



Falcon Gym Project

Get Falcon Fit



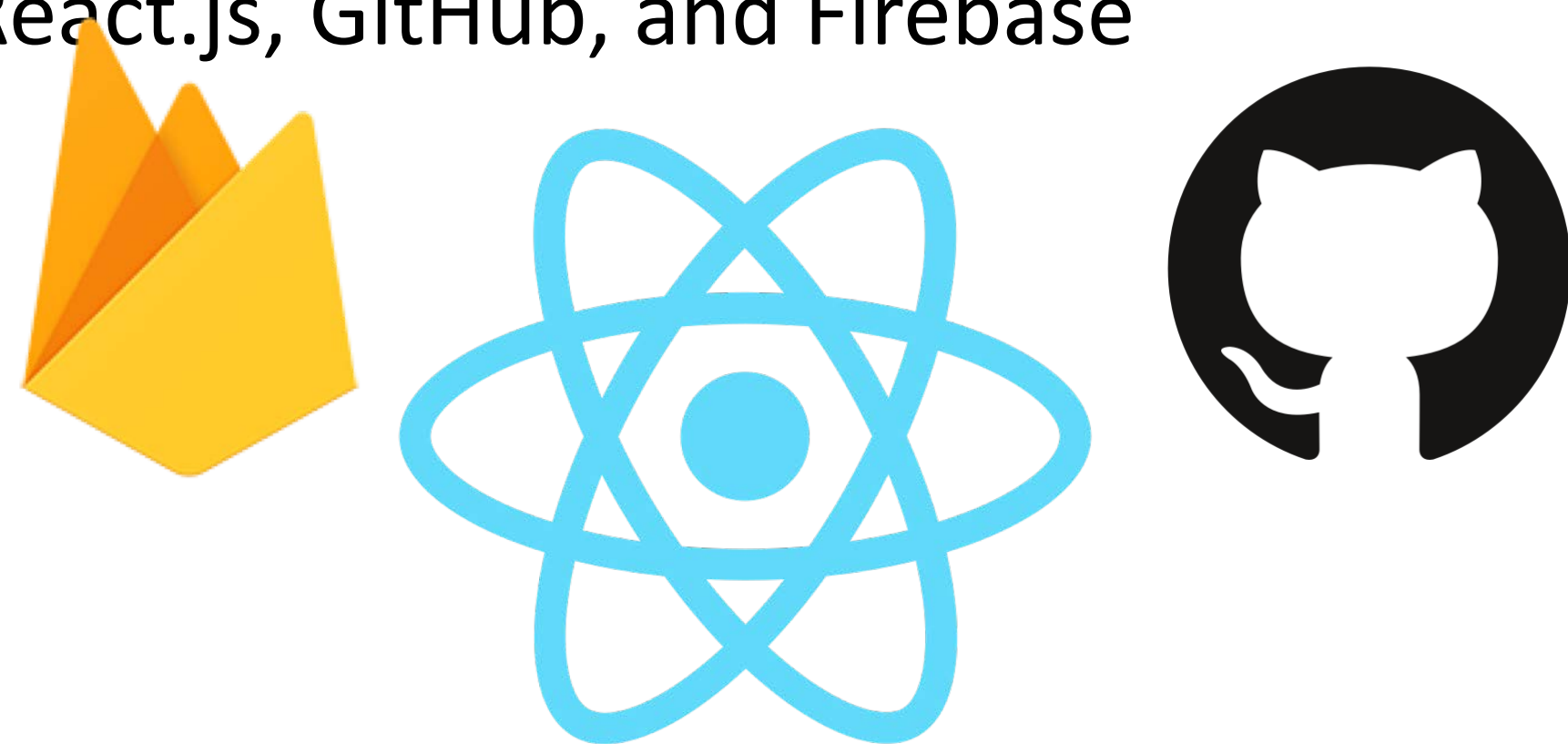
Developed by The Waffle House: Katy Graham, Jenai Macklin, Sierra Maple, Shelley Waltar

Overview

The Falcon Gym Project is a collaboration between Health and Human Performance students and Computer Science students. Senior Exercise Science students work in tandem with the Falcon Fitness application to provide resources for students using campus fitness facilities. Our development team worked to create the Falcon Fitness application,

Implementation

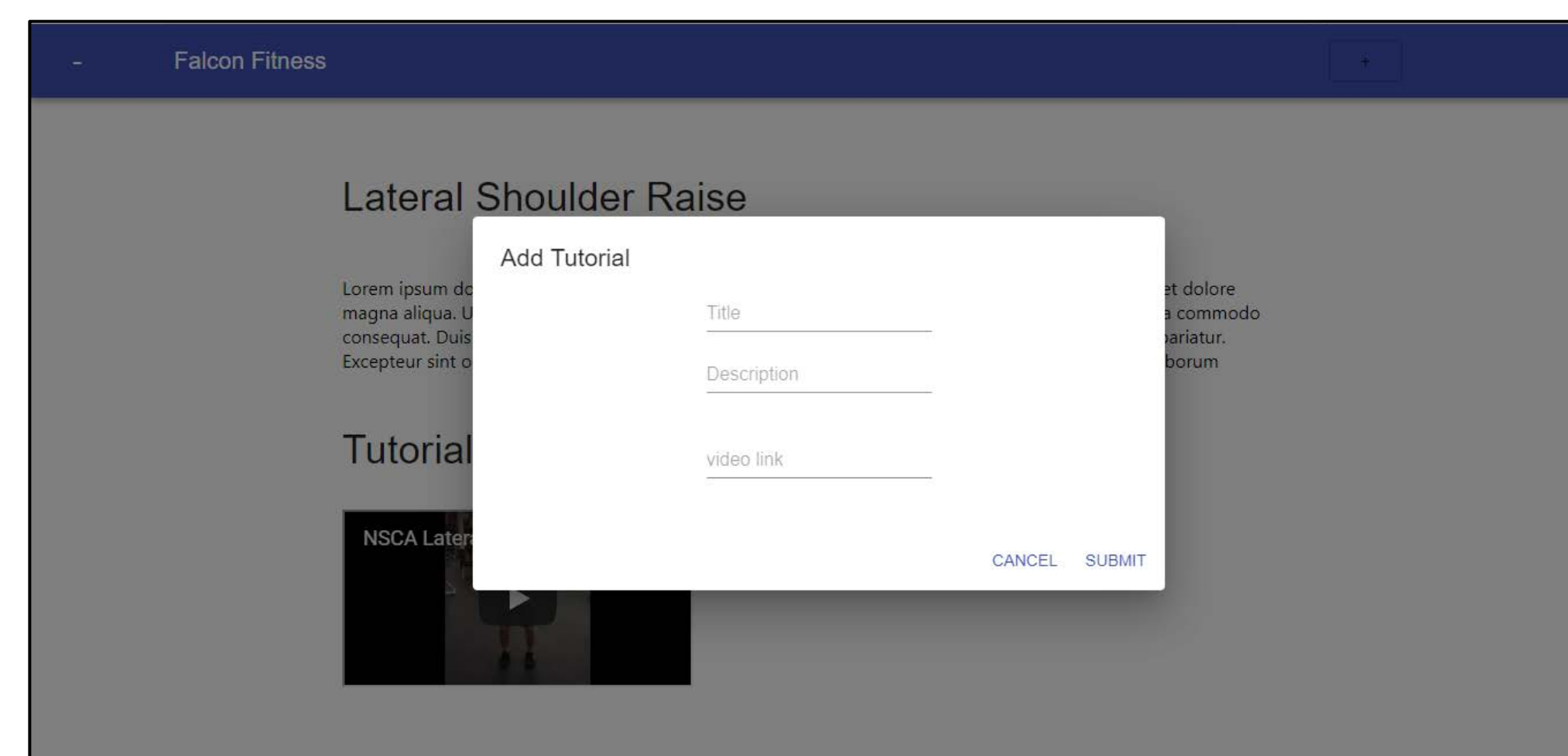
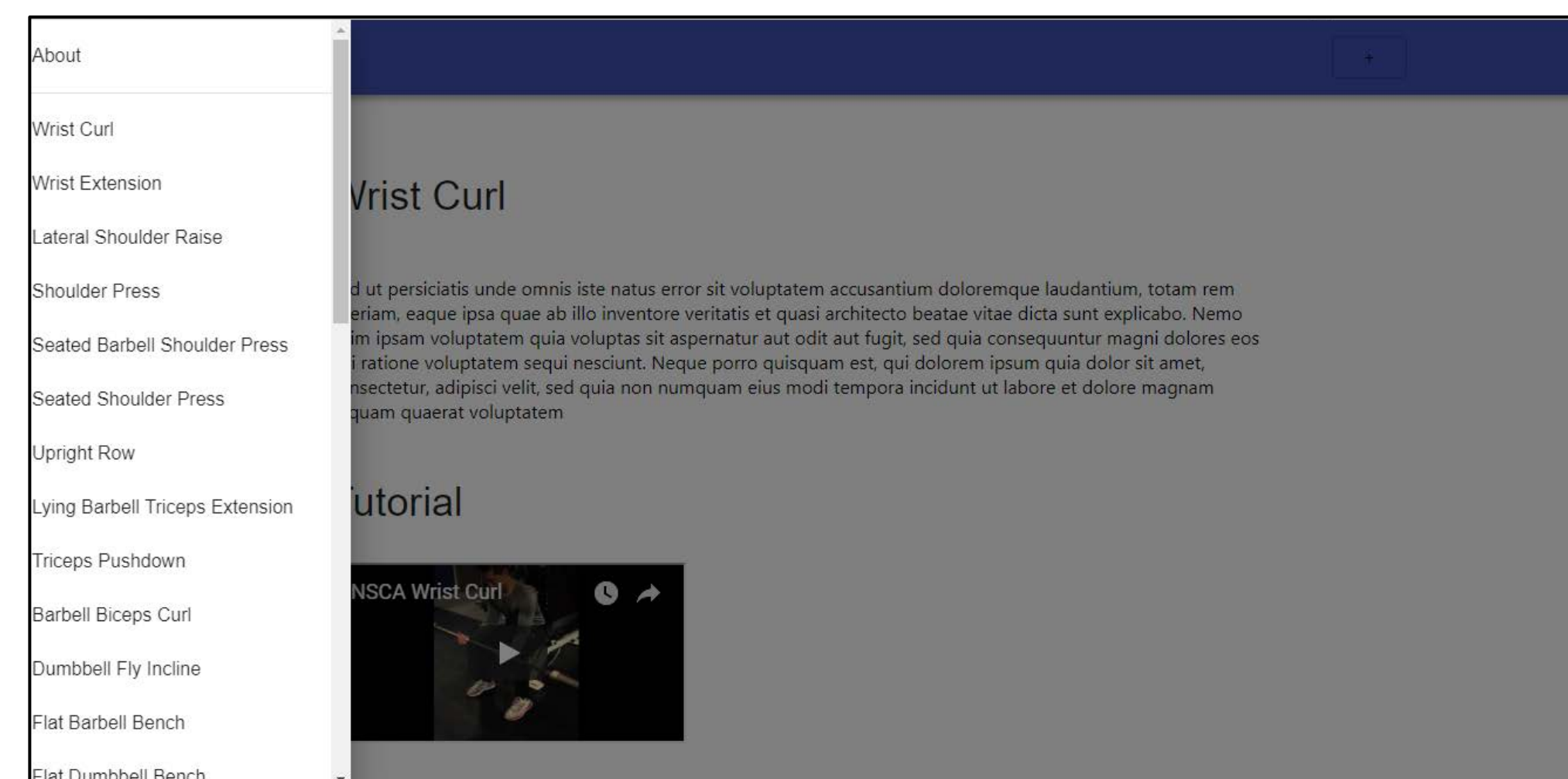
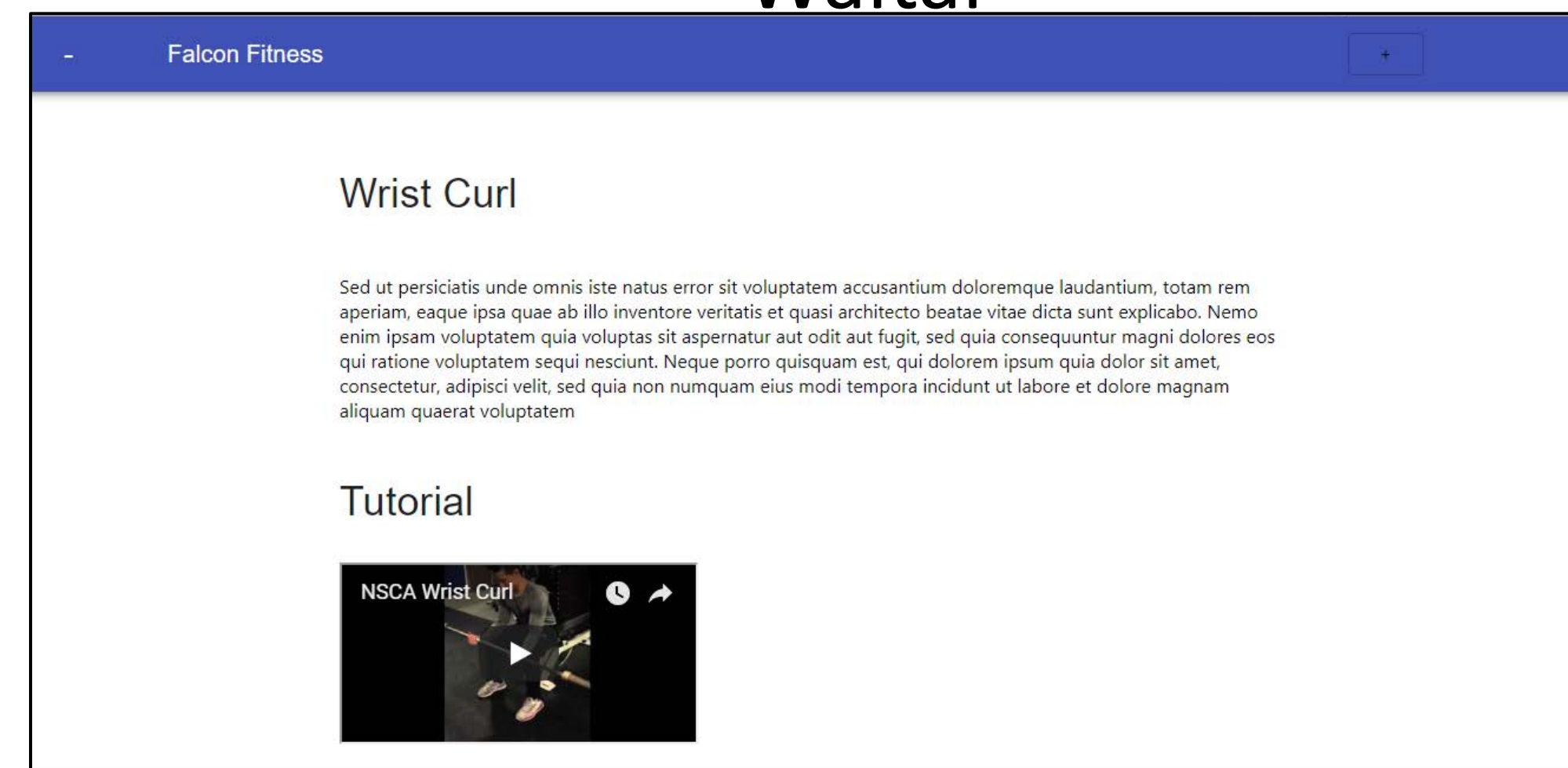
Falcon Fitness is a webpage, designed to be accessible on mobile devices. This allows users of any device style to access the application. Falcon Fitness development took place using React.js, GitHub, and Firebase



Project Sponsor Dr. JoAnn Atwell-Scrivner

Faculty Supervisors Dr. Aaron Dingler, Dr.

Flaine Weltz



Purpose

Seattle Pacific University has subpar fitness facilities in comparison to similar universities. The Falcon Gym Project strives to improve access to and use of the existing fitness centers in order to improve student wellness. Senior Exercise Science students provide in-person training assistance, while the Falcon Fitness application provides standalone instruction to mitigate potential intimidation brought on by unfamiliar fitness machines. Both resources

Features

Seattle Pacific University students can:

- Scan a QR code to access an equipment page
- View a video on proper use of the equipment
- Read a description of the equipment, what muscles it works, and how to get the best benefit out of it
- Access the equipment pages directly using URL
- View practicum trainer schedules

The admin can: