DESGIN AND IMPLEMENTATION WEB TO MANAGE THE RESERVATION OF PERSONAL TRAINER

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Abstract

In today's world, the development of Internet services has increased in the creation of pages related to adherence to a good diet and the need for good trainers in the field of nutrition, and as we see that some developing countries practice sports on a daily basis to maintain the integrity of the body and mind.

The problem is that there are no special applications for booking personal trainers for the client, as there are only social networking sites that should not be relied on, where the communication is in the form of messages, while on sites where the client is informed of changes.

To solve this problem, a website is created to connect the personal trainer with the client within specific times and schedules and optimal time management for both parties.

نبذة مختصرة

في عالم اليوم ، ازداد تطور خدمات الإنترنت في إنشاء صفحات تتعلق بالالتزام بنظام غذائي جيد والحاجة إلى مدربين جيدين في مجال التغذية ، وكما نرى أن بعض الدول النامية تمارس الرياضة بشكل يومي من أجل تحافظ على سلامة الجسد والعقل .

المشكلة أنه لا توجد تطبيقات خاصة لحجز المدربين الشخصيين للعميل ، حيث يوجد فقط مواقع تواصل الاجتماعي والتي لا يجب الاعتماد عليها ، حيث يكون الاتصال على شكل رسائل ، بينما في المواقع التي يتم فيها إبلاغ العميل بالتغييرات.

لحل هذه المشكلة ، يتم إنشاء موقع ويب لربط المدرب الشخصي بالعميل في أوقات وجداول زمنية محددة وإدارة الوقت المثلى لكلا الطرفين.

Acknowledgements

We want to thank Allah for giving us the ability to complete our research.

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Special thanks to the

Table of Contents

[Abstract iii](#_Toc448575924)

[Acknowledgements iv](#_Toc448575926)

[Table of Contents v](#_Toc448575927)

[List of Figures ii](#_Toc448575928)

[List of Tables ii](#_Toc448575929)

[List of Symbols and Abbreviations ii](#_Toc448575930)

[List of Appendices ii](#_Toc448575931)

[CHAPTER 1: Chapter Title (Heading 1, h1) 2](#_Toc448575932)

[1.1 First Subtitle (heading 2, h2) 2](#_Toc448575933)

[1.1.1 Second Subtitle (Heading3, h3) 2](#_Toc448575934)

[1.1.1.1 Third subtitle (Heading4, h4) 2](#_Toc448575935)

[CHAPTER 2: Tables 2](#_Toc448575936)

[CHAPTER 3: Figures 2](#_Toc448575937)

[CHAPTER 4: Numbering and styles 2](#_Toc448575938)

[References 2](#_Toc448575939)

[Appendix 2](#_Toc448575941)

List of Figures

(Please delete this part): This list contains the titles of figures, together with their page numbers, which are listed in the text. For e.g., figures in Chapter 3 are numbered sequentially: Figure 3.1, Figure 3.2.

For title of list tables use *other title* and *TOC1* for style.

[Figure ‎3.1: Example 2](#_Toc366178479)

List of Tables

(Please delete this part): This list contains the titles of tables, together with their page numbers, which are listed in the text. The numbering system is according to chapter, for e.g.: tables in Chapter 3 are numbered sequentially: Table 3.1, Table 3.2.

[Table ‎2.1: Example 2](#_Toc366178487)

List of Symbols and Abbreviations

For examples:

|  |  |  |
| --- | --- | --- |
| CC | : | Central canal |
| UOITC | : | University Of Information Technology And Communications |
| HRP | : | Horseradish peroxidase |
| CCNA | : | Cisco Certified Network Associate |
|  | : |  |
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|  |  |  |

List of Appendices

|  |  |
| --- | --- |
| Appendix A: Example ……………………………………………………………... | 7 |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

# iNTRODUCTION

## Overview

A project specialized in creating a web page that includes the registration and login process with educational content through many videos that allow the person to access it to head programming materials such as C ++, Python and many other important programming language , in addition to the possibility of adding, modifying and fully controlling the videos and users through a simplified interface and includes About us page and other user profile pages.

## Problem of project

This project is basically a purely educational project that helps anyone, regardless of their scientific abilities, to learn many programming languages through a friendly interface that enables them to register their account and access many educational videos taken from the most famous international sources and are qualified to ensure the user to reach from the zero stage to professionalism One of the most important features of this system is its simplified interface that does not contain any complexity and using an efficient protection system that guarantees the user the security of his personal information and access to the largest possible amount of educational videos to enable him to determine his software specialization.

## Aim of the work

1. To learn many programming languages through a friendly interface that enables them to register their account and access many educational videos.
2. The educational videos are taken from the most famous and qualified professors in the world, which guarantees the user a complete education.
3. friendly interface that does not contain any complexity to use it by any user.
4. an effective protection system that guarantees the user the security of his personal information and access to the largest possible number of educational videos
5. enable him to determine his specialization in software.

## Scoping of project

This work in particular has been done to suit different types of people (man or woman) and genders (programmers, designers or electronic engineering students) and even people who do not have any experience in the world of programming but have the inspiration to learn from scratch to professionalism, including newcomers and experts who will be able to know The wide world and building projects and distinctive ideas. One of the advantages of the project is to provide an integrated educational environment for the largest number of users from all over the world.

## Layout

I have built the theoretical planning for this project on the basis of simplicity, where I have planned the chapters into H parts containing all the current information and future matters to be added to the project, where the beginning is summed up in one page for a brief explanation of all chapters, provided that it does not exceed 300 words, and then the chapter is explained The first, which includes the introduction, and then subdivides into a general overview of the project, the importance of this project and its objectives, to what category this project is targeted, and what are the determinants of the project and what will be presented to people afterwards. The third chapter, which includes the special methodology of this project and how it was done, such as data collection or analysis and other things. Then comes the fourth chapter, which is summarized in the final results of this project from a practical point of view. Here comes the role of programming and implementation... As for the fifth chapter, it is summed up in it. The project and its details, future proposals for work and the way to develop this site are presented ... In the last chapter, all the sources, researchers, and sites that have been used are taken. It was extracted and cited in this project.

## literate review

### Virtual Personal Trainer via the Kinect Sensor. Xin Jin;Yuan Yao;Qiliang Jiang;Xingying Huang;Jianyi Zhang;Xiaokun Zhang;Kejun Zhang.2015.

\* The researchers suggested creating a 'virtual personal trainer' to provide

Real-time assessment of a user's fitness time metrics via the Microsoft Kinect sensor. Users can see skeletons via video captured by Kincet and compare them to standard metrics to give a fitness score.\*

### SmartCoach personal gym trainer:An Adaptive Modified Backpropagation approach. Roger Achkar; Rita Geagea; Hussam Mehio; Wael Kmeish.2016.

\* A device that acts as a trainer has been developed into a personal exercise program that provides a complete exercise program and monitors the user's exercise.This device is adopted by the backpropagtion algorithm.Where the Adaptive Modified Backpropagation (AMBP) algorithm is used.To monitor human movement and its classifications by comparing the performance of the system and determining the speed of convergence and the final error.\*

### Never skip leg day: A novel wearable approach to monitoring gym leg exercises. Bo Zhou; Mathias Sundholm; Jingyuan Cheng; Heber Cruz; Paul Lukowicz.2016.

\* We have been working on a wearable tissue sensor system to monitor muscle activity, where the system is evaluated by observing the leg muscles during exercise. The shape and movement of the two main muscles (the vastus lateralis and the middle muscle) can be seen through the data while doing sports, and the activities are identified and evaluated Quality through two-dimensional mapping.\*

### 1.6.4 Gym Management System. Rahman, Md Muktadir; Basirat, Md.2018

\* In this project the researchers created a program that manages gym members, personal, and administrator. Where the hall manager or the official can see all the members of the fitness center and their details.\*

### 1.6.5 Collaborative Health Care Plan through Crowdsource Data using Ambient Application. Muhammad Usman Sarwar; Abdul Rehman Javed.2019.

\*In this paper, the researchers proposed a smartphone sensor and machine learning algorithm to a collaborative health care plan to improve an individual's life. Daily life is shared between the care services that provide and a plan of care or recommendation to ensure the good health of the individual. The machine learning algorithm is used to identify the physical activities of the adult individual.\*

### 

### 1.6.6 FITNESS DONE RIGHT: A REAL-TIME INTELLIGENT PERSONAL TRAINER FOR EXERCISE CORRECTION.Yun Chen, Yiyue Chen, and Zhengzhong Tu.2019.

\*Accreditation of researchers in an effective system called Fitness Done Right (FDR)using the CNN subfolder.used for sets to learn human body parts and associations. And taking into account my two postures,plank and squat, The mode is calculated to detect errors which leads to advising correction.\*

### 1.6.7 Smart gym trainer using Human pose estimation. Grandel Dsouza; Deepak Maurya; Anoop Patel. 2020.

\* researchers suggested developing a smart sports training program that can help the customer to achieve his goals by localizing the joints of the body. The customer can take a course for a person who walks or follow the movements of a professional athlete in order to understand the techniques and physical strategies that he must achieve.\*

### Intelligent Trainer for Dyna-Style Model-Based Deep Reinforcement

### Learning.Linsen Dong; Yuanlong Li; Xin Zhou; Yonggang Wen; Kyle Guan.2020.

\* The researchers have proposed a "reinforcement on reinforcement" (RoR) architecture to parse complex tasks into two separate RL layers. The inner layer is the basic training process Model-based reinforcement learning (MBRL), the outer layer acts as a RL factor, called the intelligent trainer. It provides the implementation of different designs of the trainer, referred to as “train the trainer”. In this paper two alternative trainer designs are proposed: 1) an unihead trainer and 2) a multihead trainer. The smart trainer style is distinguished by its competitive performance in the ability of automatic adjustment.\*

### 1.6.9 Intelligent Gym Exercise Classification Using Neural Networks. Kathiravan Srinivasan; Vinayak Ravi Joshi;R. Sivakumar;Basim Alhadidi. 2020.

\* The researchers suggested that a virtual sports coach could classify a person’s gym and give him the appropriate exercises using a neural network. This research was suggested because some people wishing to register the gym can not come to the hall because of scheduling work or because of their fear of spreading Infectious diseases.\*

### Tracking towards care: Relational affordances of self-tracking in gym culture. Dorthe Brogard Kristensen,Alev Pinar Kuruoglu,Signe Banke.2021

\* In this article, researchers identify complex tracking arrangements made up of a variety of evidence and base ethnographic research around gym culture in Denmark. Individuals make techniques work to protect them from physical or emotional distress. Fitness practitioners combine digital tracking techniques and methods. Analog to treat or prevent tearing and breakage and provide care.\*

## Business process

The work of the Web Services Manager is presented through a mathematical model to configure the dynamic processes by the existing web services to meet the customer's need. The XML document is proposed to capture the customer's requirements and use it to create scripts where it searches dynamically and the web services are found by a record UDDI . The academies of sports medicine and the success of personal trainers have also evolved in the fitness industry. Fitness is becoming a popular movement as people spend some of their time exercising. The culture of the gym and fitness was developed and the approach was developed by understanding the emergence of this phenomenon that is valued with large sums of money. Fitness teaching is an increasingly international institution. A preliminary analysis of the globalization of the gym and fitness culture is presented and developed. Important and critical stages in the globalization of the gym and fitness culture are identified and analyzed. People are becoming aware of the health effects of eating healthy food as well as exercising. It was discovered that despite the great efforts made by the fitness center, it still has problems in the structure of its operations. There is an urgent need for operations because of its relationship to the customer experience. A suitable solution is suggested to automate gym operations by process and capability diagram to increase its efficiency, reduce resources spent in process implementation, save money, simple operations and scalability.

## Markting

With the development, we see that most institutions face difficulty in acquiring and retaining customers. The expansion of the market also increases in difficulty due to the high costs involved in actually establishing a process. As the web-based e-commerce system is ideal for the institution to expand the local and international markets with the ability to accept orders from all over the world. We aim to create a marketing tool for the fitness center in the digital age. Where the research and development method consists of collecting research and information results and often referred to as preliminary study, planning, we develop preliminary according to customer requests, major field testing and product review. Where a preliminary study was provided on marketing between the sexes and relationships in the field of health and fitness. The settings for the exercise were built concepts to the desired bodies where the man aims, and the women are based on building an ideal body for the female of fitness and slimming. Where we seek to explain our individual research interests in relationship marketing and gender issues in exercise.

Tables are printed within the body of the text at the center of the frame and labeled according to the chapter in which they appear. Thus, for example, tables in Chapter 2 are numbered sequentially: Table 2.1, Table 2.2.

The label should be placed above the table itself and has the following format:

Table 2.1: Short Title

If the table occupies more than one page, the continued table on the following page should indicate that it is a continuation: for example: ‘Table 2.7 continued’. If the table contains a citation, the source of the reference should be placed below the table.

Table 2.1: Example

|  |  |
| --- | --- |
| Heading | Heading |
| Test | Text |
|  |  |

To insert label above a table, click “Insert Caption” under the “References” tab and select “Table” in the dropdown list. Click on “Numbering” and tick the “Include chapter number” and select “period (.)” as separator. When done, click “Update Table” to update the List of Tables.

# Figures

Figures, like tables are printed within the body of the text at the center of the frame and labelled according to the chapter in which they appear. Thus, for example, figures in Chapter 3 are numbered sequentially: Figure 3.1, Figure 3.2.

Figures, unlike text or tables, contain graphs, illustrations or photographs and their labels are placed at the bottom of the figure rather than at the top (using the same format used for tables). If the figure occupies more than one page, the continued figure on the following page should indicate that it is a continuation: for example: ‘Figure 3.7, continued’. If the figure contains a citation, the source of the reference should be placed at the bottom, after the label.

To insert label below a figure, click “Insert Caption” under the “References” tab and select “Figure” in the dropdown list. Click “Update Table” to update the List of Figures.

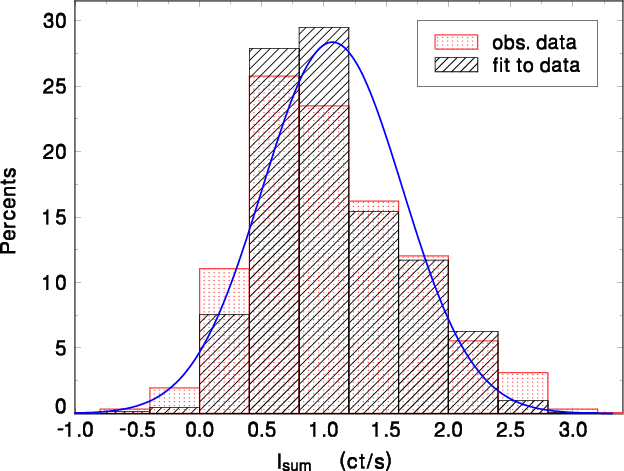


Figure 3.1: Example

# Numbering and styles

For making numbered lists use “numbered lists style “and for bulleted list use “Bullet list” style. For both of them you will have 1 cm indention.

Numbered list example

Bullet list example

For explanation under bullet or numbered list use “indent” style which start a paragraph with 1.4 cm indention.

Do not change on Normal or text style because this is the base style for others so any change will affect other styles as well.

References

1-VOL. 10, NO. 23, DECEMBER 2015 ISSN 1819-6608 ARPN Journal of Engineering and Applied Sciences

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[www.arpnjournals.com](http://www.arpnjournals.com)

2-Journal of Information Systems Engineering & Management, 2018, 3(2), 11

(Please delete this part): All works or studies referred to in the research report/dissertation/thesis in the form of quotations or citations must be included in the references. The references should be written consistently in the American Psychological Association (APA) format or in another format approved by the faculty.

Each reference should be written in single spacing format and a double space should be left between references. This list of references should not be numbered.

Use Reference style.

Examples:

In text format: (Angamuthu & Ramalingam, 2011)

Buchwalow, I. B., and Böcker, W. (2010). *Immunohistochemistry: basics and methods.* Berlin: Springer Verlag.

Caamaño-Tubío, R. I., Pérez, J., Ferreiro, S., and Aldegunde, M. (2007). Peripheral serotonin dynamics in the rainbow trout (*Oncorhynchus mykiss*). *Comparative Biochemistry and Physiology Part C: Toxicology & Pharmacology, 145*(2): 245-255

Cakir, Y., and Strauch, S. M. (2005). Tricaine (MS-222) is a safe anesthetic compound compared to benzocaine and pentobaritol to induce anesthesia in leopard frogs (*Rana pipiens*). *Pharmacological Reports, 57*: 467-474.

Cameron, A. A., Plenderleith, M. B. and Snow, P. J. (1990). Organization of the spinal cord in four species of elasmobranch fishes: cytoarchitecture and distribution of serotonin and selected neuropeptides. *The Journal of Comparative Neurology, 297*: 201-218

Appendix

(Please delete this part): Appendices consist of additional illustration of data sources, raw data and quoted citations which are too long to be placed in the text. The appendix supports the written text of the research report/dissertation/thesis. Research instruments such as questionnaires, maps or computer programmes are parts of appendix too.

Appendices can be divided into Appendix A, B, C.

This page is optional; if you do not have any appendices, delete the entire page.