ABSTRACT

TaitGo is a mobile app that combines York University Athletics and Recreation with the user's personal goals. The system will track personal activity, more specifically, in relation to the Tait Mckenzie facility. The app encourages students and community gym members to become more involved with York athletics and achieve their fitness goals while connecting with others. The research conducted include the observation of Tait Mckenzie, two questionnaires, user testing, and an analysis of the post-user testing.

Student's will be able to access York's athletic information, activity schedules and sign ups in addition to a compilation of their personal goals, activities and statistics. The goal-oriented database, will track a users progress and tailor their experiences based on anayltics and filters. It will also address the problem of having to bring an additional bracelet/tag and student ID card to enter the fitness centre area. The app will gamify the experience of working out, achieving goals, and the involvement in the fitness community.

PROBLEMS

Lack of organization and student awareness of the facility services and fitness classes

Hassle of having to bring a bracelet/tag and student ID card

Low involvement of students in programs less related to physical activity

Not specific to personal goals

PROCEDURE

Pre-testing questionnaire: basic information about the participants and fitness related questions

Task based user testing using digital prototype with iphone of 6 use cases and a "think-aloud" method

Post-testing questionnaire: evaluation of the user's experience using the prototype - interface, usability and satisftaction, negatives and positives, suggestions

RESULTS

We were able to observe and record what is most important to the users, what they enjoyed and what they struggled with in our application with direct feedback

TAITGo

How can we enhance the user's gym experience at the Tait Mckenzie Fitness Centre?

Lara Calucag, Katreena Dalisay, Michelle Young
Sandra Gabriele FA/YSDN3005 York Univeristy

SOLUTION

A tracking and goal-oriented database that illustrates the user's progress through user inputs and health analytics

Access to activity schedules and sign ups to be added to a personal calendar

Tailored recommended activities and challenges to the user's specific preferences and goals

Gamifying the experience of working out, achieving goals, and involvement in the fitness community

Implementation of user requests such as anchoring the navigation and altering certan icons for clarity

INTERFACE

- The app is easy to use.
- The app is stimulating.
- The app is flexible.
- The characters on the screen are easy to read.
- The information is well-organized.
- The sequence of the screens is very clear.
- The dialogue is simple and natural.
- The use of terms throughout the system is consistent.
- The prompts for input are clear.
- Learning to operate the system is easy.
- Performing tasks is straightforward.
- Correcting mistakes is easy.

USABILITY
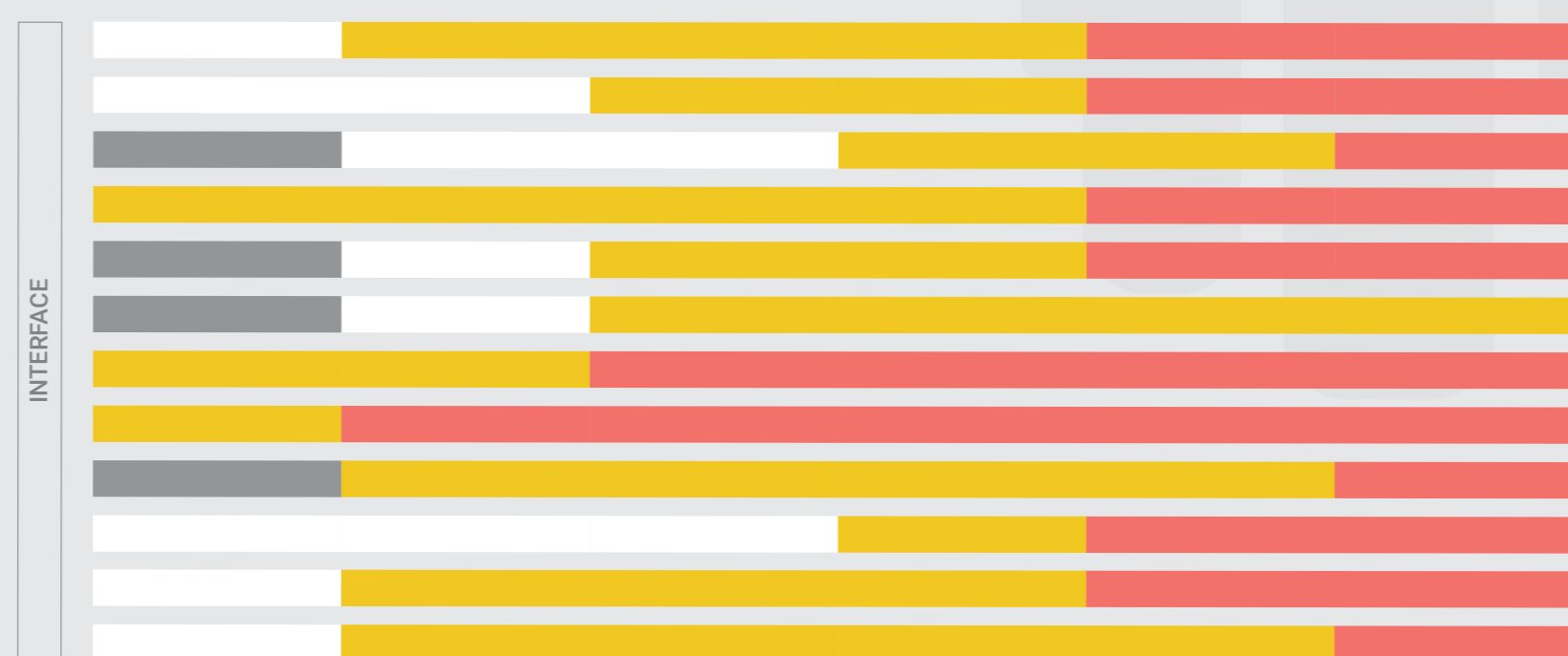
- The app helps me be more efficient.
- The app does everything I expect it too.
- The app is user friendly.
- Both occasional and regular users would like it.
- I am satisfied with the ease of competing the tasks in the scenarios.
- I am satisfied with the amount of time it took to complete the tasks in the scenarios.
- I would recommend the app to a friend.
- The app works the way I want it to work.
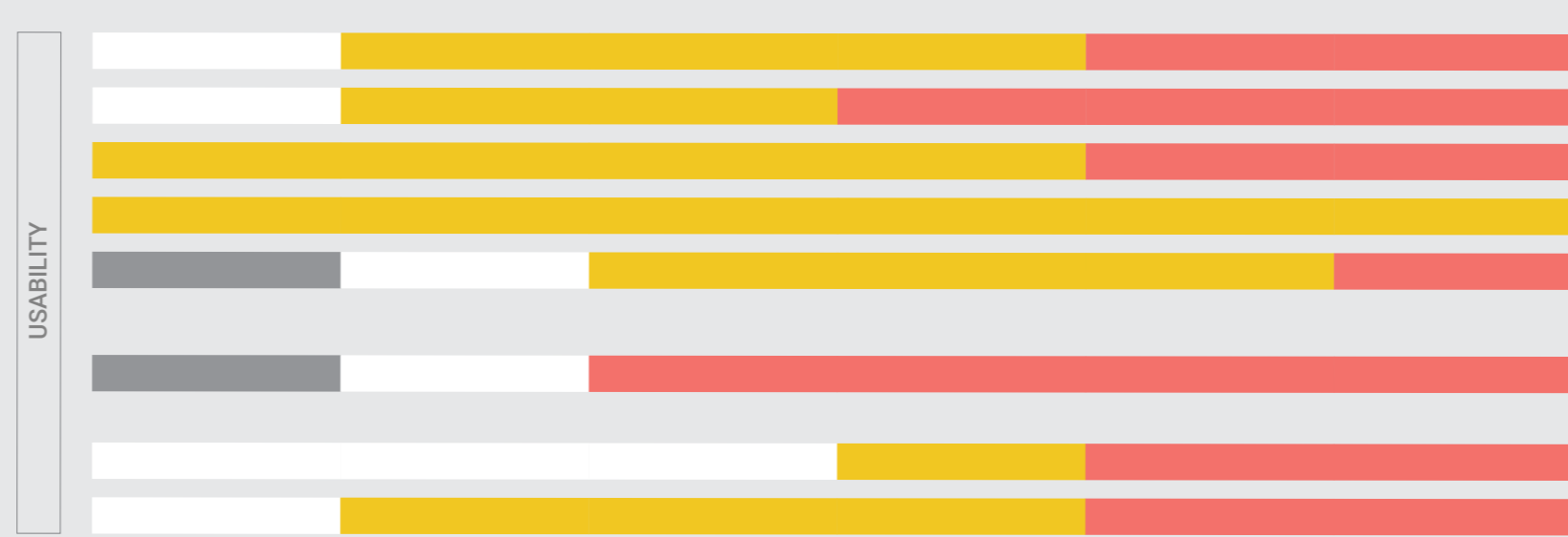
Legend: ■ Strongly Disagree ■ Disagree □ Neutral ■ Agree ■ Strongly Agree