

This is an interview for my internal assessment for IB computer science.

So first of all, I would like to ask, what's your name?

My name is Wilson Ahn

What grade are you and what school do you go to?

I'm a senior and I am attending an international school in Bangkok. This is my third year at ISB. I arrived during sophomore year.

Do you play any sports?

Yes, I play soccer and rugby. I've been playing soccer for almost all my life. And for rugby, I picked it up since freshman year at ISKL

So since you're an athlete, I am assuming you work out and go to the gym?

Yes

How long have you been to the gym?

I've been going to the gym 3 times a week

Since when?

Since freshmen year

Is there any trouble you're facing when going to the gym? Or are there anything you want to improve with your gyming experience

So this is my 4th year gyming, and one problem I'm facing is that I haven't been able to gain muscle mass as much as I expect to with a decrease in motivation. And so I just want a change in plan or a program that will help me gain more mass and increase motivation

And I'm assuming you go to the gym to also prepare yourself for the sports that you're doing? So I was wondering, have you been using any workout applications or websites on your phone?

Currently, No

So I'm assuming that since you're struggling with motivating yourself and not gaining enough mass, I would like to make a program or database that will help you improve, motivate, and guide you to improve your overall gyming experience

Yes, that would be very helpful

So you said you go to the gym 3 times a week, would you like to increase the number of days you go to the gym? Or would you stay at 3 times a week?

I am planning to stay at 3 times a week

Can you help me guide me to which information would be helpful to you? In the database that I will be making for you

So I would like to have a different type of muscle group options

So you also said that you are struggling to motivate yourself. Like with times, weeks, and days. So would a reminder option be helpful for you and help you with motivation?

Yes, it would.

So as I've seen you in the gym before, I would say your workout plan would be that you work for different main muscle groups each time you go to the gym.

Yes

I would like to make a database that will help you improve the gyming experience. You will be able to choose your own preference, amount of time, weight, muscle group, etc. So that the program will create the most effective workout for you.

There will be different exercises option, muscle group options, time options, set and reps options. It is up to you to customize your program. I also would like to make an algorithm that recommends what to do the next day based on the data you put in the program. If your work on the same thing repeatedly, then the program will recommend you to do other exercises. How does that sound to you?

Yes that sounds good

Also, would an alert be helpful to you as you said you have a problem with time management and motivation to go to the gym?

Yes, that will help me so it can remind me to go to the gym, and hopefully, it will bring up my motivation to the gym

I would also like to make another database that will record your exercises. It will calculate and link it back to the workout recommendations so it will help to recommend you to maximize your gyming experience. To increase mass and size etc.

Yes

I would also like to make another option call pre-season which will allow you to train before your season starts. Different sports in the pre-season sections will have a different type of workout

For the future, I think it would be beneficial to also add a section about diet and supplement mistakes. But we can talk about it in the future. (Diet calculation etc.)

I think this is good for now, thank you for your time and we will see if we have any other problems we can discuss in the future