<!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Strict//EN"

"http://www.w3.org/TR/xhtml1/DTD/xhtml1-strict.dtd">

<!--

IT 207 DL2

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Lab practicum 1

-->

<html xmlns="http://www.w3.org/1999/xhtml">

<head>

<title>Lab Practicum 1</title>

<link rel="stylesheet" href="Style.css" type="text/css"/>

</head>

<body>

<div class="leftNavigation">

<?php readfile("menu.inc") ?>

</div>

<div class = "instructorName">

<?php readfile("instructorName.php") ?>

</div>

<div class = "studentName">

<?php

include 'studentName.php';

?>

</div>

<div class="content">

<div class = "energyResultTitle">Metabolic Equivalents Energy Expanded</div>

<div class = "energyResultForm">

<?php

/\*

Running (at 6mph): 10 METS

Basketball: 8 METS

Sleeping: 1 MET

Calories/Minute = 0.0175 x MET x Weight(kg)

\*/

define ("lbsConversion", 2.2);

define ("kcalskgmin", 0.0175);

define ("metRunning", 10);

define ("metBasketball", 8);

define ("metSleep", 1);

define ("minuteConversion", 60);

$kilogram = $\_POST["weight"] / lbsConversion;

function calculateKilogram($running) {

$kilogram = $running / lbsConversion;

return $kilogram;

}

function calculateRunningBurnt($running, $kg) {

$runningBurnt = ($running \* metRunning) \* kcalskgmin \* $kg;

return $runningBurnt;

}

function calculateBasketballBurnt($basketball, $kg) {

$basketballBurnt = ($basketball \* metBasketball) \* kcalskgmin \* $kg;

return $basketballBurnt;

}

function calculateSleepBurnt($sleep, $kg) {

$sleepBurnt = ($sleep \* minuteConversion \* metSleep) \* kcalskgmin \* $kg;

return $sleepBurnt;

}

function calculateTotal ($running, $basketball, $sleep) {

$total = $running + $basketball + $sleep;

return $total;

}

$kilogram = calculateKilogram($\_POST["weight"]);

$runningBurnt = calculateRunningBurnt($\_POST['running'], $kilogram);

$basketballBurnt = calculateBasketballBurnt($\_POST['basketball'], $kilogram);

$sleepBurnt = calculateSleepBurnt($\_POST['sleep'], $kilogram);

$total = calculateTotal(round($runningBurnt), round($basketballBurnt), round($sleepBurnt));

echo "For a ", $\_POST["weight"], " pound person, it is estimated that</br>"

, "</br>", round($runningBurnt), " calories were burnt running"

, "</br>", round($basketballBurnt), " calories were burnt palying basketball"

, "</br>", round($sleepBurnt), " calories were burnt sleeping",

"</div>";

echo "<div class = 'energyResultTotal'> Total Calories Expanded: $total</div>";

date\_default\_timezone\_set("EST");

echo "<p class = 'lastModified'>&nbsp;&nbsp;Last modified: ", date("H:i M d, Y T", getlastmod()),

" | <a href='partTwo.php'>Return to form page</a></p>"

?>

</div>

<div class = "copyright">

<?php readfile("copyright.inc"); ?>

</div>

</body>

</html>