

HOW TECHNOLOGY HAS MADE A HUGE IMPACT ON EXERCISING?

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Introduction

This project will include how technology has made an impact on exercising. This is something that needs to be known as exercising is a huge trend right now but also technology has a slight impact on why people exercise but also how effective exercising is with technology.

Aims & Objectives

- To find out all technologies used in exercising.
- Researching development of technology within exercising.
- The advantages and disadvantages with the technologies used when exercising.
- To find out how many people use technology while exercising,
- Compare if exercising is good with or without technology and the impact that has been made.

Once all the information needed from the aims and objectives have been found, it will give a clear scope of what is needed for this project.

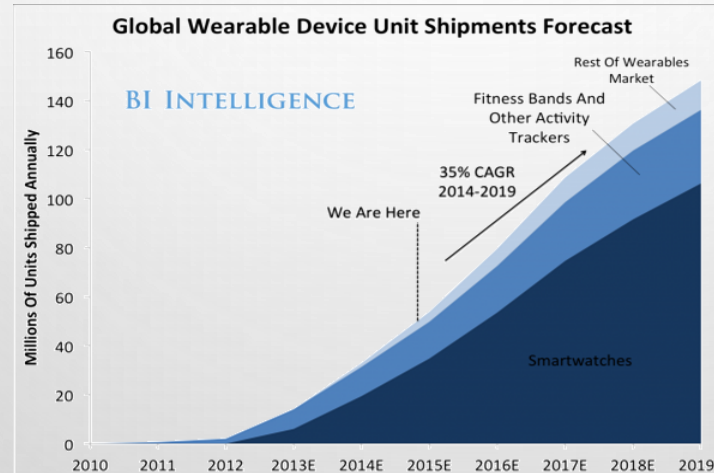


Figure 1: Global wearable device graph (Source: BI Intelligence 2015)

This image shows the global rise of wearable devices that's being shipped annually. This graphically basically says that technology is growing throughout the years and also expecting it to rise throughout the years.

Method

The research for this project will be done by getting information from the web and other academic resources like journals and books but also getting evidence from the public, so maybe questionnaires and surveys about what the public think about exercising and do they use any sort of technology, if so how effective is it.

Results

Once information has been received, this will tell you if technology is used by people when exercising, the good and bad points about exercising with technology and generally is it really effective when using technology while exercising.

Acknowledgment

BI Intelligence. (2015) Global wearable device graph. [Graph] Retrieved from <http://uk.businessinsider.com/the-wearable-computing-market-report-2014-10?r=US&IR=T>