7th November

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Background detail

Mr Fitzpatrick has taught me rugby in the past and he likes to keep his players fit. This is so he can get the best possible potential out of the players he teaches, as in the past some teams have not been as fit as they should have been by relaxing over the holidays and not doing much fitness as asked.

In the holidays he says we must keep fit and usually prints off fitness sheets to give to us. But I am going to aid him in this matter by making a fitness plan on the computer which he can project onto a screen which players can sit and watch what they are suppose to be aiming at over the holidays. I think this will aid him in his quest to have physically fit players on his squad.

Statement of problem

I intend to create a computer based project to help sports teachers introduce a fitness plan so that rugby players will be able too see what they need to be aiming for over the holidays and also to introduce the game of rugby to new players to the game presentation projected out. By using a computer based project this will be a lot quicker then having a discussion therefore saving time. Players must also take attention to this as it will stick in their mind for quite a long time as it is presented in the way they like instead of having handouts so they will not be interested in reading them.

Alternative solutions discussed

The fitness plan could be typed out on Microsoft word and handed to all the players as a document to read, but this would take more time than required and would also cost money in paper and ink. This sheet could also be lost before the player has read it meaning that it has served no purpose because the player has not read it.

The plan could also be done on Microsoft excel as a spreadsheet but again as with word that will take up too much time and cost money in ink and paper. We could also use other software such as lotus smart suite and type the plan up on paper, which would create the same problems as using Microsoft word.

Justification of chosen method

I am choosing Microsoft PowerPoint to do my project because it is a lot simpler to use and I think and it will be more exciting than just using word and typing things out. Because with using Microsoft powerpoint you have to add colours to the project and use your brain a lot more then if you are just using Microsoft word therefore making it a lot more challenging and having more fun while you work. It will also be a lot more challenging than just using word as well because I have to put hyperlinks and pictures and coloured backgrounds in as well.

Microsoft PowerPoint is not new to me because I have used it for projects in the past but if I used front page or publisher I wouldn't know what I am doing because I haven't properly used them before.

User requirements specified (objectives)

1. **Colourful designs**
2. **At least one picture on each slide**
3. **At least two diets added to the project**
4. **Motion pictures if possible to show how some exercises are done**
5. **At least two fitness plans added**
6. **Slides on teaching new players the basics of the game**
7. **Videos showing plays and moves which could be recorded and used in match situations**
8. **Protective clothing that could be worn in matches should appear on a slide**
9. **Hymers playing rugby on opening page with introduction to the presentation**
10. **A brief slide on what all the players should be looking to work on in their game.**

Appropriate software identified

- **Windows 98**
- **Microsoft office 2000**
    - **Presentation software**

Appropriate hardware identified

Pentium 4.16 gigahertz
1xlaser colour printer (this is needed because some slides use pictures that are in colour)
1xblack and white Samsung printer for printing off typed coursework
1xcompact disk drive
A usually pc with keyboard, mouse, floppy drive and compact disk drive

Data collection and input explained

My main sources of data are the Internet and books.
The website I am mainly using is
http://www.ais.org.au/nutrition/FuelLeague.htm
I have chosen this website because it give me a lot of information of diet and nutrition for rugby players, which is what my project is on. I have also been given a lot of my information from Mr Fitzpatrick about what he would like in the presentation as he is my user and I am doing the presentation for him. Also so I have used diets from official rugby players websites to add to my presentation.

Validation explained

I think the data is valid because it is an official website and is updated regularly. The nutrition plans on it are also used by professional players as it states on the website. Some of the best rugby players in the world also use the nutrition plans, such as Keith wood and others. Also the information I collect from Mr Fitzpatrick is valid because he is my user and knows what he wants in the PowerPoint presentation. Also to stop my user from getting on slides that he doesn't want to be on I have switched off slide transition.

Data manipulation explained

During the presentation I intend to show rugby players how they can improve their fitness and diet on a screen.

I intend to flick between slides with the click of a mouse but if I were going to let my end user perform the slide show I would have hyperlink slides. So it is easier to navigate around the slides. This would also make the slide show easier to work out for the presenter of the show.

Alternative forms of output considered

I have discussed that I could also put the presentation to a file or a disk to give to the rugby players and they watch it by themselves on their home computer. Also I could have printed it out into handout form and handed one each to all of the players. The presentation could be put on the school-shared network and all the players have to look it up by themselves in their own time and read it.

Appropriate choices made and justified

I have chosen the correct application package because it will be better for the presentation and it will be easier than you using any other applications. That is was I think anyway. I also think it is the right package because it will al so be easy for the teachers to work. The project could not be printed out in hand out form because the paper may be lost of something may be spilled on them therefore making it impossible for the receiver to use it. If it is put on the shared network the players would have to go look it up in their spare time and most players would not use their spare time to look at it. If it is put on a disk for the players too look at it at home some of the players may not have a home computer therefore making it impossible for them too look st the presentation.

Appropriate back up explained

I am going to keep the extra copies of my project on my school server. And if I save onto the school server that straightaway backs it up so I can't loose it. The user could make several copies of the presentation some on floppy disk and some on disk and they could be kept in a safe place so if one copy is lost they have always got a spare one to refer to.

Appropriate security explained

For security I could password protect my work so I and the teacher who I am doing the project for can only access it. It is also saved on a secure network so none of my colleagues can access the project. Also the network is backed up every night and that means that there will always be to copies of my project.

Initial designs adequate and justified

I handed my user all slides in a handout format and asked him to evaluate them all and write down any changes he wanted. He made several changes to my slides and I acted upon all these and corrected them all, as he wanted them.

User interview recorded and acted on

I asked many questions in my interview with my user and acted upon all his answers in the correct manner. The interview was done on a piece of paper with questions on and I had my user fit in the blank spaces with his answers. The interview is added on a piece of paper.

Evidence of user feedback on designs

On sheets attached

Final design described in detail

All the way through the presentation I used the font verdana and all t he way through I have also used the same colour background so some of them don't look odd compared to the rest of them. But there is one exception to that which is the opening slide where it is a picture of Hymers playing in a game of rugby. Also on every slide there is a hyperlink to another page and there is also a picture on ever slide during the presentation.

Top down system diagram

On paper attached

Full and effective test plan devised

On paper attached

Validation checks tested

To stop my user from going on slides that he doesn't want to be on by clicking in the wrong place on the slide I have switched off slide transition, this stops the user from clicking on the background and it taking him to a slide where he doesn't want to be.

Annotated hardcopy of implementation

On paper attached

Annotated hardcopy of test plan

On paper attached

Have all errors been corrected

After carrying out my test plan fully and effectively I have found that I have no errors that need to be corrected but if any do occur later on I will write then on at the end.

Original objectives fully evaluated

1. **He asked for movies such as fitness techniques such as star jumps and press-ups, which I added several of.**
2. **Every 8-10 slides will have pictures on but I put a picture on every slide.**
3. **He also asked me to research and suggest fitness plans and healthy eating plans so I added 3 healthy eating plans.**
4. **I also added colourful designs, which my user added I did this by using a blue and white background on every slide.**
5. **I also used a picture of the Hymers first team playing rugby on the opening page.**

Written evidence of user acceptance

On paper attached

Comments critical and relevant

Further enhancements for the future

I could add more slides to the presentation and maybe change the colour of some slides as the same colour on every slide may look a bit boring. I could also use some different pictures as some of them are a bit blared on some of the slides.