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Inteligencia artificial avanzada para la ciencia de datos II
TC3007C.501

API's NLP

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Resumen y analisis del codigo.-

La biblioteca whisper se utiliza para cargar el modelo de transcripción de audio (Whisper). Whisper es un modelo diseñado específicamente para transcribir archivos de audio a texto. La función `transcribe_audio` toma como entrada el modelo Whisper y la ruta del archivo de audio. Luego utilizamos el modelo para transcribir el contenido del archivo de audio a texto. Y finalmente devolvemos la transcripción como una cadena de texto. Para la Interfaz Web (Streamlit) mostramos la transcripción de audio con un encabezado correspondiente. Luego generamos los resúmenes utilizando (OpenAI Chat API) basados en el modelo de lenguaje GPT-3.5-turbo. En la función de chat gpt establecemos un sistema de diálogo con un mensaje del sistema y un mensaje del usuario (transcripción de audio) y utilizamos la API de Chat de OpenAI para obtener una respuesta que se considera como un resumen del contenido del usuario. La respuesta se extrae y se devuelve como el resumen.

Porque utilizamos esta metodologia.-

Whisper para Transcripción de Audio:

- Whisper es un modelo especializado para la transcripción de audio, lo que garantiza una mayor precisión en la conversión de archivos de audio a texto.

OpenAI Chat API para Generación de Resúmenes:

- La API de Chat de OpenAI utiliza GPT-3.5-turbo, un modelo de lenguaje avanzado, para generar respuestas contextualmente relevantes.
- Esta capacidad se aprovecha para resumir de manera efectiva el contenido de la transcripción de audio.

Streamlit para Crear la Interfaz Web:

- Streamlit simplifica la creación de aplicaciones web interactivas en Python.
- Facilita la presentación clara de la transcripción y el resumen en una interfaz amigable.

Evidencia de implementación.-

Captura del transcription (Podemos cambiar el archivo a analizar en la dirección y adjuntarla al file_path)

Aplicación de Transcripción y Resumen de Audio

Transcripción

Especially, and I would even argue in the last four weeks, you really can't build fitness for the Iron Man distance. But you can ruin your fitness for the Iron Man distance, especially within the last two to three weeks. So it takes your body to adapt to a full load, a full Iron Man load. It takes four to six weeks for your body to fully adapt to it. For you to go through the full depression cycle all the way through the compensation cycle and come back to the place where you're ready to race again. So if you take your body and you're in that super compensation phase and you start training in that which is going to be in these last two weeks which you're in right now. And you add load to it and drop down again. You're going to lose everything that you gained from those big efforts that you did in the four to six weeks out from your race. Okay, so you have to give your body time to rest. You need to let your body fully recover from those efforts and even get stronger. So you can keep the sword sharp by doing short quick efforts. You can get out the door to work out some of your whatever your issues are. They're mental. I need to go out and do something. Fine. Zone one, zone two, easy, 30, 45 minutes to at least open the body up and remind yourself what you're going to be doing. Those things are fine. Weight training in the last two to four weeks. Try it out. You know that? No weight training. It does not hold on in a program. In the last two weeks for sure. I recommend, usually even in the last four weeks unless you've been super consistent with it all the

Resumen

- It takes 4 to 6 weeks for the body to fully adapt to the Iron Man distance
- Training in the last 2 weeks can ruin fitness gains
- Give the body time to rest and fully recover before the race
- Quick, easy workouts in the last few weeks can keep the body sharp
- Weight training should be avoided in the last 2-4 weeks unless consistently done throughout training
- Volume should be gradually reduced leading up to the race
- Tapering strategies vary for each individual
- Practice nutrition during training to find what works best
- Have redundancies in nutrition to avoid potential GI issues during the race
- Salt balance is important for proper carbohydrate absorption
- Dial in the right amount of salt for your individual needs through training.