Summer School Project

Enhancing Gym App Functionality

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Expectations

- Reimplement the Gym application to realise additional features.

Rubric	Axes of Change
Baseline	Scheduled Classes
Good	Assessment Booking
Excellent	Goals
Outstanding	Fitness Programmes

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Scheduled Classes - Trainers

- Enable trainers to perform CRUD on scheduled classes (e.g. Boxercise, Pilates, HIIT, etc.).
- Typical data stored for scheduled classes would be:
  - class name
  - duration of the class
  - capacity of the class
  - difficulty level
  - time, date, etc.
- For each scheduled class, there should be a defined number of classes in the suite e.g. HIIT will run for 7 weeks.

Scheduled Classes - Members

- Enable members to view and search the scheduled classes.

- Members should be able to enrol in the scheduled classes. Allow the member to enrol in two ways:

  - Enrol in one specific class on a specific date.

  - Enrol in all classes in the suite.

- Enrolment in classes is subject to available space.

- Members should be able to un-enrol from classes too.

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Assessment Booking - Members

- Enable members to book an assessment with a Trainer of their choice on any date in the future they choose (assuming the Trainer is free at that time).

- CRUD should be implemented on Assessment Bookings for members.

Assessment Booking - Trainers

- Trainers can perform CRUD on assessment bookings such as:
  - view them,
  - cancel them,
  - update the assessment details associated with these bookings.
  - schedule a future assessment with a member.

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Goals/Targets

- Trainers can set goals for members.
- Members can set goals for themselves.
- A goal has a:
  - future date
  - description
  - future assessment measurement goals
  - a status indicating if the goal is:
    - open (i.e. > three days in the future),
    - achieved,
    - missed,
    - awaiting processing (i.e. a current assessment needs to be done to process it).

Goals/Targets - Member

Each time a member logs in, check whether they have any *open* goals or goals *awaiting processing*:

- If they have no goals of this status, prompt them to set a goal (they don't have to do it).

- If they have an goals of this status and the date is today or in the past, check if an assessment was done in the past three days:

  - If one was done, compare the assessment stats and determine (you decide here) whether the member's goal should be set to *achieved* or *missed* their goal.

  - If one wasn't done, ensure the status of the goal is set to awaiting processing and prompt the member to book an assessment with a trainer of their choice.
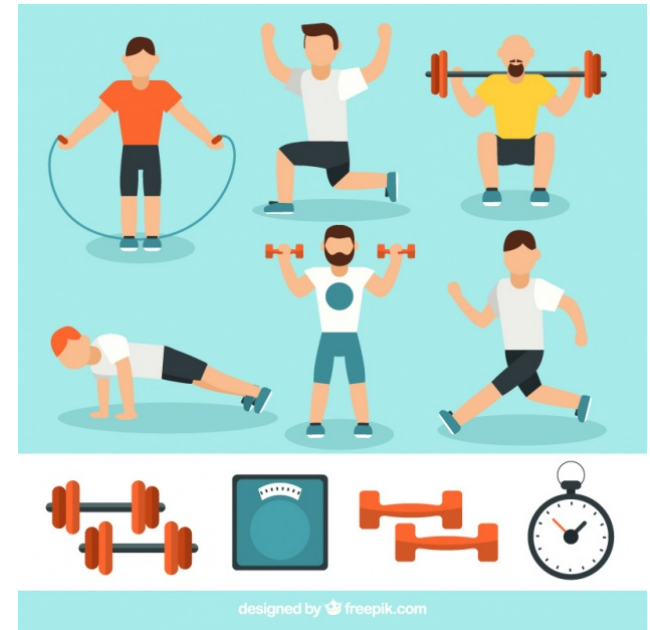
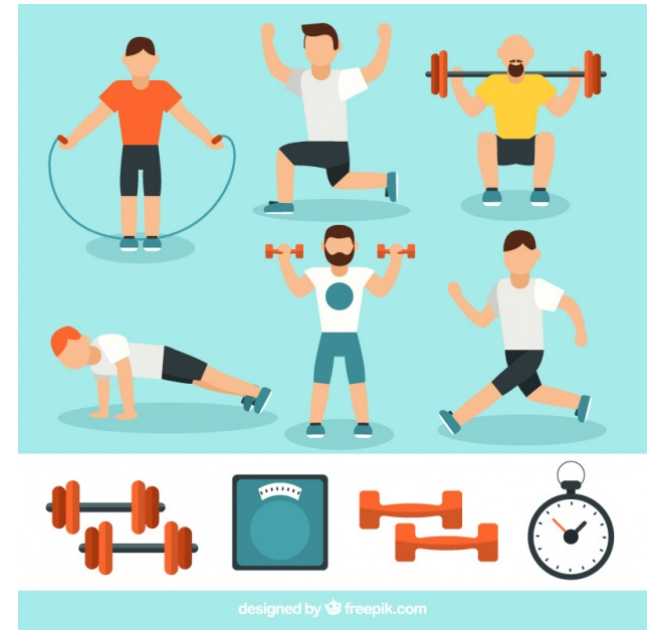| Rubric	Axes of Change
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Fitness Programmes

- A Fitness Programme comprises 5 exercises sessions.

- A Trainer can perform CRUD on Fitness Programmes.

- Members can view their Fitness Programme and individual sessions.

Fitness Programmes - Trainers

- Trainers can set up a Fitness Programme for a Member.

- A Trainer builds a Fitness Programme by choosing from the following session types:
  - a list of standard, predefined session programmes.
  - a bespoke session programmes developed by the trainer (i.e. comprising a mix of Resistance Weights and/or Cardiovascular Exercise Equipment such as Treadmill, Rower, Bike, etc.
  - a scheduled class.

But what if I want to develop my own app?

No problem!

- Just develop your idea, from scratch up to and including the complexity of Assessment Booking (i.e. the *Good* band).

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