

Athlete Insight User Guide



Version 1.

Talent Insight Solutions @ Team GLGS

1. Introduction

1.1 Purpose

The purpose of this document is to define the information of 'Athlete Insight' application with functionality , and this will be delivered by Team GLGS to Team Talent Insight Solution for the Capstone project held in the QUT IFB399 unit. This document serves as the sole reference for the scope of the system functionality to be delivered by Team GLGS to Talent Insight Solution. Any change to the scope of the project or the functional specifications will require agreement via the change control process defined in the agreement between Team GLGS and Talent Insight Solutions.

1.2 Scope

This user guide provides instructions on the features and usage of the "Athlete Insight" application. Key topics include self-improvement in performance, enhancing mindset, promoting wellness and health, collaboration and communication functionalities, and schedule management. The guide caters to elite athletes, coaches, parents, and organizational members such as sports associations. It addresses the application's functional limitations but does not cover technical troubleshooting. Additionally, the application's interface, APIs, server functions, and other aspects are subject to updates and enhancements by the talent insight solution company's development team, which may result in changes to the usage guidelines.

2. System Operation

2.1. First - Time users

If first time users are IOS user, using App store to understand the user interface through the overview of application.

If first time users are Android user, using Play store to understand the user interface through the overview of application.

2.2. Access Control

Basic application access control

To register this application, user have to put the related data according to user type. The detail input data is below:

- Athletes / Coach / Parents
username, password, email, team, athlete, phone number, sport type
- Club
username, password, email, club, phone number

The data that user put when register and login to this application, the database stored in database divided into different four user type, and the username and password is stored in the server storage to callback in profile or user behavior record pages (studio section in this application),

External assessment page access control

To use the external assessment page , extended disc behavioral analysis platform , FlnxS , user should has the given email and password and users are able to access the page where sports-related tasks can be performed.

2.3. Installing the application

If first time users are IOS user, using App store to install the application and understanding the user interface through the overview of application.

If first time users are Window user, using Play store to install the application and understanding the user interface through the overview of application.

2.4. Starting the application

After install the application, user can open the application through their device.

3. Step by step instructions

3.1. All users



Figure 1. Registration User Guide

1. Register to the application through sign up page input all the required data (fields are different depending on user type)
2. Login using username and password

3.2 Athletes

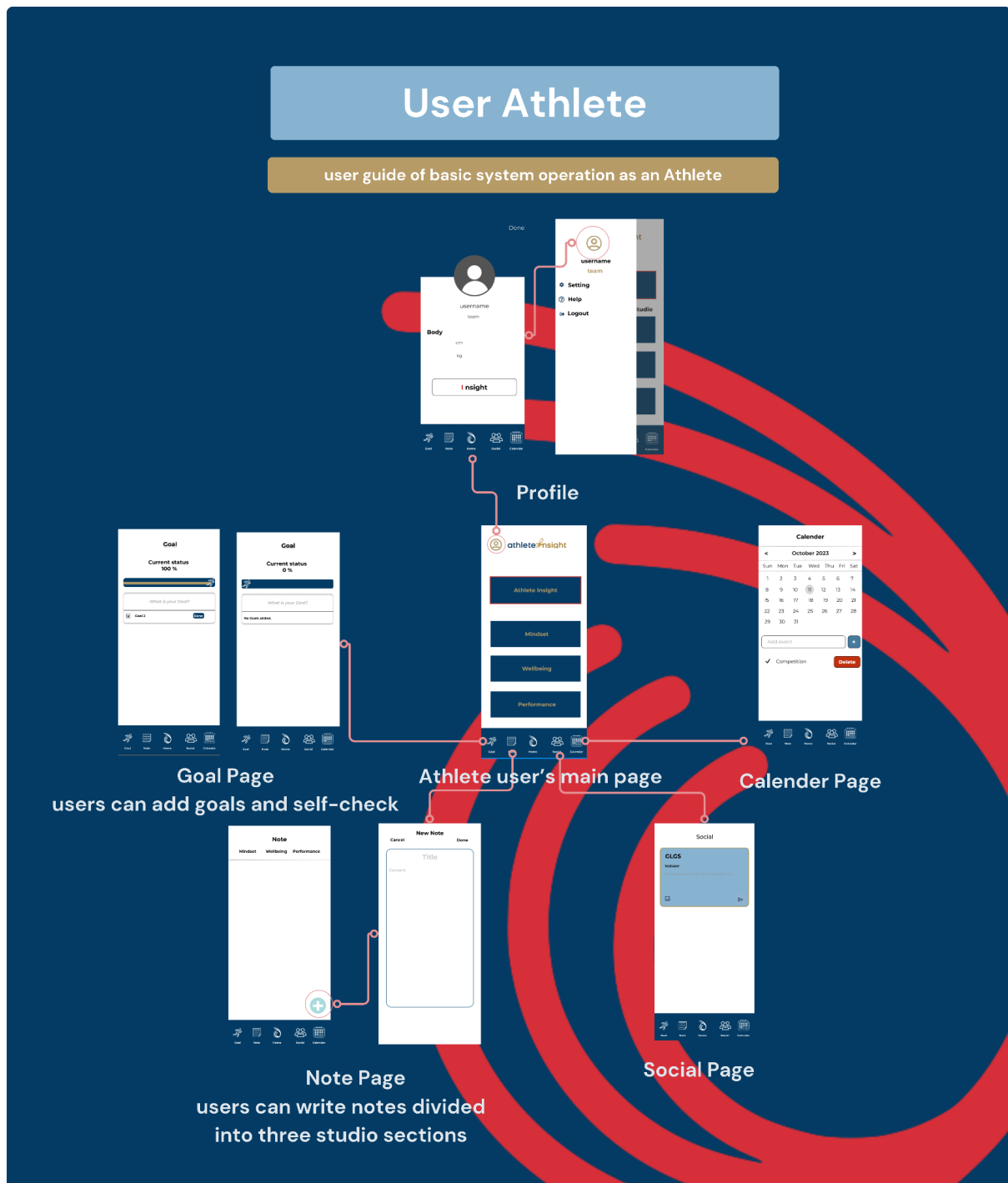


Figure 2. Athlete User Guide (basic step)

1. The main page including main components are shown. The main components are three different types of studio button which are 'performance', 'mindset', and 'wellbeing'. Also, another button is placed on the top named 'Athlete Insight', which is used for doing assessment via an external page.

2. Goal page

Users can make a list of the goals that users want to aim for and see at a glance at what they need to do.

3. Note page

Users can write the note divided into 'Mindset', 'Wellbeing', and 'Performance' studio sections.

4. Social page

Users can share important or useful information through the social page by posting

5. Calendar page

Users can manage their schedule using the calendar functions.

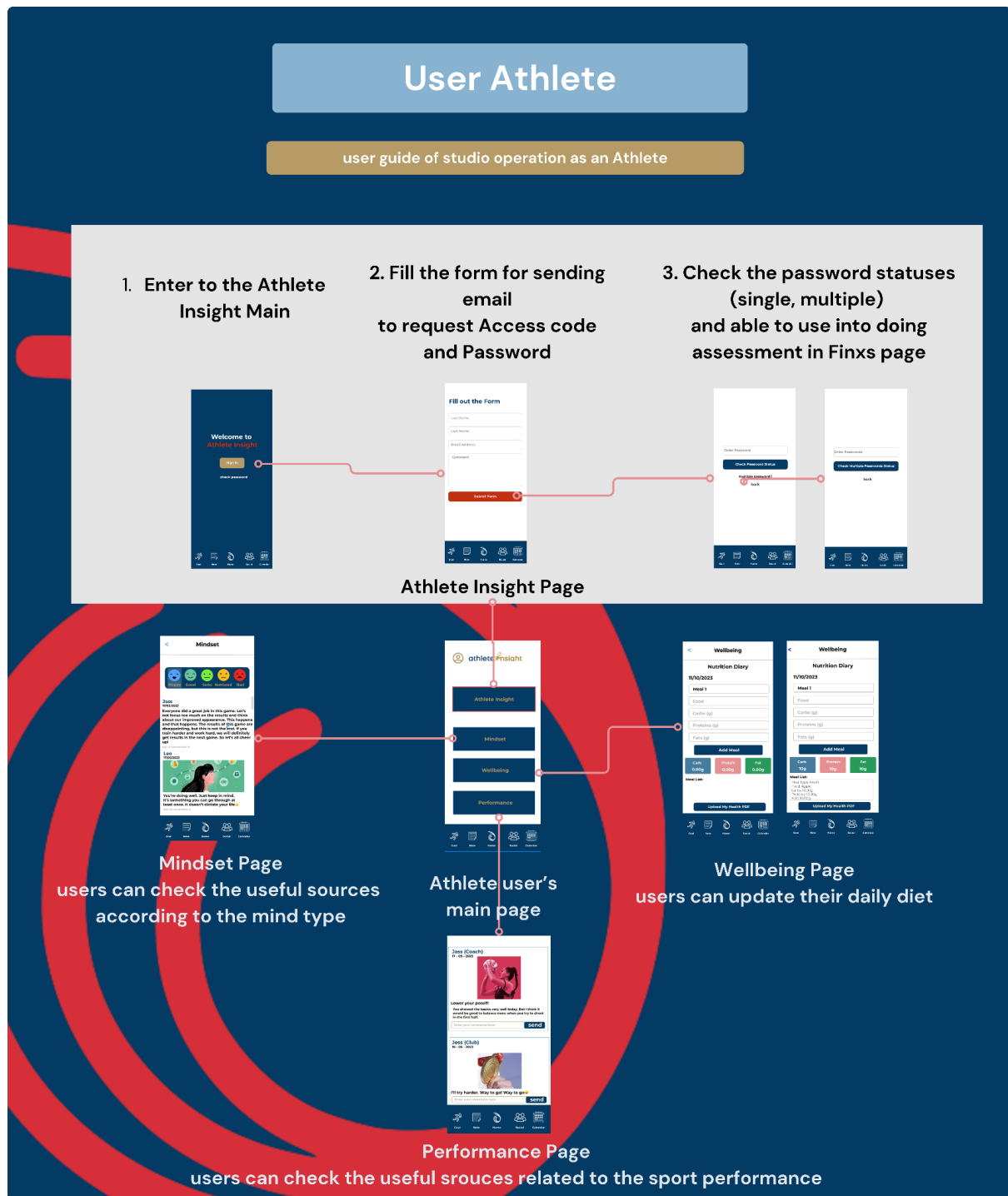


Figure 3. Athlete User Guide (studio section)

6. Use studio sections for their self development.

- **Mindset studio**
Users can check out useful mindset materials (photos or videos) posted by coaches, and these materials are categorized by mind category.

- Wellbeing studio
Users can record themselves about their daily meal history.
Users can upload PDF file containing their health records (optional)
- Performance studio
Users can check out useful performance materials (photos or videos) posted by coaches, and these materials are categorized by mind category.

7. Use the 'Athlete Insight' section for their self assessment.

- Enter the Athlete Insight button and sign in with a registered ID and password in the FinxS assessment page.
- To receive an Access Code and Password to perform the assessment, send an email to the Talent Insight Solution team
- When getting the password, check the availability of one or multiple passwords.
- Athletes are able to perform the Assessment in 'FinxS' website using access code and password given via email.

3.3. Coach



Figure 4. Coach User Guide

1. When entrance the first page, coach can see their dedicated Team.
2. Team
Users can check the Team name and the team members that they are responsible for.
3. Calendar

Users can manage their schedule using the calendar functions.

4. Use studio sections for supporting Athletes.

- Mindset studio
Users can upload the useful contents separated into the mind types (happy, good, soso, sad, bad). The contents can be photos or videos.
- Wellbeing studio
Users can check the health PDF if athletes upload.
- Performance studio
Users can upload useful content to enhance an athlete's performance. Content tailored to individual capabilities can be provided. The contents can be photos or videos.

5. Social page

Users can share important or useful information through the social page by posting

3.4. Parent

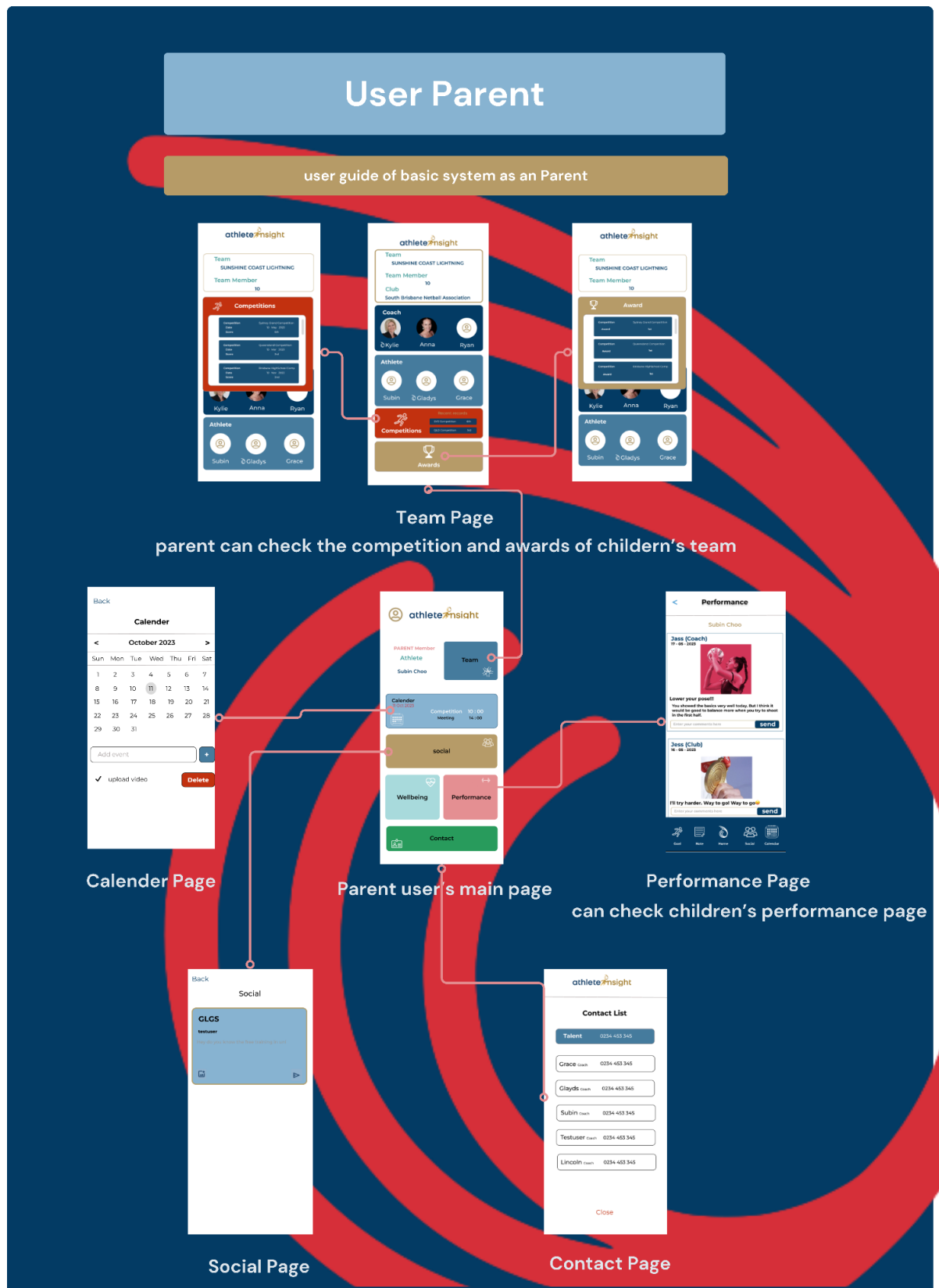


Figure 5. Parent User Guide

1. When entrance the first page, parents can see their children's information.

2. Team

Users can check the children's team information and the competition or results.

3. Calender

Users can put their children's schedule using the calendar functions.

4. Performance studio

Users can check their children's performance history , which are recommended contents by coaches for athlete training or personal competency development

5. Social page

Users can share important or useful information through the social page by posting

6. Contact

Users can check the contact number of Coach , other team members and Team main number

3.5. Club

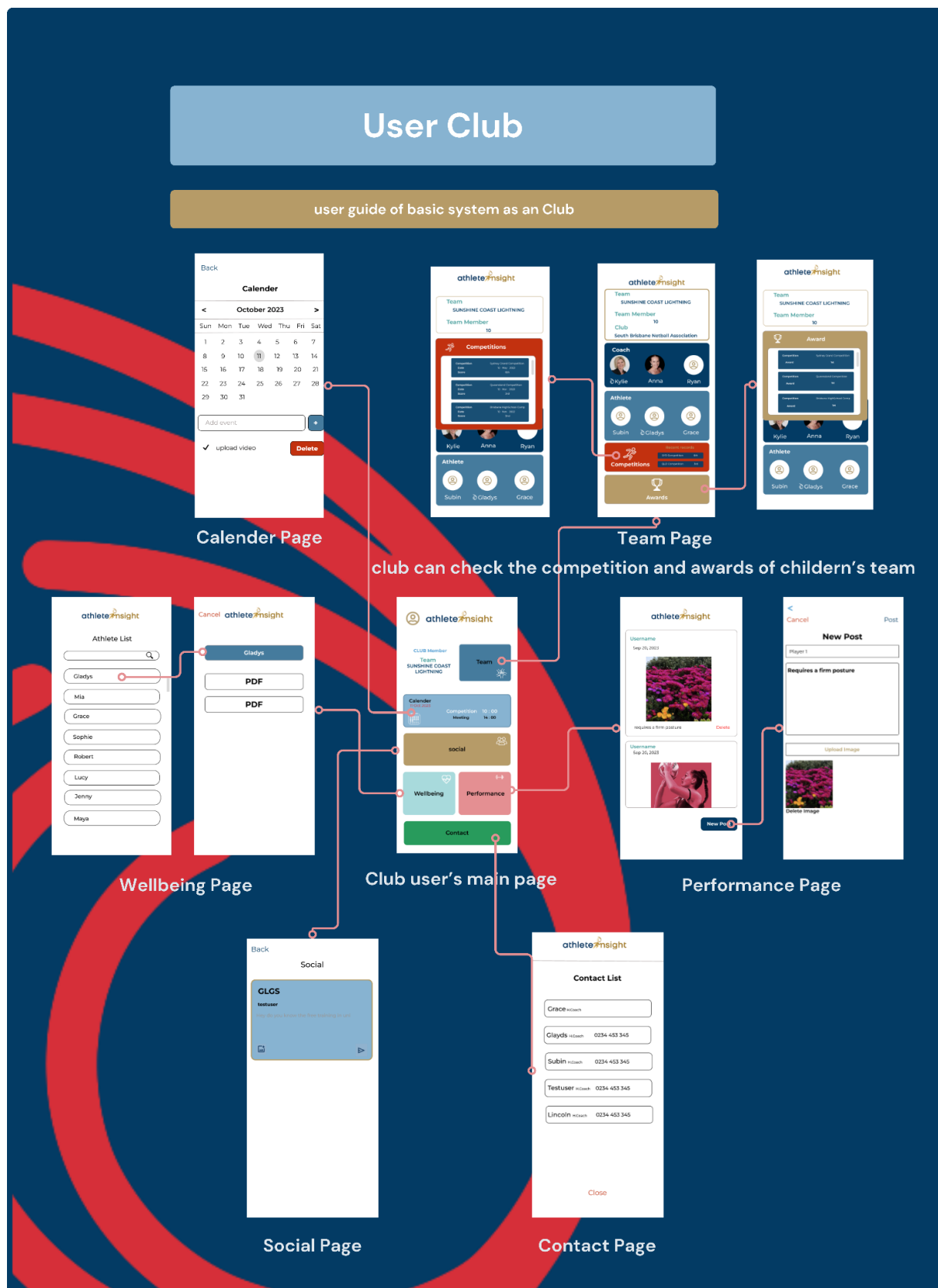


Figure 5. Club User Guide

1. When entrance the first page, club can see Team information

2. Team

Users can check the Team information and the competition or results.

3. Calender

Users can put their children's schedule using the calendar functions.

6. Use studio sections for supporting Athletes.

- Wellbeing studio

Users can check the health PDF if athletes upload.

- Performance studio

Users can upload useful content to enhance an athlete's performance. Content tailored to individual capabilities can be provided. The contents can be photos or videos.

4. Social page

Users can share important or useful information through the social page by posting

5. Contact

Users can check the contact number of Coaches.