Human Computer Interaction – CS6750 Project Check-In 1

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1 INTRODUCTION

The domain I will be exploring for the final project will be the workout and exercise vertical. More specifically, I will be looking at the inability to setup workout splits from within the Peloton app. For those who are not familiar with this, workout splits are when a person is dividing training sessions to focus on different movements, lifts, or body regions. For example, a 4 day split might look like legs on day 1, back and biceps on day 2, chest and triceps on day 3, and legs again on day 4.

With the coronavirus pandemic, new wearable technology, and increased desire to workout from home, fitness has moved from the gym to people houses. What I will introduce in the introduction section of this paper will summarize the following:

1) A drive to move from the gym to the home for fitness
    a. This will include some numbers from online sources about the total number of users that utilize fitness apps
2) An overview of the Peloton app
    a. The types of workouts are available
    b. The ability to attend live and prerecorded workouts
    c. Filtering to narrow down class types
    d. Filtering for other user preferred workouts
3) An overview of the problem – this is that workout splits are not supported functionality
    a. Users can select classes that focus on a specific bod part – arms, legs, abs, etc.
    b. Users cannot setup a schedule using a predefined split schedule.

2 INITIAL NEEDFINDING

The needfinding exercise will cover the following:

1) More detail about the problem space
    a. What benefits are there to using workout splits?
    b. What cons are there to using workout splits
    c. The pros must outweigh the cons…
2) The user types
    a. This will be everyone who
        i. Owns a cell phone
        ii. Is over 18
        iii. Engage in either bodyweight or weighted workout
3) Needfinding plan
    a. Survey
    b. Product Reviews
4) Needfinidng results
    a. What does the survey say about this problem space?
    b. Who are the users?
    c. Where are the users?
    d. What are the users needs?
    e. What are the current tasks/subtasks of users?