# Online Fitness Training Reservation System

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#### Introduction

The project model represents a database design for software application - **Online Fitness Training Reservation System**, which is an innovative solution dedicated to fitness centers and sports clubs who want to implement database solution for improvement of the process of booking and scheduling of their training sessions for their clients.

This system allows its clients to choose from a wide range of trainings and activities that will always be available online, and the option of booking a spot in these activities.

The database maintains a record of both the users and trainers of a specific system and the particular training or workout session recorded for them, as well as the payments and bookings associated to those sessions.

## **Essential Model Description**

The model consists of exactly five entities, each of which has its attributes, constraints using cardinalities, and its unique identifier. We can also find seven relationships that connect the entities. Some specific relationships come with their own attributes.

## Entity - User

Defines a user of the system who can also be a trainer in some cases.

- **Attributes**: (FullName (FirstName, LastName), Nickname, <u>UserID</u>, <u>Email</u>, <u>PhoneNumber</u>)

#### Entity - Trainer

Defines the coach which inherits the attribute of the user.

- Attributes Inherited: (FullName (FirstName, LastName), Nickname, <u>UserID</u>, <u>Email</u>, <u>PhoneNumber</u>)
- **Own Attributes:** (<u>TrainerID</u>, Certification (Specification, Type, ValidityDate))

## **Entity - Training**

Describes complete training with mapping to a specific trainer via TrainerID.

- Attributes Mapping to Trainer: (TrainerID)
- **Own Attributes**: (<u>Identity (TrainingID, TrainingCount)</u>, TrainingName, TrainingDate, Place, MaxCapacity, Duration)

#### **Entity - Payment**

This table contains information about the payments made by the users for the training courses

- Attributes Mapping to User: (UserID)
- Attributes Mapping to Training: (TrainingID)
- **Own Attributes**: (<u>PaymentID</u>, PaymentAmount, PaymentDate, PaymentType)

## Entity - Calendar

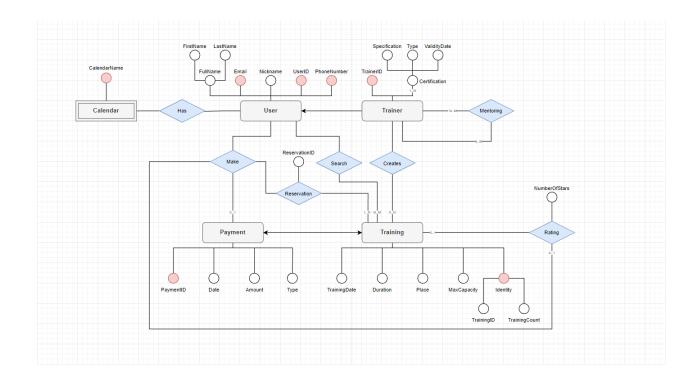
Simply provides a calendar for each user.

- Attributes Mapping to User: (UserID)

- Own Attributes: (CalendarID)

# Conceptual Model

# Graphical Design of the Conceptual Model



#### Relational Model

## **User Entity**

**User** (<u>Personal ID</u>, Full Name, <u>E-mail</u>, <u>Phone Number</u>, Nickname)

**Full Name** (<u>user</u>, Forename, Surname)

FK: (user) ⊆ User (<u>Personal ID</u>, <u>E-mail</u>, <u>Phone Number</u>)

#### **Trainer Entity**

**Trainer** (<u>UserID</u>, FirstName, LastName, <u>E-mail</u>, <u>Phone Number</u>, Nickname, <u>TrainerID</u>, Specification, Type, ValidityDate)

FK: (trainer) ⊆ User (UserID)

**Full Name** (<u>user</u>, Forename, Surname)

FK: (user) ⊆ User (<u>Personal ID</u>, <u>E-mail</u>, <u>Phone Number</u>)

**Certification** (<u>trainer</u>, Specification, Type, ValidityDate)

FK: (user) ⊆ User (<u>Personal ID</u>, <u>E-mail</u>, <u>Phone Number</u>)

## **Training Entity**

Training (Identity, TrainingName, TrainingDate, Place, MaxCapacity, Duration)

**Identity** (training, Name, Type)

FK: (training) ⊆ Training(<u>Identity</u>)

## **Payment Entity**

**Payment** (Payment ID, PaymentAmount, PaymentDate, PaymentType)

FK: (payment) ⊆ Training(<u>Identity</u>)

FK: (payment)  $\subseteq$  User(<u>UserID</u>)

# Calendar Entity

**Calendar** (<u>Calendar Name</u>)

FK: (calendar)  $\subseteq$  User(<u>UserID</u>)

## SQL - Database creation, data queries

#### SQL User Entity - Create Table

```
CREATE TABLE OFTRS.User (
    UserID INTEGER PRIMARY KEY,
    FirstName VARCHAR(75) NOT NULL,
    LastName VARCHAR(75) NOT NULL,
    Email VARCHAR(125) UNIQUE,
    PhoneNumber VARCHAR(45) UNIQUE,
    Nickname VARCHAR(55) NOT NULL,
    CONSTRAINT userValidateEmail CHECK (email LIKE '_%@_%.__%')
);
```

#### SQL User Entity - Insert Data Using Python

```
CURSOR.execute("INSERT INTO OFTRS.User (UserID, FirstName, LastName, Email, PhoneNumber, Nickname) VALUES (%s, %s, %s, %s, %s, %s)", (user_id, first_name, last_name, email, phone_number, nickname))
```

## SQL User Entity - How Data Looks

**Selects first 25 rows from User Table:** 

```
SELECT *
FROM OFTRS.User
LIMIT 25;
```

#### **SQL** Trainer Entity - Create Table

```
CREATE TABLE OFTRS.Trainer (
TrainerID INTEGER PRIMARY KEY CHECK(TrainerID BETWEEN 100000 AND 999999),
UserID INTEGER NOT NULL,
Specification VARCHAR(100) NOT NULL,
Type VARCHAR(100) NOT NULL,
ValidityDate DATE NOT NULL,
FOREIGN KEY (UserID)
REFERENCES OFTRS.User (UserID)
);
```

## SQL Trainer Entity - Insert Data Using Python

```
CURSOR.execute("INSERT INTO OFTRS.trainer (TrainerID, UserID, Specification, Type, ValidityDate) VALUES (%s, %s, %s, %s, %s)", (trainer_id, personal_id, cert_spec, cert_type, cert_validitydate))
```

## SQL Trainer Entity - How Data Looks

Selects first 25 rows from Trainer Table:

```
SELECT *
FROM OFTRS.Trainer
LIMIT 25;
```

	🌇 trainerid 🗧	🌇 userid : 🍱 specification	÷ 順 type	: ∰ validitydate :
1			KickBoxing Level Intermediate	2027-12-04
2				2027-06-23
3				2026-08-09
4				2027-11-10
5				2025-10-11
6				2026-05-19
7				2025-10-23
8				2026-02-09
9				2025-09-20
10				2028-02-16
11				2026-01-21
12				2026-05-28
13				2026-02-28
14				2027-02-21
15				2028-03-02
16				2027-05-07
17				2027-11-26
18				2026-03-07
19				2024-09-16
20				2026-02-03
21				2026-09-16
22				2025-07-28
23				2027-06-18
24				2026-10-28
25	172930	3077 Fitness & Bodybuilding	Yoga Trainer	2024-04-27

#### **SQL Training Entity - Create Table**

```
CREATE TABLE OFTRS.Training (
    TrainerID INTEGER NOT NULL,
    TrainingID VARCHAR(10) UNIQUE,
    TrainingCount VARCHAR(10) UNIQUE,
    TrainingName VARCHAR(100) NOT NULL,
    TrainingDate DATE NOT NULL,
    Place VARCHAR(120) NOT NULL,
    MaxCapacity INTEGER NOT NULL,
    Duration INTEGER NOT NULL,
    CONSTRAINT PK_Training PRIMARY KEY (TrainingID, TrainingCount),
    FOREIGN KEY (TrainerID) REFERENCES OFTRS.Trainer (TrainerID)
);
```

## SQL Training Entity - Insert Data Using Python

```
CURSOR.execute('''

INSERT INTO OFTRS.Training (TrainerID, TrainingID, TrainingCount,

TrainingName, TrainingDate, Place, MaxCapacity, Duration)

VALUES (%s, %s, %s, %s, %s, %s, %s)''', (TrainerID, TrainingID,

TrainingCount, TrainingName, TrainingDate, Place, MaxCapacity, Duration))
```

## SQL Training Entity - How Data Looks

**Selects first 25 rows from Training Table:** 

```
SELECT *
FROM OFTRS.Trainer
LIMIT 25;
```

#### **SQL** Payment Entity - Create Table

```
CREATE TABLE IF NOT EXISTS OFTRS.Payment (
    PaymentID VARCHAR(100) PRIMARY KEY,
    UserID INTEGER REFERENCES OFTRS.User(UserID),
    TrainingID VARCHAR(10) REFERENCES OFTRS.Training(TrainingID),
    PaymentAmount NUMERIC(10,2) NOT NULL,
    PaymentDate DATE NOT NULL,
    PaymentType VARCHAR(50) NOT NULL,
    CONSTRAINT unique_payment_user_training UNIQUE (UserID, TrainingID),
    CONSTRAINT check_payment_amount CHECK (PaymentAmount > 0),
    CONSTRAINT check_payment_date CHECK (PaymentDate <= CURRENT_DATE)
);
```

## SQL Payment Entity - Insert Data Using Python

```
CURSOR.execute('INSERT INTO OFTRS.Payment (PaymentID, UserID, TrainingID, PaymentAmount, PaymentDate, PaymentType) VALUES (%s, %s, %s, %s, %s, %s)', (payment_id, user_id, training_id, amount, payment_date, payment_type))
```

## SQL Payment Entity - How Data Looks

**Selects first 25 rows from Payment Table:** 

```
SELECT *
FROM OFTRS.Trainer
LIMIT 25;
```

#### **SQL Calendar Entity - Create Table**

```
CREATE TABLE OFTRS.Calendar (
CalendarID VARCHAR(100) PRIMARY KEY,
UserID INTEGER REFERENCES OFTRS.User(UserID)
);
```

## SQL Calendar Entity - Insert Data Using Python

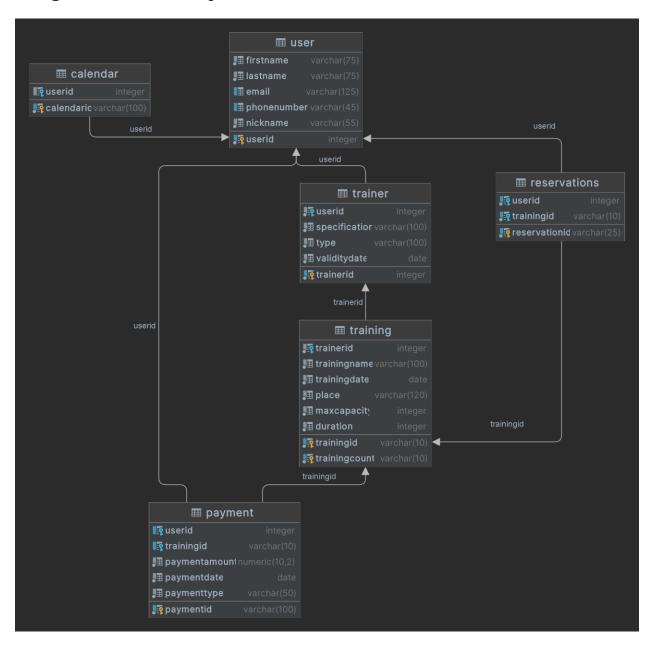
```
CURSOR.execute("INSERT INTO OFTRS.Calendar (UserID, CalendarID) VALUES (%s, %s)",
  (user_id[0], calendar_id))
```

## SQL Calendar Entity - How Data Looks

Selects first 25 rows from Calendar Table:

```
SELECT *
FROM OFTRS.Trainer
LIMIT 25;
```

# Diagram of the SQL Schema



# Additional SQL Queries to Retrieve Data From The Database

#### 01. External Connection of Tables

This SQL query should return a result set with the first name and last name of users who are also trainers, along with their respective training specifications and the name of the training they are currently conducting.

```
SELECT u.FirstName, u.LastName, t.Specification, tr.TrainingName
FROM OFTRS.User u

JOIN OFTRS.Trainer t ON u.UserID = t.UserID

JOIN OFTRS.Training tr ON t.TrainerID = tr.TrainerID
```

	I≣ firstname ÷	I≣ lastname ÷	■ specification ÷	I≣ trainingname ÷
1	Sarah	Henderson	KickBox	KickBox Training
2	Lee	King	Tabata	Tabata Training
3	Benjamin	Martinez	Fitness & Bodybuilding	Fitness Training
4	Michael	Nelson	KickBox	KickBox Training
5	Kelly	Cox	MMA	MMA Training
6	Mary	Sullivan	Fitness & Bodybuilding	Fitness Training
7	Brent	Williams	Tabata	Tabata Training
8	Jeremy	Bryant	Tabata	Tabata Training
9	David	Holmes	MMA	MMA Training
10	Kyle	Leach	MMA	MMA Training
11	Daniel	Love	Crossfit	Crossfit Training
12	Chris	Taylor	MMA	MMA Training
13	Jeffrey	French	KickBox	KickBox Training
14	Craig	Smith	Fitness & Bodybuilding	Fitness Training
15	Charles	Briggs	Crossfit	Crossfit Training
16	Lindsey	Larson	Crossfit	Crossfit Training
17	Bruce	Roberts	Yoga	Yoga Training
18	Tina	Powers	Fitness & Bodybuilding	Fitness Training
19	Dean	Perry	MMA	MMA Training
20	Derek	Dillon	Yoga	Yoga Training
21	Mario	Velazquez	KickBox	KickBox Training
22	Andrea	Rodriguez	KickBox	KickBox Training
23	Amber	Wright	Yoga	Yoga Training
24	Billy	Wυ	Fitness & Bodybuilding	Fitness Training
25	Johnny	Delgado	Fitness & Bodybuilding	Fitness Training

#### 02. Internal Connection of Tables

This query retrieves the names of training sessions, and the corresponding payment amounts for payments made between January 1, 2022 and March 31, 2023.

```
SELECT tr.TrainingName, p.PaymentAmount
FROM OFTRS.Training tr
JOIN OFTRS.Payment p ON tr.TrainingID = p.TrainingID
WHERE p.PaymentDate >= '2022-01-01' AND p.PaymentDate <= '2023-03-31'
```

	I≣ trainingname ÷	II paymentament *
	and crazing ramo	■■ paymentamount ÷
1	KickBox Training	789.99
2	KickBox Training	369.24
3	Yoga Training	734.81
4	Tabata Training	937.91
5	MMA Training	786.35
6	KickBox Training	706.46
7	KickBox Training	109.37
8	Boxing Training	474.95
9	KickBox Training	412.83
10	MMA Training	643.22
11	Tabata Training	400.74
12	Crossfit Training	378.14
13	Yoga Training	715.17
14	Crossfit Training	760.96
15	KickBox Training	145.42
16	Fitness Training	802.41
17	MMA Training	57.21
18	Tabata Training	108.63
19	Yoga Training	383.84
20	Yoga Training	685.19
21	MMA Training	602.97
22	Tabata Training	191.77
23	MMA Training	369.88
24	MMA Training	662.94
25	Crossfit Training	897.71

## 03. Condition on Data

This query retrieves all training sessions taking place in "Praha".

```
SELECT *
FROM OFTRS.Training
WHERE Place LIKE '%Praha%'
```

	🌇 trainerid 🗧 🌇 trainingid	÷ 🌇 trainingcount	÷ 贈 trainingname ÷	∰ trainingdate :	: III place	÷ ∰⊞ maxcapacity ÷	腘 duration ÷
1	912874 912874-UVM	AAA001	KickBox Training	2024-12-06	JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Prah	a 10	120
2			Tabata Training		JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Prah		45
3					SilliconGym - Vaníčkova 7 Břevnov Praha		120
4					FormFactory - Václavské nám. 22 110 00 Praha 1		45
5					FormFactory - Václavské nám. 22 110 00 Praha 1		90
6					FormFactory - Václavské nám. 22 110 00 Praha 1		60
7	196886 196886-ENB				FormFactory - Václavské nám. 22 110 00 Praha 1		45
8							90
9					SilliconGym - Vaničkova 7 Břevnov Praha		60
10					FormFactory - Václavské nám. 22 110 00 Praha 1		60
11					FormFactory - Václavské nám. 22 110 00 Praha 1		30
12					FormFactory - Václavské nám. 22 110 00 Praha 1		30
13					FormFactory - Václavské nám. 22 110 00 Praha 1		90
14					SilliconGym - Vaníčkova 7 Břevnov Praha		30
15					FormFactory - Václavské nám. 22 110 00 Praha 1		90
16					FormFactory - Václavské nám. 22 110 00 Praha 1		45
17							60
18							45
19							120
20							60
21					SilliconGym - Vaníčkova 7 Břevnov Praha		60
22							60
23							90
24							30
25					SilliconGym - Vaníčkova 7 Břevnov Praha		120

# **04.** Aggregation and Condition on the Value of Aggregation Function

This query retrieves the name of each training session and the number of payments made for that session, but only for sessions with more than 5 payments.

```
SELECT tr.TrainingName, COUNT(p.PaymentID) AS NumPayments
FROM OFTRS.Training tr

LEFT JOIN OFTRS.Payment p ON tr.TrainingID = p.TrainingID

GROUP BY tr.TrainingName

HAVING COUNT(p.PaymentID) > 1
```

#### **OUTPUT**:

	I⊞ trainingname ÷	<b>Ⅲ</b> numpayments	<b>‡</b>
1	Yoga Training		4
2	Crossfit Training		3
3	Tabata Training		4
4	MMA Training		6
5	KickBox Training		6

## **05. Sorting and Paging**

This query retrieves the 10 training sessions with the most recent dates.

```
SELECT *
FROM OFTRS.Training
ORDER BY TrainingDate DESC
OFFSET 10 ROWS FETCH NEXT 10 ROWS ONLY
```

	🌇 trainerid : 🌇 trainingid	: 🌇 trainingcount	: 🍱 trainingname	: 🎹 trainingdate	: 贈 place	腘 maxcapacity :	賙 duration :
1							30
2							60
3							45
4							45
5							30
6							45
7							30
8							45
9							120
10	211498 211490-NZQ	800AAA	Tabata Training	2024-12-06	JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Praha 2	5	90

#### 06. Set Operations

This query retrieves the first name, last name, and email of users who have the nickname 'john2937' and also have a phone number.

```
SELECT FirstName, LastName, Email
FROM OFTRS.User
WHERE Nickname = 'john2937'
INTERSECT
SELECT FirstName, LastName, Email
FROM OFTRS.User
WHERE PhoneNumber IS NOT NULL
```

#### **OUTPUT**:

#### 07. Nested SELECT

This query retrieves the name, date, and place of all training sessions where the trainer type is 'MMA Intermediate'.

```
SELECT tr.TrainingName, tr.TrainingDate, tr.Place
FROM OFTRS.Training tr
WHERE tr.TrainerID IN (
    SELECT TrainerID
    FROM OFTRS.Trainer
    WHERE Type = 'MMA Intermediate'
)
```

#### **08.** Additional Query

This query joins the User, Trainer, and Training tables together to retrieve information about all users who are also trainers and the trainings they provide. The SELECT statement specifies which columns to retrieve: the UserID, FirstName, and LastName columns from the User table, the TrainerID column from the Trainer table, and the TrainingName and TrainingDate columns from the Training table.

```
SELECT u.UserID, u.FirstName, u.LastName, t.TrainerID, t.type, tr.TrainingName, tr.TrainingDate, tr.place FROM OFTRS.User u
INNER JOIN OFTRS.Trainer t ON u.UserID = t.UserID
INNER JOIN OFTRS.Training tr ON t.TrainerID = tr.TrainerID;
```

	Ⅲ userid ▲ Ⅲ firstname	: I⊞ lastname ÷	⊯ trainerid ≎	囯 type ;	<b>Ⅲ</b> trainingname ÷	I⊞ trainingdate ÷	III place ≎
1	1046 Tina	Powers	692626	Yoga Trainer	Fitness Training		SilliconGym - Vaničkova 7 Břevnov Praha
2					Crossfit Training		
3				Yoga Trainer	Yoga Training		
4					MMA Training		
5							JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Praha 2
6				Yoga Trainer	Yoga Training		
7		Delgado					
8							JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Praha 2
9		Bryant					JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Praha 2
10	4424 Matthew						
11							
12							JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Praha 2
13							
14							
15							
16							
17							
18							FormFactory - Václavské nám. 22 110 00 Praha 1
19							
20							
21							FormFactory - Václavské nám. 22 110 00 Praha 1
22							
23							
24							JohnReed - Karlovo nám. 2097/10, Nové Město, 120 00 Praha 2
25				KickBoxing Level Intermediate	KickBox Training		

#### **SQL** Reservations Table

```
CREATE TABLE OFTRS.Reservations (
   ReservationID VARCHAR(25) PRIMARY KEY,
   UserID INTEGER NOT NULL REFERENCES OFTRS.User(UserID),
   TrainingID VARCHAR(10) NOT NULL REFERENCES OFTRS.Training(TrainingID),
   CONSTRAINT unique_reservation_user_training UNIQUE (UserID, TrainingID));
```

This statement creates a new table called Reservations in the OFTRS schema. In this case, the table has columns for ReservationID, UserID, and TrainingID and it includes a unique constraint on the combination of UserID and TrainingID.

#### TRIGGER CREATION

This statement creates a new PL/pgSQL function called check\_capacity() that will be executed whenever a new row is inserted into the Reservations table. The function takes no arguments and returns a trigger object. Inside the function, there is a conditional statement that checks whether the number of existing reservations for the specified TrainingID exceeds the maximum capacity for that training. If the training is already full, the function raises an exception that will prevent the new reservation from being added to the table. Otherwise, the function returns the NEW trigger object, which represents the new row that was just inserted. This statement creates a new trigger called capacity\_trigger that is associated with the Reservations table.

```
CREATE TRIGGER capacity_trigger

BEFORE INSERT ON OFTRS.Reservations

FOR EACH ROW

EXECUTE FUNCTION check_capacity();
```

This statement creates a new trigger called capacity\_trigger that is associated with the Reservations table. The trigger is defined as a BEFORE INSERT trigger, which means that it will execute the check\_capacity() function before a new row is inserted into the table. The trigger is set to execute FOR EACH ROW, which means that it will be triggered once for each new row that is inserted into the table. When the trigger is executed, it will call the check\_capacity() function to check whether the new reservation can be added to the table. If the function returns successfully, the new row will be added to the table. If the function raises an exception, the new row will not be added to the table, and an error message will be displayed.

Now I choosed training with TrainingID = "921757-TVZ" with MaxCapacity of 5 to demostrate that the trigger is working properly.

Then I inserted first 5 users to this Reservations table to maximalize the capacity

```
INSERT INTO OFTRS.Reservations (ReservationID, UserID, TrainingID)
VALUES ('921757-TVZ-6', 6, '921757-TVZ');
```

Lastly, I tried to add another user to the Reservations table with corresponding TrainingID.

```
motoslub.public> INSERT INTO OFTRS.Reservations (ReservationID, UserID, TrainingID)

VALUES ('921757-TVZ-6', 6, '921757-TVZ')

[2023-04-29 06:10:23] [P0001] ERROR: The training is already full

[2023-04-29 06:10:23] Where: PL/pgSQL function check_capacity() line 4 at RAISE
```

## Creation and usage of View for UserTrainingSessions

```
CREATE VIEW UserTrainingSessions AS

SELECT u.FirstName, u.LastName, tr.trainingid, tr.TrainingName,
tr.TrainingDate, tr.Place
FROM OFTRS.Training tr
JOIN OFTRS.Reservations rs ON tr.TrainingID = rs.TrainingID
JOIN OFTRS.User u ON rs.UserID = u.UserID
WHERE tr.trainingid = '912874-UVM' AND u.UserID < 22000;
```

This command creates a view called **UserTrainingSessions** that selects specific columns from the OFTRS database's Training, Reservations, and User tables.

It includes the columns FirstName and LastName from the User table, as well as trainingid, TrainingName, TrainingDate, and Place from the Training table. The view only includes records where the trainingid is equal to '912874-UVM' and the UserID is less than 22000

```
SELECT * FROM UserTrainingSessions;
```

## Creation and usage of Transaction

```
BEGIN TRANSACTION;
SET TRANSACTION ISOLATION LEVEL READ COMMITTED;
INSERT INTO OFTRS.Payment (UserID, TrainingID, PaymentID, PaymentAmount,
PaymentDate, PaymentType)
SELECT '226', '638262-EIF', '226_638262-EIF', 351.00, CURRENT_DATE, 'Visa'
WHERE EXISTS (SELECT 1 FROM OFTRS.Training WHERE TrainingID = '638262-EIF'
AND TrainingDate >= CURRENT_DATE);
UPDATE OFTRS.Training SET MaxCapacity = MaxCapacity - 1
WHERE TrainingID = '638262-EIF' AND MaxCapacity > 0;
COMMIT;
```

This command is a transaction that inserts a new payment into the OFTRS.Payment table for a specific training (638262-EIF) and user (226) using a specific payment method (Visa) and amount (351.00). Before the insertion, the command checks if the specified training exists and the training date is after the current date using a subquery. If the subquery returns true, the insertion will proceed, and the MaxCapacity of the training will be decreased by one using an UPDATE statement. If the MaxCapacity is already zero, the UPDATE statement will not be executed. Finally, the transaction is committed to make the changes permanent.

**OUTPUT:** 

26 226 638262-EIF 226\_638262-EIF 351.00 2023-05-08 Visa

**DECREASED TRAINING CAPACITY FROM 5 TO 4:** 

ó382ó2 ó382ó2-EIF AAA01ó Crossfit Training 2025-04-14 FormFactory - Václavské nám. 22 110 00 Praha 1 4

## Creation and usage of Index

```
CREATE INDEX idx_Training_TrainingDate ON OFTRS.Training (TrainingDate)
```

This creates an index called idx\_Training\_TrainingDate on the TrainingDate column of the OFTRS.Training table. This index can speed up queries that involve filtering, sorting or joining on the TrainingDate column.

```
EXPLAIN SELECT * FROM OFTRS.Training WHERE TrainingDate >= '2023-05-01';
```

This command will show how the query planner is using the index to retrieve the relevant rows.

#### **OUTPUT:**

```
## QUERY PLAN $

1 Seq Scan on training (cost=0.00..1.62 rows=50 width=102)

2 Filter: (trainingdate >= '2023-05-01'::date)
```

#### TIME ANALYZE OF INDEX:

```
FROM OFTRS.Training
WHERE TrainingDate >= '2023-05-08' Without Index

[2023-05-08 13:41:13] 50 rows retrieved starting from 1 in 40 ms (execution: 5 ms, fetching: 35 ms)
***STREET Training OFTRS.Training
WHERE TrainingDate >= '2023-05-08'
ORDER BY TrainingDate With Index

[2023-05-08 13:41:25] 50 rows retrieved starting from 1 in 23 ms (execution: 5 ms, fetching: 18 ms)
```