# CZ2006 SOFTWARE ENGINEERING

# BCS3 WomenInTech

# FINAL DELIVERABLE:

# DATA DICTIONARY

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# Gym Establishments

| Term | Definition |
|---|---|
| **Gym** | Gymnasium; a physical place providing a range of facilities designed to improve and maintain physical fitness and health. This place must belong to a registered business in Singapore and be discoverable by map APIs. Home-gyms and gyms with restricted access, such as those found on the NTU campus and in army camps, for example, are not included in this definition. |
| **Name** | The name of the gym establishment, as registered under the Singapore government. An example would be 'Jurong East ActiveSG Gym'. |
| **Address** | The official location of the gym establishment, minimally consisting of a street number, street name, and postal code. An example would be '21 Jurong East Street 31, Singapore 609517'. |
| **Details** | A collection of the following information:<br>● Name<br>● Address |

# User

| Term | Definition |
|---|---|
| **User** | Patrons of our application. |
| **Location** | The geographical location at which the user is located at the time of using our app. |
| **Age** | How long the user has lived in years from their date of birth till the day on which they are using our app. |
| **Height** | The measurement of the user barefoot from head to toe. Can be in centimetres or feet & inches. |
| **Weight** | The weight of the user. Can be in kilograms or pounds. |
| **Menstruation Cycle** | The previous date on which the user menstruates. Only applicable to users of the 'female' Gender. |
| **Previous Injuries** | Bodily damage suffered by the user in the past that will impede their current performance at certain activities, or even bar them from partaking in them completely. An example would be 'arm' or 'leg'. |

## Application

| Term | Definition |
|------|------------|
| **App** | The 'WITFIT' application developed by CZ2006 BS3 WomenInTech team. Specifications of the app are detailed in the non-functional requirements. |
| **Permission** | Privileges that users need to grant our app, in order to access certain required information. An example would be location permissions, which allows our app access to information about the user's current geographical location. |
| **WITFIT Account** | A WITFIT account contains all relevant information with regards to a particular user. This includes the user's personal details and privacy settings. A username and password can be used to access the WITFIT account. |

## Exercise Terminology

| Term | Definition |
|------|------------|
| **Fitness Goals** | An overarching motive the user wants to achieve through exercise. An example would be 'losing weight'. |
| **Target Weight** | The ideal metric the user wants to achieve. It should be interpreted in the context of the Fitness Goal. For example, a Target Weight of '60kg' with a Fitness Goal of 'losing weight' would mean the user wants to lose weight till their weight is 60kg. |
| **Warm-up** | A set of activities done before the start of an Exercise to raise the body temperature and increasing blood flow to the muscles. |
| **Exercise** | A structured set of movements training a specifying part of the body. It shares a common beginning and ending point, allowing for Reps. An example would be a 'body-weight squat'. The plural form 'Exercises' would connote a collection of individual Exercise. |
| **Cool-down** | A set of activities done after the end of the Exercise to bring the body back to its normal physiological level by gradually slowing the pace of activity or by doing gentle exercises or stretches. |
| **Reps** | Repetitions; the number of times the user performs a given Exercise. An example would be '10 reps' of a body-weight squat, meaning the user does the 'body-weight squat' Exercise for 10 times. |

# Exercise Terminology

| | |
|---|---|
| **Sets** | A group of Reps performed consecutively. A Set is typically characterised by a resting period after. An example would be '2 sets' of 10 reps body-weight squat, meaning the user does 10 reps of body-weight squats, then rests, then performs another 10 reps for 2 sets total. |
| **Workout Routine** | A clearly-defined regime consisting of a fixed set of Exercises. It is often accompanied with information about the number of Reps and Sets. |
| **Intensity** | The level of difficulty of the workout. An example would be 'low', 'medium', and 'high', corresponding to the required levels of exertion by the user. |
| **Duration** | How long the workout will last. An example would be 'short' will be 15 minutes, 'medium' will be 30 minutes and 'long' will be 90 minutes. |
| **Training Location** | The place the user would like to carry out their Workout Routine. In our context, this would usually refer to Gyms, although it can also refer to Home for user-defined Workout Routines. |
| **Equipment** | Tools or accessories to aid the user in their Exercise. An example would be dumbbells, barbells and other gym equipment. |
| **Calories** | The amount of energy burned during a workout. |

# "Find a buddy" Terminology

| Term | Definition |
|---|---|
| **Buddy** | A user that another user has matched with. Both users have opted to pair up which has resulted in a match. |
| **Training Style** | The preferred way users would like to perform and carry out their fitness routine. An example would be 'low intensity'. |
| **Strengths** | Skills that are acquired by a person through their experiences or have attained through practice. An example would be 'callisthenics'. |
| **Suggested Buddy** | A user that is predicted to have a high chance of matching with the target user based on many factors, such as interests, fitness goals, training preferences, preferred gender, strengths, and training locations. |

| "Find a buddy" Terminology | |
| --- | --- |
| **Exchange of Messages** | History of messages between the user and Buddy. |
| **Buddy List** | List of Buddies that the user is currently matched with. |