Universiti Teknologi MARA

E-Wellness System

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ABSTRACT

This project is purposely being developed to enhance the current business process of the Wellness Center. The objectives are to identify the requirement, to develop, and to design for E-Wellness system. The problem statement is the customer need to make a call to make appointment scheduling and the trainer will busy to handle the appointment scheduling through the phone. The scope of this project can be seen in three views which are for customer, trainer and manager. The customer able to sign up into the system to make any manage their exercise schedule. While the trainer can manage achievement for each customer that assign under their trainee and the manager can manage customer which is update customer payment status and set the trainer for each customer. For literature review, it explains some of the meaning based on previous studies and research such as what is wellness, physical activity, fitness, E-Wellness, system, online appointment schedule and the SMS Gateway. For the relate works are based on the existing system such as Nova Fitness, Gorgeous Fitness Centers and Lean Bodies Fitness Center. For this project the methodology that will be use is Rapid Application Development (RAD) model. The RAD have several stages such as requirement, analysis, implementation and cutover. But for this project, the researcher decide not to do the cutover phase because of the limited time and Chapter 3 will explain more detail about the methodology. The researcher decide to do an interview session with the one of the trainer at the Wellness Center Section 7, Miss Ain, to get the requirement that are need for this project. In the design phase, the researcher decide to use two of three fidelity which is low fidelity and high fidelity. The tools that use to develop this project are MySQL, PHP, Adobe Dreamweaver and others that will be described in software and hardware requirement part. For the conclusion, this report will be described briefly about E-Wellness System.

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CHAPTER 1

INTRODUCTION

The purpose of this chapter is to ensure quality and timely completion of a final year project, clear guidelines and procedures are necessary. Therefore, the main purpose in the this chapter is we are focusing on the some of the research such as research background, research problem statement, research objective, research question, research significant, and research scope.

1.1 Research Background

This study attempt to develop E-Wellness System. Generally, wellness is define as the activities that the person enjoy to do and it also as the deterrent approach to maintain good physical and mental health (Myers, Sweeney, and Witmer, 2000). In addition, it also is an ongoing process to make changes and aslo can assist in development by being more concerned about making choices that will lead to the establishment of a more balance. There are many measures related to the physical, emotional, social, employment, environmental, spiritual, intellectual and financial. In order to achieve optimum health, each dimension is important in our lives. ('Towson University'). In addition, the person who need to exercise, eat a balanced overall foods diet, and take time to calm and focus the mind, to get a life filled with good health, vitality and mental (Fitness Health101, 2014). According to Choi and Stvilia (2013), promoting wellness is important to improve people's health and reduce the healthcare costs.

This project will help people to know the best ways to manage their wellness especially on fitness. Being a fitness person not only make people lose their weight but it also help them to plan their meal and know what the best meal for their body and maintain their health. Besides that, this project also will help people to manage their exercise schedule. It is because their do not have time