Kioko) for his constant encouragement.

I would like to express my special thanks of gratitude to my Lecturer (Mr. Vincent) who gave me the golden opportunity to do this wonderful project on the topic (Gym Management System), which also helped me in doing a lot of research and I came to know about so many new things. I am really thankful to him.

I am extremely grateful and indebted to him for his expert, sincere and valuable guidance and encouragement extended to me.

I take this opportunity to record my sincere thanks to all the faculty members of the Department of Computer Science for their help and encouragement.

I would also like to thank my parents and members of my family who helped me a lot in finalizing this project within the limited time frame. I thank them for their unceasing encouragement and support. They have always supported me morally as well as economically.

Gratitude goes to all of my friends who directly or indirectly helped me to complete this project documentation.

I also place on record, my sense of gratitude to one and all the volunteers for sparing the time to co-design the evaluation with us, complete the questionnaires and share their experiences of why Dynamo Fitness Gym is so special to them.

Any omission in this brief acknowledgment does not mean lack of gratitude.

I am making this project not only for marks but to also increase my knowledge.

**DEDICATION.**

I dedicate this project to God Almighty my creator, my strong pillar, my source of inspiration, wisdom, knowledge and understanding. He has been the source of my strength throughout this program and on His wings only have I soared.

I also dedicate this work to my parents; Mr. and Mrs. Mutugi who have encouraged me all the way and whose encouragement has made sure that I give it all it takes to finish that which I have started.

To my brothers Paul and Jason who have been motivated in every way possible by this quest. Thank you. My love for you all can never be quantified. God bless you

**To my parents**

*The journey of a thousand miles begins with a single step*

- Lao Tzu

Thank you both for always supporting me in my every step along this journey.

**ABSTRACT.**

The project ‘gym management system’ is prepared to eliminate the fault of existing systems, in the previous system there is no records secured as it was all paper work and if the paper was misplaced then all the records will be gone so to avoid all these problems this gym management system project has been developed that Is web-based. This has been arrived at by the research method of observation of gym centers where respondents take gym training.

Our findings is that the gym requires a system which handles the details easily and ensures security according to its users. It also requires software which store data about staff and persons. This is very useful system and beneficial also. This is arrived at by a web-based system.

In conclusion gyms ought to offer services that are automated such as the web- based gym system proposed in this abstract. This project ‘Gym Management System’ is a solution to fitness centers to manage the customers in an easier and more convenient way unlike the manual where if all the paper work was misplaced data was lost.

This project will be developed using HTML, CSS as front-end, PHP and MySQL languages as back-end. It will implement two software tools that is notepad++ and Wamp server.

**DEFINITION OF KEY TERMS**

For better understanding of the study, the following terms were defined:

Prone – likely or liable to suffer from, do, or experience something unpleasant or regrettable.

Igneous – rare.

Inventory - a complete list of items such as property, goods in stock, or the contents of a building.

Tedious - too long, slow, or dull; tiresome or monotonous.

Attributes - a piece of information which determines the properties of a field or tag in a database or a string of characters in a display.

**Table of Contents**

Declaration i

Acknowledgement ii

Dedication iii

Abstract iii

List of Figures

List of Tables

Definition of key terms  iv

Chapter One: Introduction 5

1.1 Motivation 5

1.2 Background of research 6

1.3 Problem statement 7

1.4 Purpose of study/objectives. 8

1.5 Benefits of study 9

**CHAPTER ONE**

**INTRODUCTION**

**1.1 MOTIVATION**

The motivation for doing this project was primarily an interest in undertaking a challenging project in an interesting area of research.

The possible motives for doing my research may be either one or more of the following:

1. Desire to get a degree along with its consequential benefits.
2. Desire to face the challenge in solving the unsolved problems, i.e., concern over practical problems initiates research;
3. Desire to get intellectual joy of doing some creative work;
4. Desire to be of service to society;
5. Desire to get respectability.

I have always wanted to ensure that a company's or a facility’s clients get the best customer service that can be offered. I feel it's important, both to me personally and for the company or facility and the clients, to provide a positive customer experience. My drive to constantly develop my customer service skills is the reason I am doing this project.

I have always been motivated by the desire to meet a deadline. Setting and reaching deadlines gives me such a sense of accomplishment. I love creating an organized schedule for completing a task and achieving my goals on time.

For example, when I ran a fundraising event a while ago, I set multiple deadlines for a variety of tasks leading up to the event. Achieving each milestone motivated me to keep working and helped me to ensure that the event ran smoothly.

I'm really driven by results. I like it when I have a concrete goal to meet and enough time to figure out a strong strategy for accomplishing it.

I delegate tasks to myself and put up a reward for important projects. For instance, if I would successfully finish a project I would take myself to the new restaurant in town.

**1.2 BACKGROUND OF RESEARCH**

The conceptual framework the proposed gym management system starts in the automation of the manual process from registration and membership, manual setting of work outs and training programs, inventory and transactions and lastly is the generation of reports. The proposed system automates the manual process to come up with the efficient and reliable system that will lessen the manual process.

The existing systems are totally dependent on manual data management for different activities such as maintaining details of customers, suppliers, students etc.

They maintain different registers for various activities such as storing and searching data which is tedious and time consuming task. In present systems all transactions are done manually with pen and paper so frequent updating is not possible.

Also generating reports is not possible with the current system. In short the system is lacking facilities such as searching, deleting and adding data efficiently and effectively.

Working with the current system is quite tedious, complicated and time consuming task. It may lead in errors in certain operations such as surfing, searching, adding, removing, entries cannot be done efficiently.

**1.3 PROBLEM STATEMENT.**

The software is capable enough to allow the concerned person to store and retrieve any type of record with just a single click of mouse unlike manual which is quite cumbersome. All the data pertaining to transactions or other important entities should be kept at central database from where its attributes can be easily controlled.

The problem is that very frequently the person who generally held the tasks to manage the center needed to keep records of all the transactions as well as data manually. Generally in order to structure these tasks separate registers are maintained.

This manually managed system of the gym was also heavily prone to data loss due to certain causes like displacement of registers, destruction of registers, unauthorized access to registers etc. which can bring in disastrous consequences.

The problem’s financial cost is that the cost of maintenance of data and records of occurrence of transactions is very high in manual systems, this is because searching a particular data specific to particular requirements is also very tedious in such systems requiring one to hire many people thus very expensive.

The solution is to create a web-based system to automate processes regarding gym registration, membership and payments.

The benefits of the solution are-

1. It Increases profit.
2. It makes the customers’ experience faster and smoother.
3. Auto-renewal membership.
4. Promotion customization with membership management software.

In conclusion that’s some benefit from using a web-based membership management system for gyms or fitness centers arising from the problem of manual systems. It’s undeniable that the system will help you run your business more efficiently.

**1.4 PURPOSE OF STUDY/OBJECTIVES.**

**Main objective**

The main objective of the project is to develop software that facilitates the data storage, data maintenance and its retrieval for the gym in an igneous way.

**Specific objectives**

1. The other objective is to develop a user friendly system that requires minimal user training. Most of features and function are similar to those on any web platform.
2. The other objective is to develop easy to use software which handles the customer-staff relationship in an effective manner.
3. The other objective is to store the record of the customers, the staff that has the privileges to access, modify and delete any record and finally the service, gym provides to its customers.

**1.5 BENEFITS OF STUDY**

1. Reduce Operational Expenses - One of the benefits of the study is that you will be able to immediately reduce you and your staff’s administrative hours doing tedious administrative work.
2. Simplify Your Member Management- This study will help to reduce the backend administrative work and time spent looking through old notes or collecting unnecessary paperwork.
3. Maximize Your Marketing Efforts- This study will help utilize powerful website forms with your software to help maximize your marketing and sales efforts. By using the software’s lead collection forms, you will be able to seamlessly collect new website sign ups, member registrations, and subscribers into your software’s CRM system.

REFERENCES.

<https://www.g2.com/categories/gym-management#learn-more>

<https://healthclubsystems.com/benefits-gym-management-system/>

<https://www.hashmicro.com/blog/5-benefits-of-membership-management-software-for-gyms/>

<https://www.academia.edu/38823963/Introduction_of_the_Gym_Management_System?email_work_card=reading-history>

<https://www.rhinofit.ca/5-benefits-of-using-club-management-software/>

<https://acknowledgementsample.com/2013/03/24/acknowledgement-sample-for-school-project/>

<https://www.google.com/search?q=project+acknowledgement&sxsrf=ALeKk00pg66lG6gZqcuvLM6oQ7GFfSz92A:1614633312545&tbm=isch&source=iu&ictx=1&fir=CmXyqYYkI7JcWM%252C-BAXBsXYWmhxpM%252C_&vet=1&usg=AI4_-kTZM_WkFvDTmEP_nHG_>

<https://www.google.com/search?q=project+acknowledgement&sxsrf=ALeKk00pg66lG6gZqcuvLM6oQ7GFfSz92A:1614633312545&tbm=isch&source=iu&ictx=1&fir=CmXyqYYkI7JcWM%252C-BAXBsXYWmhxpM%252C_&vet=1&usg=AI4_-kTZM_WkFvDTmEP_nHG_>

google.com/search?q=project+acknowledgement&sxsrf=ALeKk00pg66lG6gZqcuvLM6oQ7GFfSz92A:1614633312545&tbm=isch&source=iu&ictx=1&fir=CmXyqYYkI7JcWM%252C-BAXBsXYWmhxpM%252C\_&vet=1&usg=AI4\_-kTZM\_WkFvDTmEP\_nHG\_bvp-hKpP\_Q&sa=X&ved=2ahUKEwi\_oqXogZDvAhWkz4UKHQHqDoIQ9QF6BAgjEAE&biw=1536&bih=755&dpr=1.25#imgrc=iZxnrhvRJjbS1M

stc.ac.in/ssgi/2-Declaration.pdf

<http://wiredspace.wits.ac.za/jspui/bitstream/10539/9399/2/DECLARATION.pdf>

ARASOMWAN, E.P., 2015. *Effects of stress management on employee ’productivity in Nigeria’s Manufacturing Industry: a study of Unilever Nigeria PLC* (Doctoral dissertation, COVENANT UNIVERSITY, OTA. OGUN STATE.).

<https://www.wisdomjobs.com/e-university/research-methodology-tutorial-355/motivation-in-research-11333.html#:~:text=The%20possible%20motives%20for%20doing,over%20practical%20problems%20initiates%20research%3B&text=Desire%20to%20get%20respectability>.

https://www.thebalancecareers.com/job-interview-question-what-motivates-you-2061272#:~:text=You%20might%20want%20to%20include,met%20(or%20exceeded)%20it.