CSS 475 A Project Proposal

For my CSS 475 A Project, I would like to create a database with an application area that caters to people who are interested in fitness. The database would store data about different kinds of exercises, ranging from compound to isolation moves. The database would include weight lifting, cardio, and HIIT techniques.

The types of queries the database would be able to answer would serve the main user question: “what exercises should I do?” If a user would like to know exercises that focus on building strength, then the application will deliver information about exercises and repetition ranges that focus on building strength. If the user would like to know exercises that focus on hypertrophy, then the database can return data about exercises and repetition ranges that focus on hypertrophy. The database should strive to help anyone from a fitness beginner to an experienced athlete achieve whatever fitness goal they have in mind.

For example, a user could be a beginner at fitness and is interested in developing strength because they currently lack strength. From here they could narrow their search to include exercises that build strength in a specific muscle group. If the user is interested in building lower body strength, then after querying for strength exercises, they could further their search to lower body exercises. From there, the search could become even more detailed as the user is given the option of picking quad-dominant or hamstring-dominant exercises.

My schedule for the deliverables would be to finish both diagrams in the first 1.5 weeks and spend the rest of the time populating the database. Since I am working alone, I will be working on all parts of the project.