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Users and Components

The app I chose to use for this assignment is Nike Training Club. The Nike Training Club app is a fitness app made by Nike to help people exercise and stay healthy. It gives users workout routines, training programs, and tips from fitness experts. The app is great for anyone who wants to get stronger, build endurance, or just be more active.

The app has different screens that help users in different ways. The Home Screen shows workout recommendations based on what the user likes and what they have done before. It also gives quick access to fitness plans and has a search bar to find workouts easily. The Workouts Screen has a big library of exercises that are sorted by type, difficulty, and length. Users can watch videos to learn how to do each workout correctly. The Programs Screen has training plans that last for several weeks, helping users follow a set schedule. The Activity Tracking Screen keeps track of workouts the user has completed and can connect to fitness apps like Apple Health or Google Fit. The Profile Screen lets users set their fitness goals and earn badges for their achievements.

The app uses data to make workouts personal for each user. It suggests workouts based on what the user has done before and keeps track of their progress. Users can also connect the app to a fitness tracker or smartwatch to measure things like steps, heart rate, and calories burned. This helps users see how much they are improving over time.

The app collects data from different places. Users enter their information, like age, fitness level, and goals, when they first set up the app. It also records which workouts they complete and how often they exercise. If the user connects a smartwatch, the app can track their movements and health stats. Nike also updates the app with new workout videos and expert advice to keep things fresh and exciting.

Each part of the app shows or collects important information to help the user. The Home Screen shows workout suggestions, while the Workouts Screen lists different exercises. The Programs Screen tracks progress in longer workout plans, and the Profile Screen keeps personal records and achievements. The Activity Tracking Screen logs completed workouts and health data from other fitness devices.

By using this data, users can reach their fitness goals. Seeing progress, earning badges, and getting workout suggestions helps keep them motivated. The app makes it easy to track improvements and stay on schedule. The charts, progress bars, and workout history give users a clear view of their fitness journey. The Nike Training Club app makes exercising fun and helps users stay on track with their health goals.