Criterion A - Planning

Problem Statement

Wit (Client) doesn't have a way to keep his team consistently fit.

Word Count: 12

Description of Scenario (see Appendix 1)

Wit is the captain of the Villa Maria College Soccer team and his goal is to try to keep his team in shape during the offseason. However, at this time there is no set workout for the team, therefore, everyone on the team would have different workouts. In the end, there would be inconsistency for the team's fitness level.[1]

Word Count: 59

Rationale for the proposed product (see Appendix 1)

By using a programming language over a website, this allows Wit to be able to keep track of his player's progress throughout the offseason workout.[2] Along with that, I chose to work on NetBeans because it allows me to add GUI which allows the program to have different features that Wit wanted in the initial interview. For example, keeping track of different player's progress by having an account for each player to record their workout each day.[3] I have decided to use Java for the following reasons:
- I'm familiar with it
- Can be run on many platforms
- It allows me to use object-oriented programming
- Wide range of library to use from

Word Count: 88

Solutions

Prototype

Success Criteria for Product

      What the program will do
- Keeping track of players' growth and workout
  - Such as the amount they can lift, or their sprinting time.
- Assign workout for players
- Show players improve from their fitness testing[4]

      User-friendly features

- Usernames, Password for individuals
- Help Button- Pop-Up
- Progress Table

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[1] Wit Supprapipat, Interview by Winner Suppipat, Bangkok, November 19 2019, audio recording 1:12, Appendix 1
[2] Wit Supprapipat, Interview by Winner Suppipat, Bangkok, November 19 2019, audio recording 2:17, Appendix 1
[3] Wit Supprapipat, Interview by Winner Suppipat, Bangkok, November 19 2019, audio recording 2:20, Appendix 1
[4] Wit Supprapipat, Interview by Winner Suppipat, Bangkok, November 19 2019, audio recording 4:40, Appendix 1

Error/exception handling

Summary of Client Feedback on First Prototype (See Appendix 2)

Wit liked how there's username and password to keep track of different players' progress, however, he wanted the layout to change. These are his suggestions:
- Have two different tabs for weight and cardio
- Have two different tabs for new users and returning users
- Put in the table to show progress

Word Count: 25
Annotated Prototype Appendix 3

<u>Citations</u>

Supprapipat, Wit. Interview 1. Conducted by Akaranan Suppipat, November 18 2019.
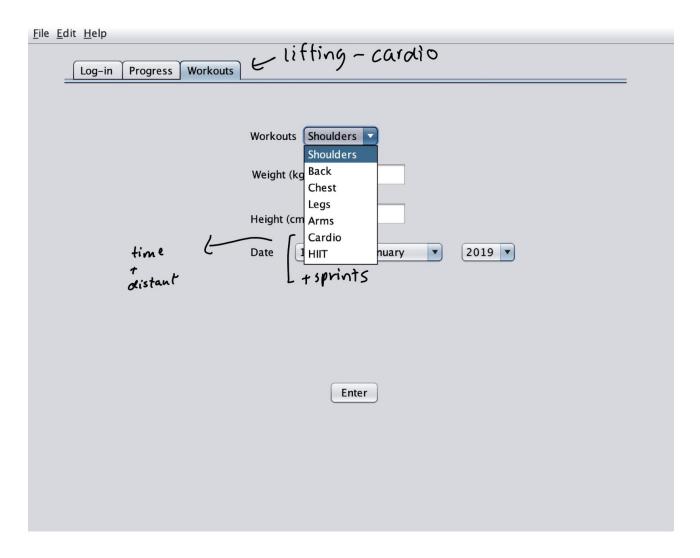
Appendix 1: Initial Interview

Initial Interview

Appendix 2: Prototype Interview

Prototype Interview

Appendix 3: Annotated Prototype

Log-in | **Progress** | Workouts

Progress [   ]

Put in table
↳ progress for each player
    ↳ speed
    ↳ agility
    ↳ strength

Log-in | Progress | **Workouts**

Workouts [Shoulders ▼]

Weight (kg) [   ]

Height (cm) [   ]

Date [1 ▼] [January ▼] [2019 ▼]

everything
that use
weight, have
weight - sets - reps

[Enter]

File Edit Help

Log-in | Progress | Workouts

← lifting – cardio

Workouts [Shoulders ▼]

Shoulders
Back
Weight (kg   Chest
Legs
Height (cm   Arms
Cardio
time   Date [1   HIIT   nuary ▼] [2019 ▼]
+
distant   + sprints

Enter

grade