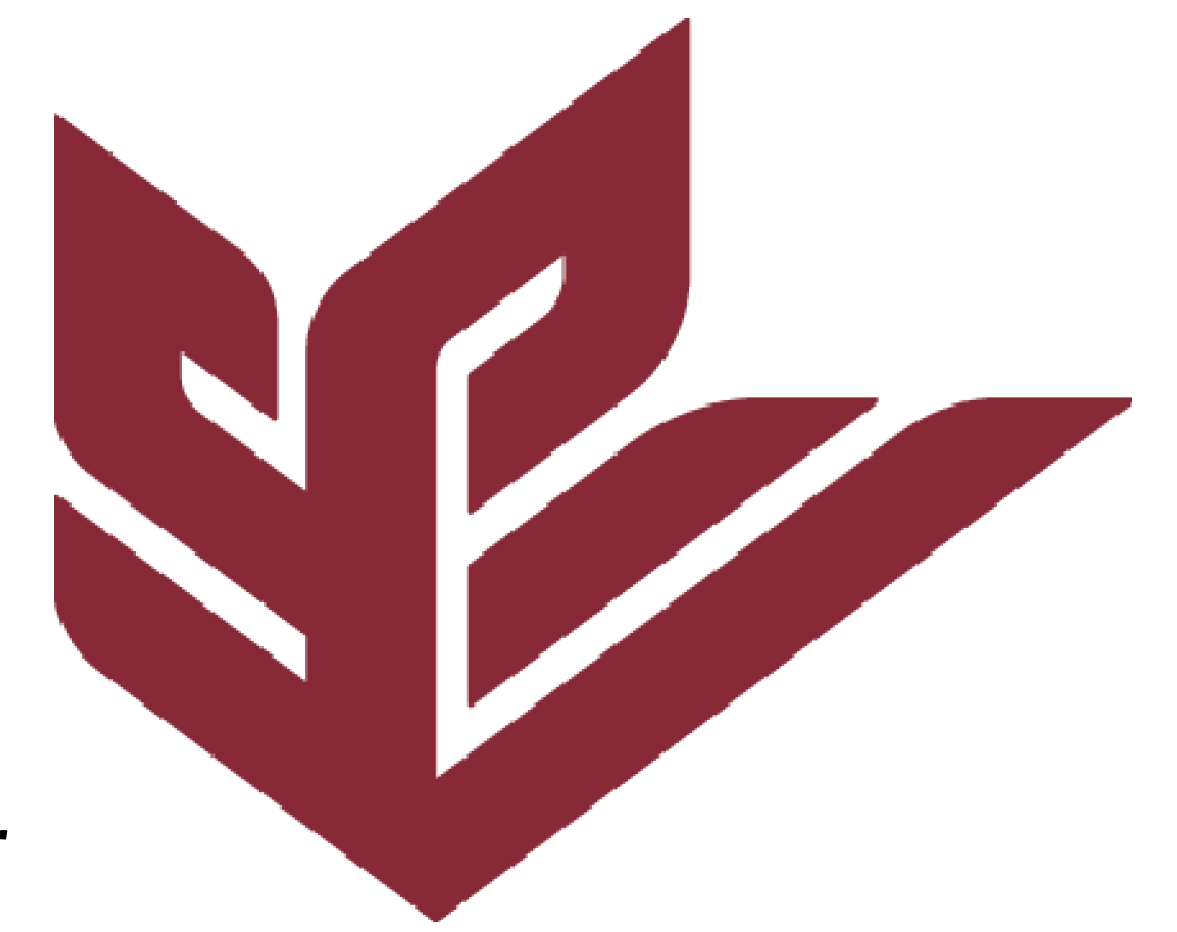


Falcon Gym Project

Get Falcon Fit



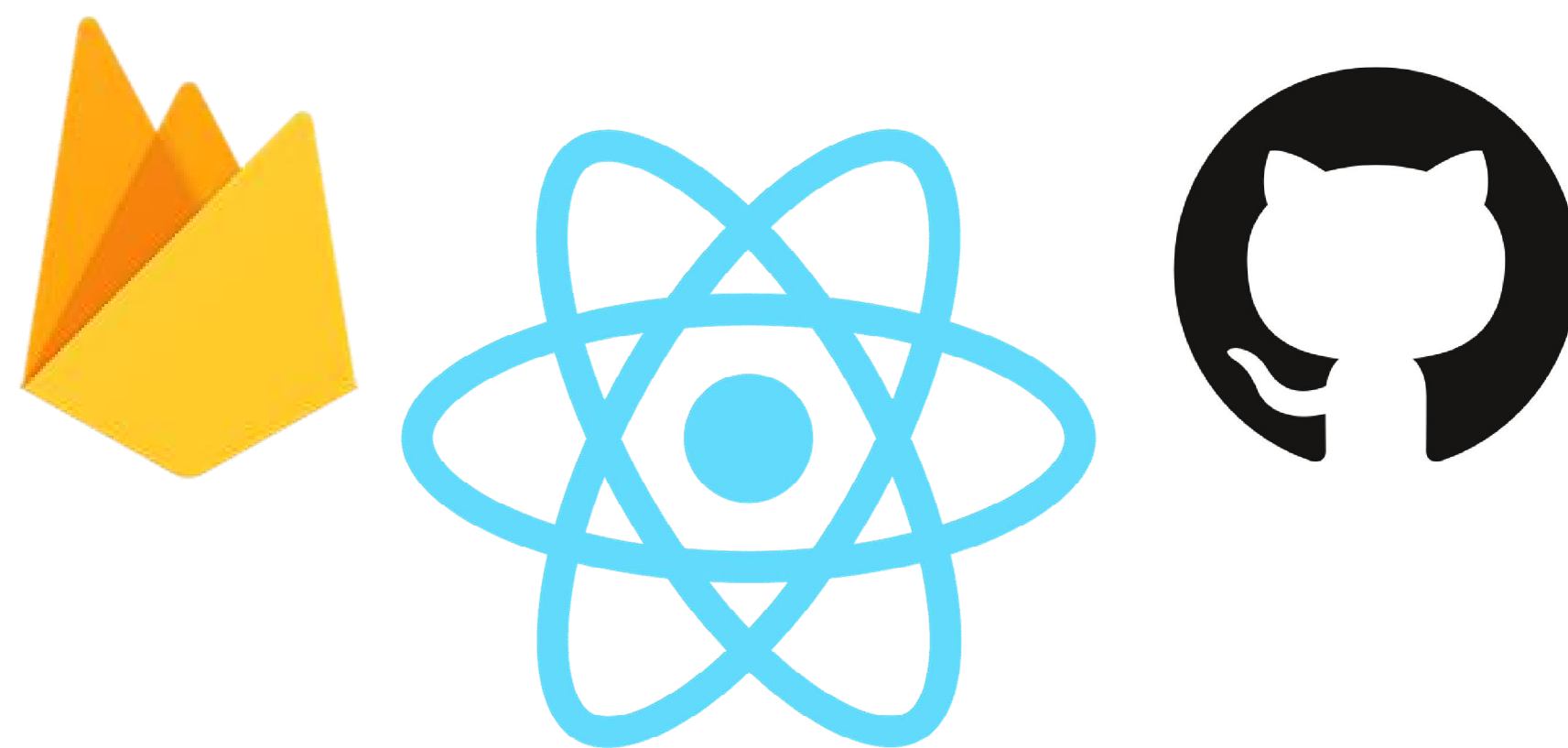
Developed by The Waffle House: Katy Graham, Janai Macklin, Sierra Maple, Shelley Waltar

Overview

The Falcon Gym Project is a collaboration between Health and Human Performance students and Computer Science students. Senior Exercise Science students work in tandem with the Falcon Fitness application to provide resources for students using campus fitness facilities. Our development team worked to create the Falcon Fitness application, providing tutorials and descriptions of exercises and machines in the fitness centers.

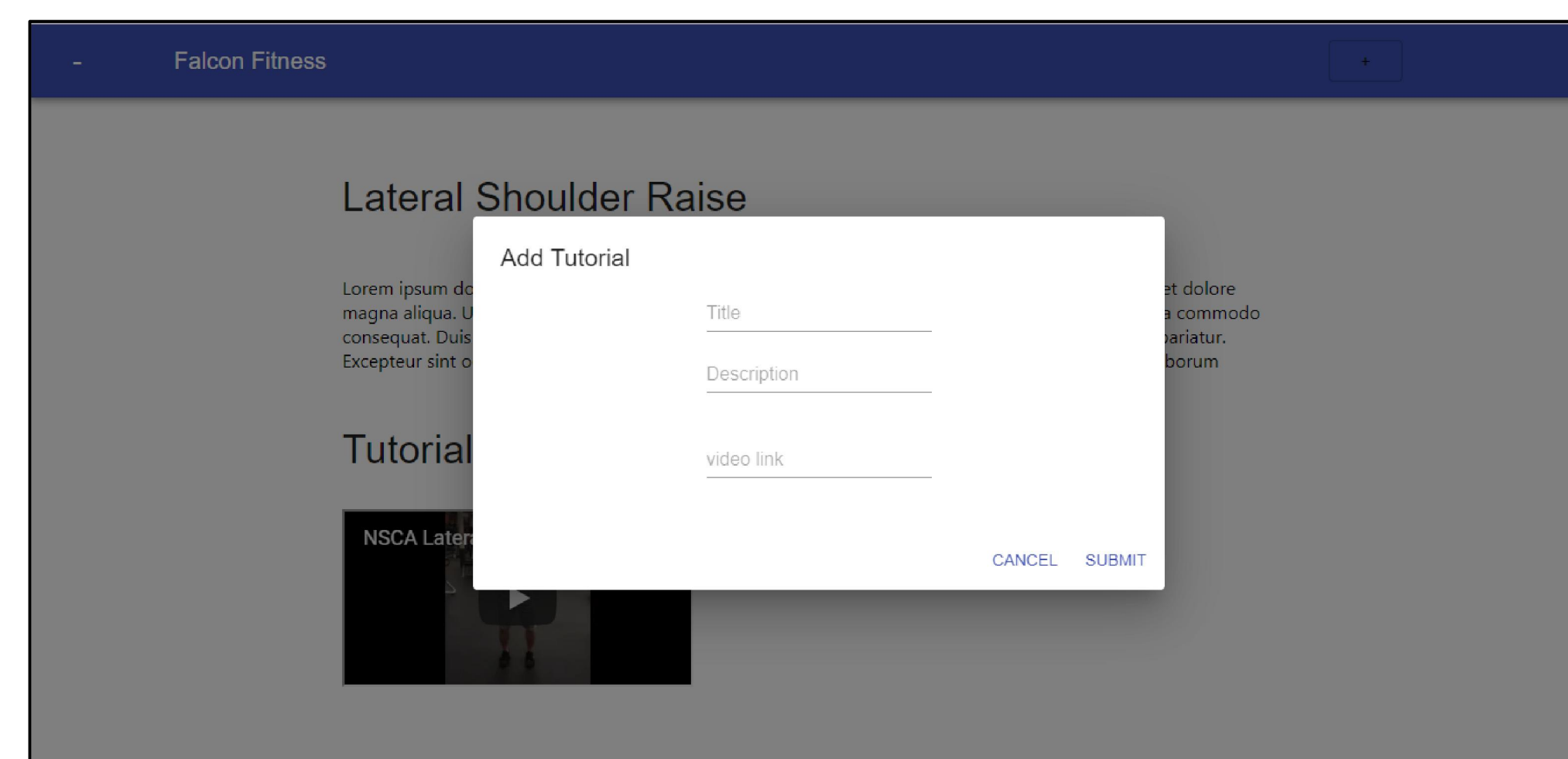
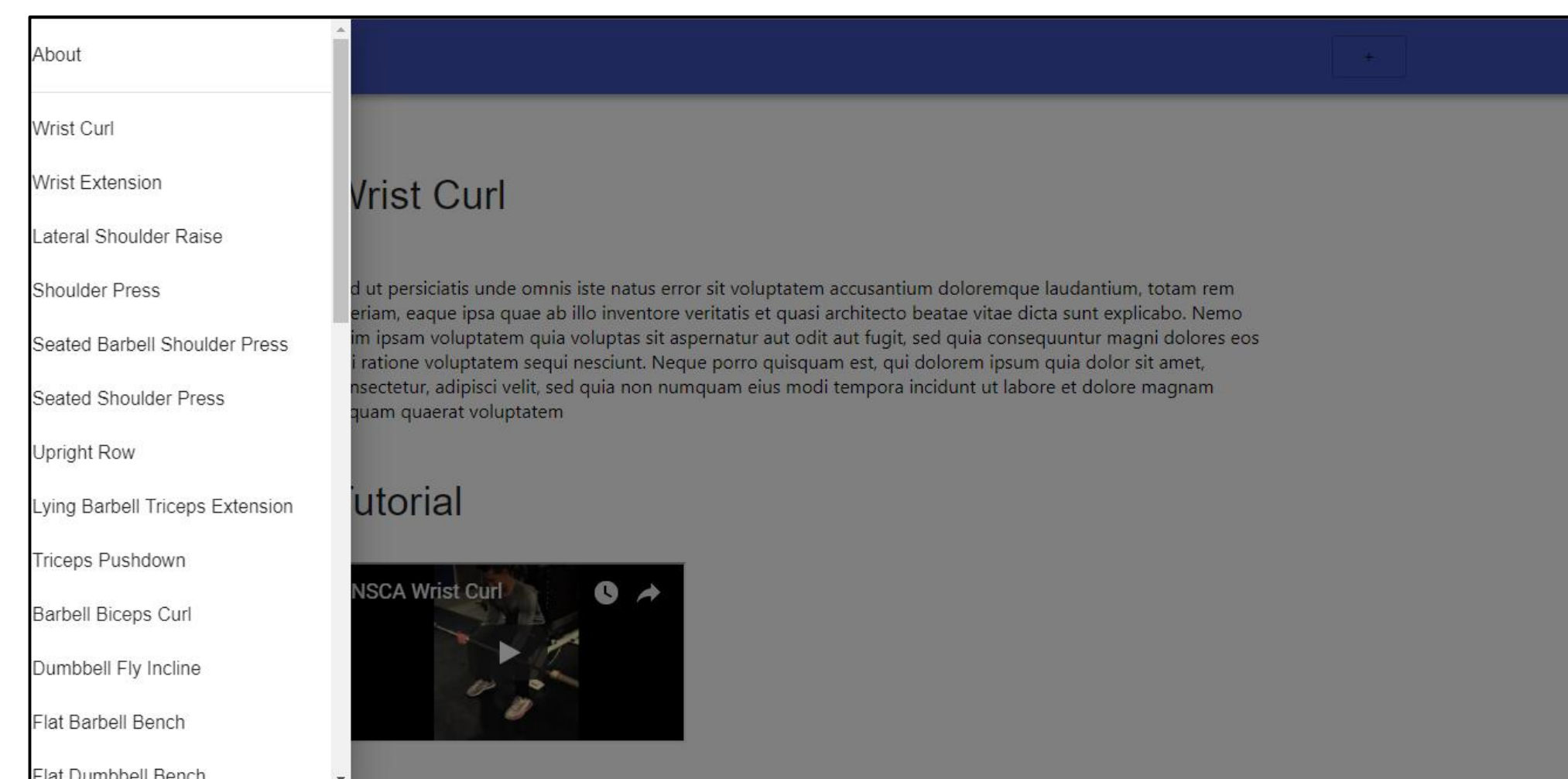
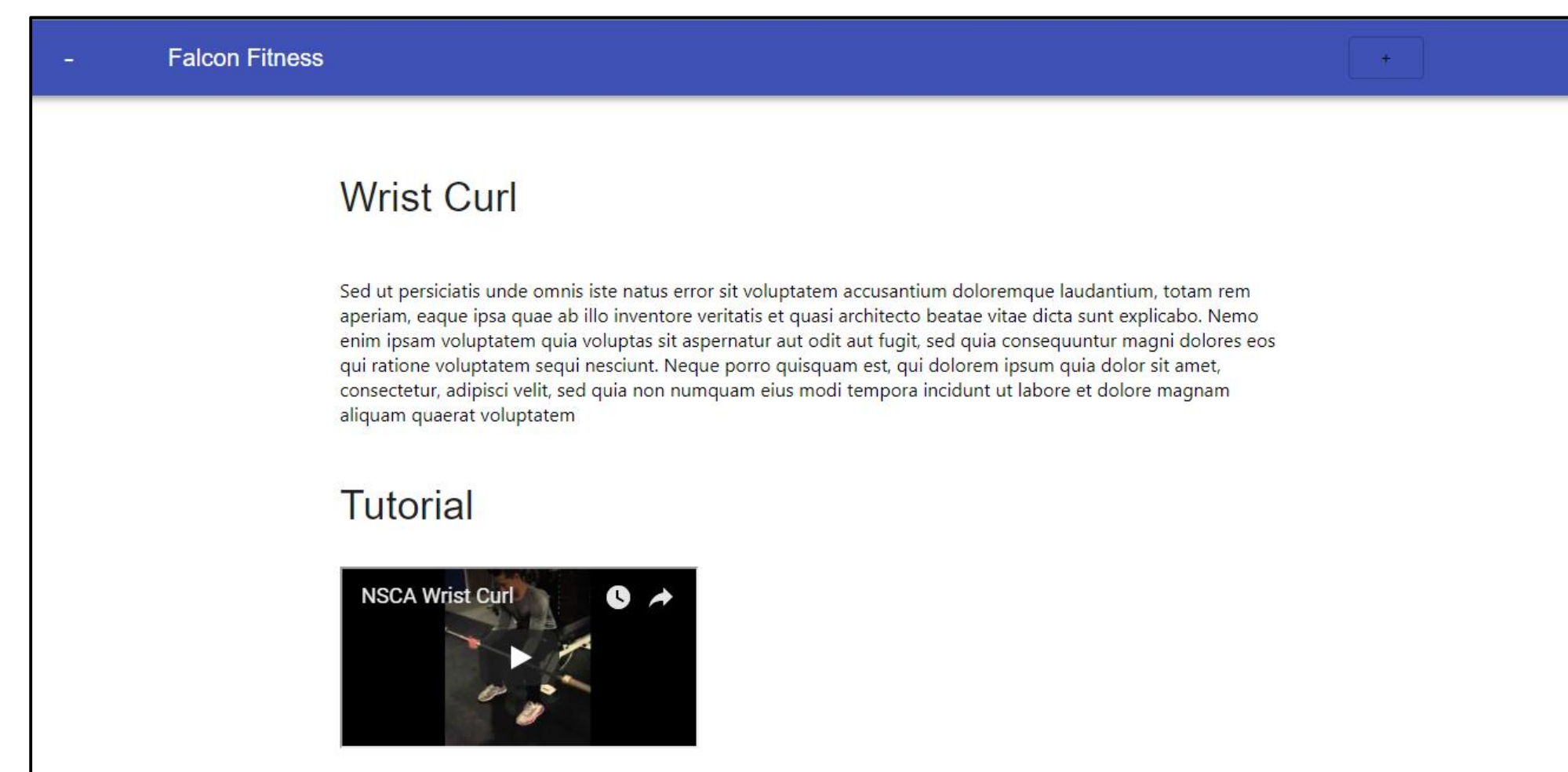
Implementation

Falcon Fitness is a webpage designed to be accessible on mobile devices. This allows users of any device style to access the application. Falcon Fitness development took place using React.js, GitHub, and Firebase.



Project Sponsor Dr. JoAnn Atwell-Scrivner

Faculty Supervisors Dr. Aaron Dingler, Dr. Elaine Weltz



Purpose

The Falcon Gym Project strives to improve accessibility and usability of the existing fitness centers in order to improve student wellness. Senior Exercise Science students provide in-person training assistance, while the Falcon Fitness application provides standalone instruction to mitigate potential intimidation brought on by unfamiliar fitness machines. Both resources improve workout benefits and reduce injury risk by instructing users on proper use of equipment.

Features

Seattle Pacific University students can:

- Scan a QR code to access an equipment page
- View a video on proper use of the equipment
- Read a description of the equipment, what muscles it works, and how to get the best benefit out of it
- Access the equipment pages directly using URL
- View practicum trainer schedules

The administrator can:

- Add new exercise pages and content
- Change practicum trainer schedules