### 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.

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

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Special thanks to the

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

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List of Tables

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[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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# CHAPTER1: INTRODUCTION

## INTRODUCTION:

With the development taking place in the world and the civilizational and technological progress, there has become an urgent need to use the means that make it easier for the world to carry out their daily duties using the Internet. Among the important things is physical exercise, which has become in our present time an integral part of our daily life because of the health and mental and physical comfort of the person. As we see in the third world countries who consider sports as an essential thing in their day, where a person spends approximately 45 minutes a day running in order to maintain body weight and fitness. Advanced. The issue of the use of technology in managing the exercise of sports Because of the pressure on the halls to practice physical exercise, the need to use technology has become in order to add the user to the possibility of going to the most suitable place for him within the specifications that fit to achieve his goals in physical fitness by knowing his place for exercise, the hall and equipment Available, as well as the price, through which he will know whether the price is suitable for him or not to participate in the gym, as well as the possibility of booking a A specialized trail that helps the user personally in developing his physical fitness, as it has become urgent in our day because of its importance as it provides full commitment to the user. Today, bodybuilding has become an important part of physical exercise, as many people love to have a body full of muscles and this happens by doing many from exercises and commitment to eating and daily exercise. Today, reservations for gymnasiums has become easier than before. In the past, registration was in paper form and took a lot of time and was inefficient, but now the registration is completely electronic.

## Problem statement:

There are no specialized applications for booking specialized personal trainers, except for social networking sites that we cannot rely on for the trainer and the user legally, not as in the website, which contains a database and clear personal information for the user, especially in our current environment in Iraq.

## Aim of the work:

1-Finding an application and designing a web application.

2-suits the web app with local work environment to manage and solve the problem.

3-linking the personal trainer with the user within specific timings and schedules and managing time in an optimal manner for both parties.

## Scoping of project

This work was carried out in particular to suit different types of people (man or woman), genders, ages and anyone who has a passion to enter the world of sports and fitness, and also this work is compatible with people with little experience because the web has a simplified interface that enables him to view and choose the coach The right time, participation, and setting the appropriate time for it easily and quickly.

## Layout

The layout for this is research Is broken to a parts:

Chapter1:

* Introduction
* Problem statement
* Aim of project
* Scoping of project
* Layout
* Literature review

Chapter2:

* Concepts
* Description for five important concept in the project

Chapter 3:

* METHODOLOGY

Chapter 4:

* Results & discussions
* Conclusion & future work

## literate review

# Literature review

The popularity of the development of computer science education has led to a significant increase in the number of higher education institutions offering various computer courses. Recently, many sectors of higher education have faced a steady decline in the number of students choosing to study computer science courses, and some of the reasons for this rejection include difficulties in mastering computer science skills. As core subjects in a computer science major, programming language subjects play an important role in a successful higher computer science education. Including games in programming courses was identified as a potential technique that could maximize student participation and have a positive impact on learning. This paper aims to provide an overview of how including gamification in online collaborative learning can enhance engagement among junior programming students. Key findings from this review include the identification of elements of engagement that are important for student programming in an online collaborative learning environment, a list of game elements included in online cooperative learning to facilitate participation among students of programming, and suggestions. The papers of selected journals published between 2011 and 2015 were retrieved from several databases. The keywords used as search terms are game, gamif, gamification, programming and "cooperative learning". After downloading the journal papers, they were analyzed by research objectives. The review was structured to achieve the three research objectives one of them described below:

OBJ1: To identify important elements that ensure active participation among students of programming in the OCL environment.

This article also provides a review of the existing literature on this topic. The theoretical framework is also a contribution to guiding teachers and professors in the use of online programming courses. in order to carry out this research, the identification of the gamification elements/characteristics that are used in an educational context was defined as a goal. Accordingly, two starting points were set for this study: 1) What elements/characteristics of gamification are used in an educational context? And which ones are used explicitly in learning online programming? Based on these starting points. We can decide whether to do in our website and courses.

in order to carry out this research, the identification of the gamification elements/characteristics that are used in an educational context was defined as a goal. Accordingly, two starting points were set for this study: 1) What elements/characteristics of gamification are used in an educational context? And which ones are used explicitly in learning online programming? Based on these starting points

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

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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.

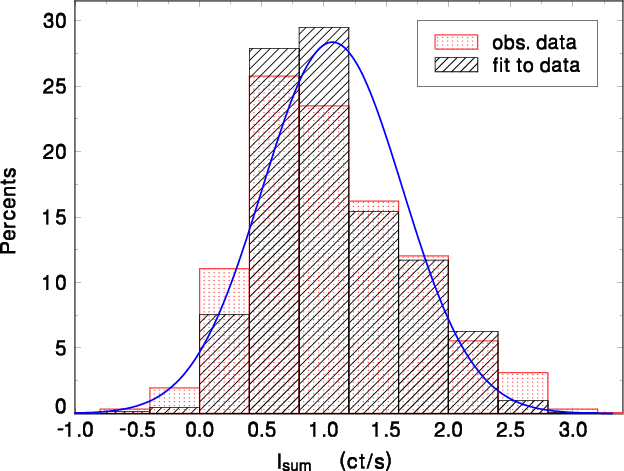


Figure 3.1: Example

# 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

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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

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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.