TALLINN UNIVERSITY OF TECHNOLOGY

School of Information Technologies

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Online sports coach service

Homework for ICD0021

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Tallinn 2023

Author’s declaration of originality

I hereby certify that I am the sole author of this thesis. All the used materials, references to the literature and the work of others have been referred to. This thesis has not been presented for examination anywhere else.

Author: Jan Solovjov

17.02.2023

1. Introduction

A platform that connects athletes with coaches for personalized training sessions. It is going to be a web-based service that facilitates the connection between athletes and coaches across various sports. Athletes would create a profile on the platform detailing their sport, skill level, and training goals. Coaches would also create profiles highlighting their experience, certifications, and areas of expertise.

Using the platform, athletes would be able to search and filter through coaches based on their specific needs and preferences. They would be able to view coaches' profiles, read reviews and ratings from other athletes, and communicate with coaches through the platform. Coaches would also be able to search for and connect with athletes who fit their specialty and skill set.

Once connected, athletes and coaches would be able to schedule personalized training sessions either in-person or virtually, depending on the athlete's location and preference. Coaches would be able to provide training plans and personalized feedback on technique and performance. The platform would facilitate payments for coaching services and provide both parties with tools for managing scheduling, communication, and progress tracking.

Overall, this platform would provide athletes with a convenient way to find and connect with experienced coaches for personalized training, and coaches with a way to expand their reach and provide their services to a wider audience.

A platform that connects coaches with athletes for personalized training sessions will have the following features:

Registration: Athletes and coaches can create accounts and profiles with basic information, including their name, sport, location, and level of experience.

Search and filter: Athletes can search for coaches based on criteria such as sport, location, level of experience, and price. Coaches can also search for athletes based on skill level and specialty.

Scheduling: The platform allows athletes and coaches to schedule training sessions directly on the platform, and sends reminders of upcoming sessions.

Payment: Athletes can make payments for training sessions on the platform. The platform handles transactions securely and takes a commission.

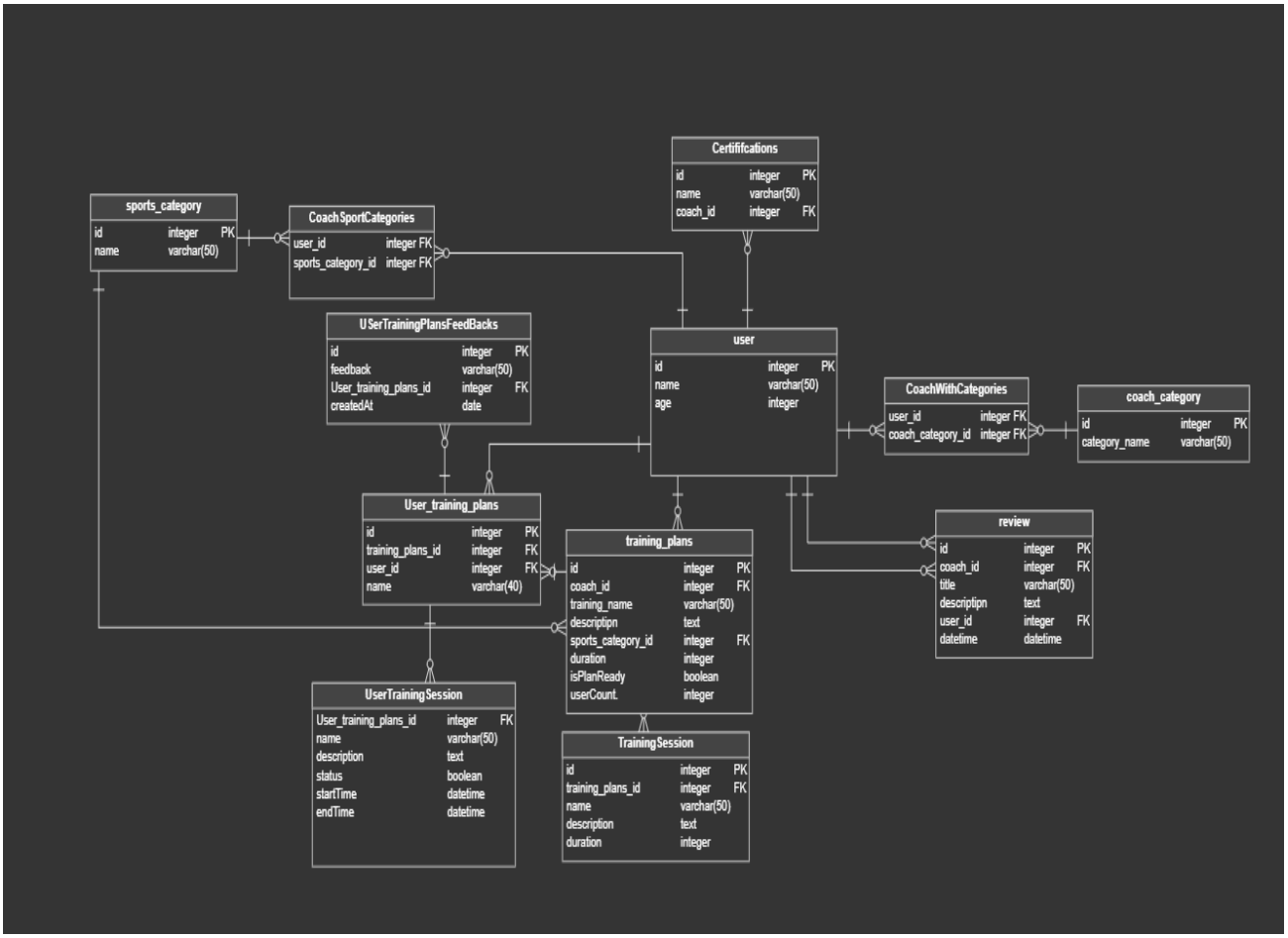
Reviews and ratings: Athletes can rate and review coaches, which helps others decide if a coach is a good fit for their needs.

Progress tracking: Coaches can use the platform to track progress of the athlete and adjust the training plan as needed.

Virtual training: The platform may also allow virtual training sessions, where athletes and coaches can connect remotely for personalized coaching and training.

Dashboard: Athletes and coaches have access to a dashboard to manage all aspects of their training and communication through the platform.

2. ERD schema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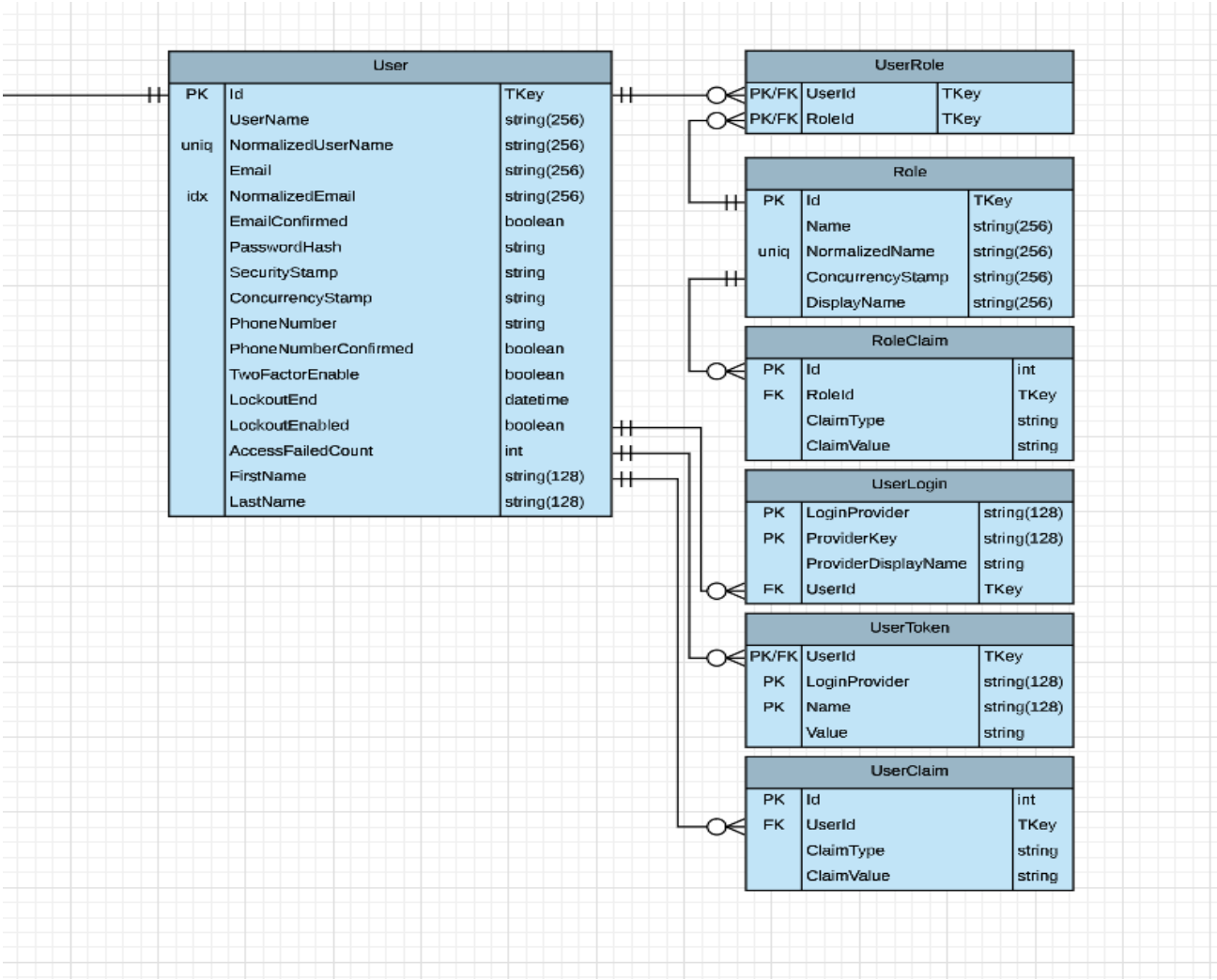

3. Screens sketches

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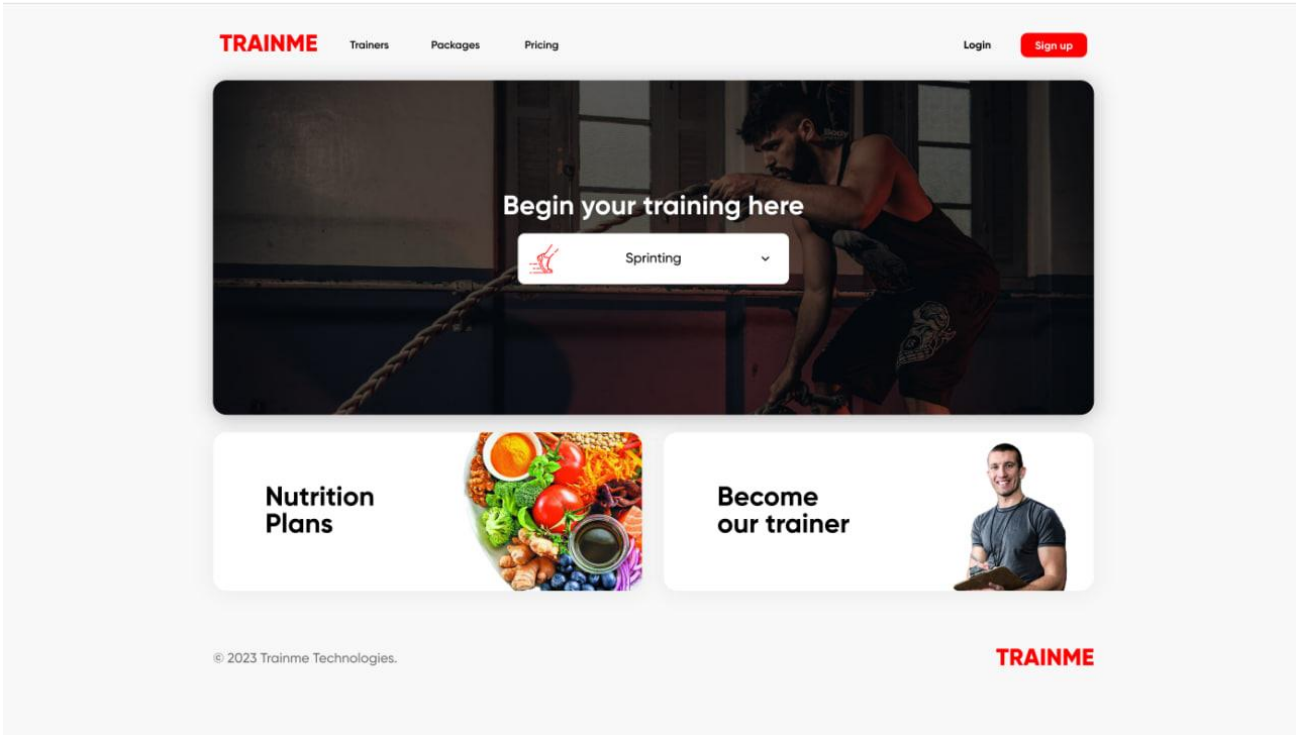
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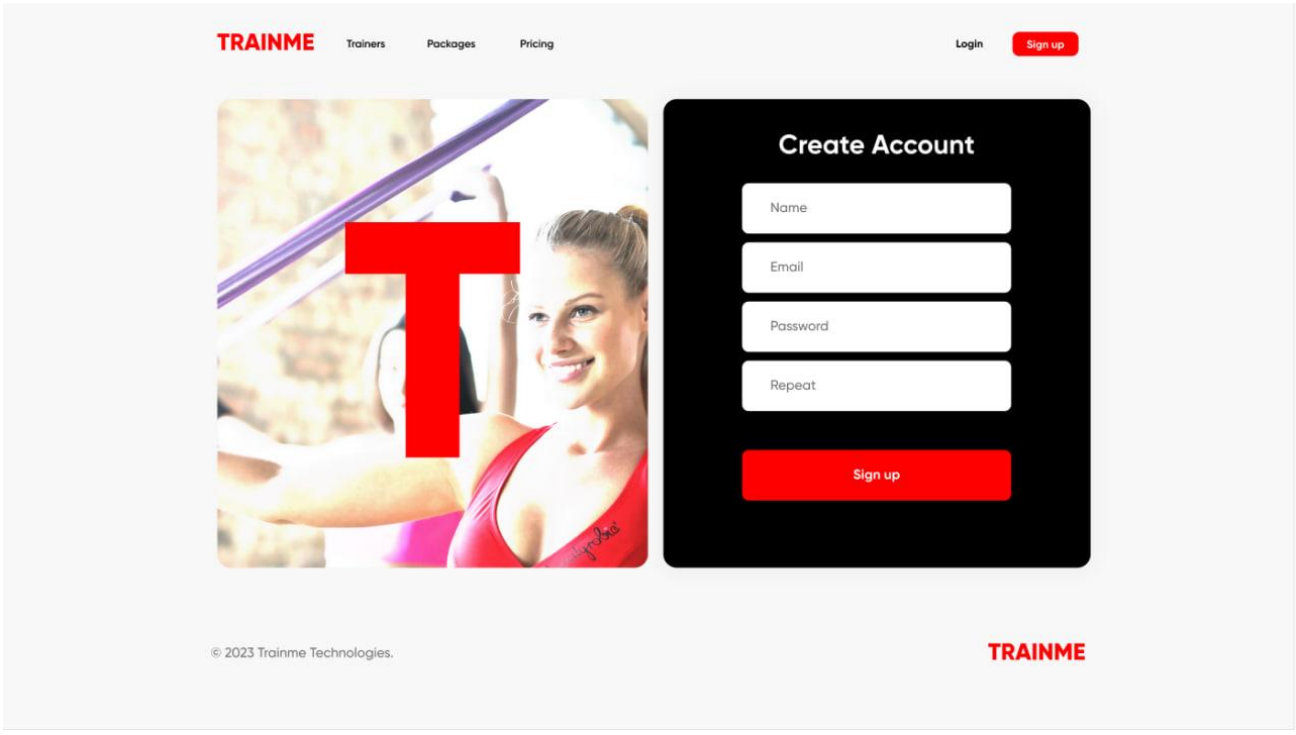
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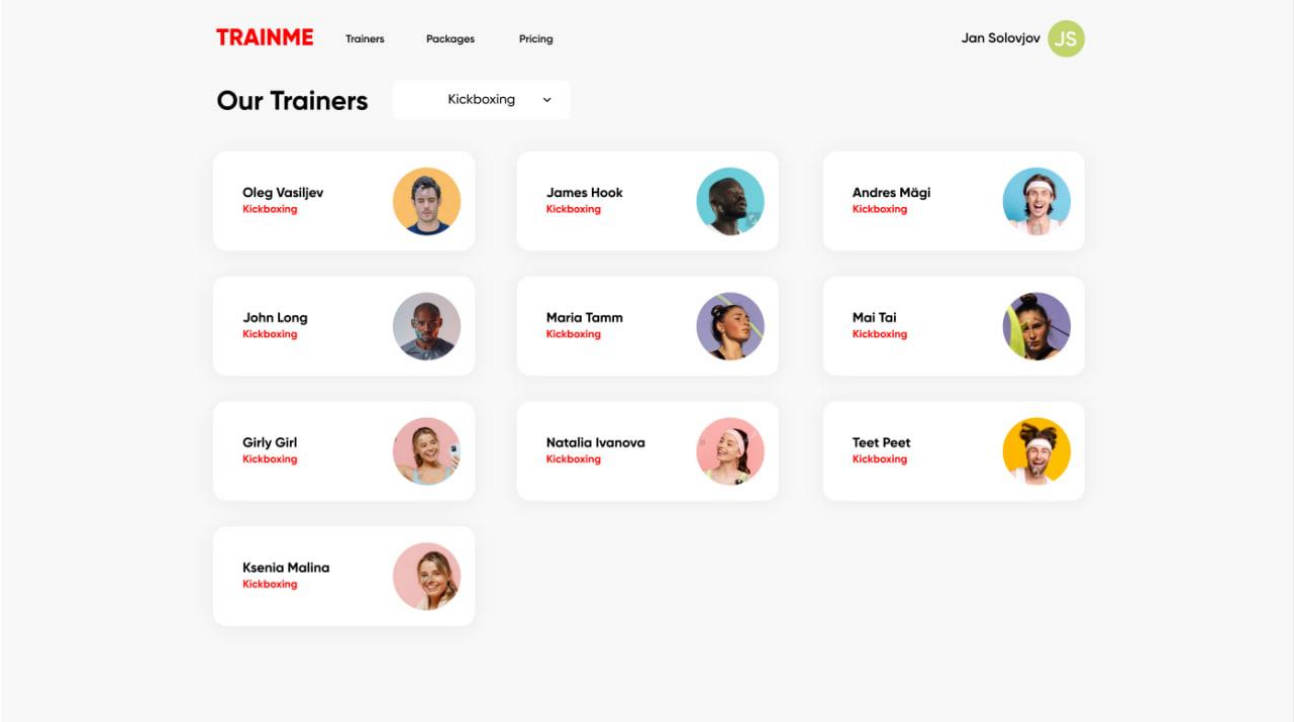

4.Analyze

Initially, the platform was designed to facilitate personal connections between coaches and athletes, offering a comprehensive range of features. Coaches were intended to share workout plans while athletes could access information about these plans and engage in direct communication with coaches for personalized training. Additionally, the platform aimed to support both online and offline training sessions. Athletes would have obtained access to these workouts through purchase.

However, a decision was made to leave the concept of the paid platform, chatting and supporting online and offline training sessions. That means that coaches' abilities were limited to creating training plans, while athletes were left with finding suitable coaches and training programs. Consequently, the platform does not require any form of payment but rather serves as a space where individuals can either share or discover training programs for their desired sports.

Trainers have the opportunity to create profiles highlighting their experience, certifications, and areas of expertise. They can create workout programs for various sports, save them as drafts for future modifications, or directly feature them on their profiles. These programs consist of training plans for sessions, along with estimated durations for both individual sessions and the overall program. Furthermore, coaches can exclusively access feedback from athletes regarding the training programs.

On the other hand, athletes can browse and search for suitable coaches or training programs, which can be sorted based on specific sports. They have the capability to save training programs under "My Plans," track their progress in implementing training sessions, monitor the duration of each session, and provide feedback on both programs and trainers.
A platform that connects coaches with athletes for personalized training sessions will have the

following features:

Registration: Athletes and coaches can create accounts and profiles with basic information, including

their name, sport, location, and level of experience.

Search and filter: Athletes can search for coaches based on sport category. Coaches can highlight their spodts categories.

Time duration: The platform allows coaches to set approximate time for each program and session individually.

Progress tracking: Athlete can use the platform to track their progress for each program.

Reviews and feedback: Athletes can review coaches, which helps others decide if a coach is a

good fit for their needs. Also they can leave a feedback for a program, which is visible to coaches and users to improve plans.