ABSTRACT

Michael Thomas Hermawan (08220090028)

MOBILE FITNESS SUPPORT PROGRAM

(xiii + 70 pages; 34 figure ; 6 tables)

Fitness exercise has become a popular sport at the moment. However, people often do this kind of exercise in a wrong way. This thing leads to a non effective exercise or in other words it gives a dissatisfying result in spite of the time and effort which have been given into the exercise.

In this research, a solution is proposed to solve the problem above by creating a mobile fitness support program which works on a smartphone running google android operating system. This program can give a list of fitness exercise appropriate for the user’s body type based from the user’s input, so it will have a higher effectivity.

The resulting program provides many features to help people maintain their fitness exercise. Information, such as scheduling, fitness program, and weekly report are given for the user on the go. Using the schedule feature, one can easily manage their exercise schedule. They also can get information about their health progress by accessing weekly report. However, this program measuring technique is limited to BMI only.

The results show that 100% of users with endomorphy (4 of 4) and ectomorphy(2 of 2) body types get a positive results from it. They get a good progress towards their fitness goal. But, only 25% of the users (1 of 4) with mesomorphy body type got a good progress.

References: 14 (1977-2012)