



## Master of Professional Studies in Information Science

### Sponsored Project Proposal Form – Spring 2018

Please complete the following project proposal form to sponsor an MPS Project. This form will be used to determine if your project is appropriate for MPS students and whether it is of sufficient scope for a semester long project (~400-500 person-hours). We will assign teams with complementary skills based on the skills and experience you list in this form. We will also share most of this form with the students to help them make their top project choices before we assign the projects.

Please direct any questions to the MPS Project Coordinator: [is-mps-projects@cornell.edu](mailto:is-mps-projects@cornell.edu)

<b>Sponsor Name</b>	St. Louis Strength Academy			<b>Date</b>	1/5/2018	
<b>Contact Name(s)</b>	Nathan Williams	<b>Email(s)</b>	stlstrengthacademy@gmail.com		<b>Phone</b>	314-619-1156
<b>Description of the Sponsor</b>						
The St. Louis Strength Academy serves St. Louis by providing the best sports performance, Olympic weightlifting, strength training, personal training and weight loss programs in the area. Our personal training is founded on the belief that both athletes and non-athletes want efficient, effective, and motivating coaching that produces results!						
<b>Please indicate which academic year and semester you would like to propose your project.</b>						
<b>Year</b>	2018	<b>Semester</b>	<input type="checkbox"/> Fall <input checked="" type="checkbox"/> Spring			
<b>Project Title</b>						
Step into Strength: a Virtual Personal Training Solution – Fully Functional Prototype						
<b>Project Goal or Description</b>						
<p>Live fitness training is important for driving motivation, preventing injury, and addressing the unique fitness needs of an individual. Unfortunately, live training can often be inconvenient for people due to travel or family matters. Rather than traveling to a gym for personal training or finding a babysitter for the kids, we propose a virtual training solution to enable persons to work out in the convenience of their own home. For this project, we seek the continued development of a cross-platform app for iPhone and Android that can support virtual personal training. The virtual personal training will be supported through the use of video conferencing.</p> <p>An existing prototype HTML5/CSS/Javascript app exists. This project will consist of finishing the design and implementation of the app. Through extensive user testing, revisions to the design will be necessary to make this virtual training solution work for both trainers and trainees. This project will also consist of a significant back-end server development to create a fully functioning app with data loaded live from the server.</p>						
<b>What activities are necessary to achieve the project goal?</b>						
<ul style="list-style-type: none"><li>• Complete building the prototype app that supports both trainers and trainees. For trainees, this includes account sign-up, payment, browsing training options, and class registration. For trainers, this includes setting up their training profile and scheduling classes. For both, this includes live video conferencing for virtual training sessions.</li><li>• Develop an initial back end for authentication and data storage (for user accounts, scheduling classes, trainer reviews, etc) using Ruby on Rails (preferred) or similar technology.</li><li>• User test the prototype with trainers and trainees and make changes as necessary.</li></ul>						

<p><b>What outcome would determine that the project is a success? Do you expect specific deliverables?</b></p> <p>The best outcome would be a fully working prototype app that is fully connected to a fully working back-end.</p>
<p><b>What are the skills and experience must the students already know to start work on the project? Please be specific and keep in mind that students will be building their skills during the duration of the project.</b></p> <p>Students should be familiar with front end and to some degree back-end development. They should have some familiarity with web based programming (HTML5, CSS, and Javascript).</p> <p>Through this project students will learn and improve their design, development, and user testing skills.</p>
<p><b>What are the skills and experience required to complete the project that the students may learn while completing the project?</b></p> <p>The students are encouraged to learn about both frontend and backend development. This includes learning about the frameworks, programming languages, and databases that will be necessary to finish the project.</p> <p>This project will enable students to learn about what's necessary to get an app ready for market.</p>
<p><b>The project representative must be available 30 minutes per week for status reports, the interim report, and the final presentation. As the project sponsor, are you able to make this time commitment?</b></p> <p><input checked="" type="checkbox"/> Yes. Please elaborate.</p> <p>We can fully support weekly meetings with the project team.</p>
<p><b>Some sponsors may choose to spend additional time with the student teams, e.g. phone contacts for monthly status discussions, reviewing research results, providing midpoint project feedback, and offering input to the final deliverables in advance of its completion. As the project sponsor, are you available to participate in these or any additional activities?</b></p> <p><input checked="" type="checkbox"/> Yes. Please elaborate.</p> <p>We can spend time testing and providing feedback as necessary.</p>
<p><b>The project representative needs to facilitate access to company resources as needed and approve expenses. As the project sponsor, are you able to facilitate access to such resources, should the need come up?</b></p> <p><input checked="" type="checkbox"/> Yes. Please elaborate.</p> <p>While we hope to develop this app with open-source technologies, we can provide software licenses if that becomes necessary. We are also available for virtual user testing as the trainers. We can also potentially provide a few trainees for virtual user testing.</p>
<p><b>Please consider other contributions listed below. Are you willing to make these contributions? (check all that apply)</b></p> <p><input checked="" type="checkbox"/> Provide existing industry and company data as background at the beginning of the project.</p> <p><input type="checkbox"/> Pay one or more team members to travel to your location for initial briefing / work session / final presentation.</p> <p>Please elaborate.</p> <p>We can provide any data that may be useful for the project.</p>
<p><b>Please send your completed project proposal to the MPS Project Coordinator: <a href="mailto:is-mps-projects@cornell.edu">is-mps-projects@cornell.edu</a></b></p>