

**UNIVERSITI TEKNOLOGI MARA**

**MOBILE HEART RATE  
MONITORING AND ADVISING  
SYSTEM**

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**BACHELOR OF COMPUTER SCIENCE (Hons.)**

**JULY 2015**

**UNIVERSITI TEKNOLOGI MARA**

**MOBILE HEART RATE MONITORING  
AND ADVISING SYSTEM**

**MOHD FAIZAL BIN KAMARUDDIN**

**Thesis submitted in fulfillment of the requirements for  
Bachelor of Computer Science (Hons.)  
Faculty of Computer and Mathematical Sciences**

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# **SUPERVISOR'S APPROVAL**

## **MOBILE HEART RATE MONITORING AND ADVISING SYSTEM**

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This project report was prepared under the direction of project report supervisor, Sir Mohd Rahmat bin Mohd Noordin. It was submitted to the Faculty of Computer and Mathematical Sciences and was accepted in partial fulfilment of the requirements for the degree of Bachelor of Computer Science (Hons).

Approved by

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Project Supervisor

JULY 28, 2015

## **STUDENT'S DECLARATION**

I certify that this report and the research to which it refers are the product of my own and that any ideas or quotation from the work of other people, published or otherwise are fully acknowledged in accordance with the standard referring practices of the discipline.

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## ABSTRACT

Heart rate is also known as pulse, the number of times a person heart beats per minute. A normal rate depends on the individual, age, body size, heart conditions, whether the person is sitting or moving, medication use and even air temperature. As a human the first thing that we need to make sure our heart performance in a good condition is we need to do a daily exercise. Those people who always do the exercises, the heart performance become well. The problem is people do not have a monitor and do not know how to measure heart rate manually. Even though in a Play Store have an application to measure heart rate but the application do not give any idea or advice to the user on what people need to do after have the heart rate result. For this project mobile heart rate monitoring and advising system the developer will use Extreme Programming Methodology while in documenting and developing this project. This methodology will be the guideline to make sure this project succeed. This application provides a benefit to the user in measuring heart rate and gives advice to them. It can be effective way to the people to get an advice from the applications since peoples hard to seek to the expert to be advice. The scope of this project is only focusing on Android mobile user. In future it will be available for IOS user.

*Keyword: Pulse, Beats Per Minute, Heart Rate, Monitoring, Advice, Measure, Result,*

*Extreme Programming Methodology, Android Mobile User.*