

MAJOR PROJECT - Final Report – 55%

Student Name:	Mohammed Naheem Kadir
Title of Project:	Technology & exercising
Supervisor:	James Williams *
2nd marker:	Kevin Palmer
Course:	<u>BIT</u> BusComp CIS CNets CSE Electrical Games Mobile TRE SE Web (please circle)
Project Type:	<u>Survey</u> Review Experiment Development (please circle)

	Mark %
<u>First Marker's General Comments and Original Mark</u> A contemporary project in line with current Societal and Technological trends and developments. Research could be improvement in the secondary research by evaluating technology solutions, extending Technology from fitness to overall health and well-being, reviewing up-to-date Apps and in the survey by relating Technology to exercise in the workplace. Interviews with industry professionals in this field would also add value. Additional Proof-reading required to reduce grammar errors throughout the project.	50%
<u>Second Marker's General Comments and Original Mark</u>	38.5%
<u>Comment After Consultation With Other Marker & Final Agreed Mark</u> Both markers agreed the project was worthy of a pass. Primary & Secondary data analysis could be enhanced.	42%

Signature: Date:

	Survey	Review	Experiment	Development
1. Research-informed Literature				
Introduction	2.5/5	/5	/5	/5
Literature Review	11.5/20	/35	/20	/15
Comments: Introduction: + Clearly states the background to undertaking the project. - Grammar errors in places. - Supporting citations would be useful here. + Aim and Objectives are specified. - could be refined. Literature review: + Citations used to support content throughout. - could be extended and some additional professional book/journal citations used in places. + History includes supporting statistics. + Good overview of fitness related Technology for exercising. - However this could be extended to compare alternative product choices in categories e.g. compare Apps, Consoles, etc. A product evaluation such as this would add value. - Customer reviews would also be useful. - App store: There are many other exercise Apps in general and for different categories of exercise e.g. for Yoga, pilates etc... which have not been covered. + Some good statistics used here to support the review. + New developments documented. - Additional proofreading could reduce grammar errors. + Technology in the workplace includes up-to-date and projected reviews of this area, using relevant sources and statistics. - Some claims require additional supporting citations. - additional legal considerations such as privacy laws could be considered here. + Advantages and disadvantages add value here. +/- Good conclusion to lit. rev. however - sections 3.2. and 3.3 seem tacked on, provides some useful information, - but could be linked to the main boy of the lit. rev. research and an overall conclusion provided. - Health & Well-being acts could be included here.				
	Survey	Review	Experiment	Development

2. Knowledge and Understanding of Subject				
Methodology	1.5/5	/5	/5	/5
Survey Design	7.5/15	-	-	-
Requirements/Design	-	-	-	/5
Comments: Methodology: +/- The author uses the research onion to select the appropriate methodology for the project. - additional proof reading is required here to improve readability. - Justification of method selection could be clearer in places. Survey Design: +/- SMART objectives provide useful information related to the survey design - could be more clearly documented and repetition removed. + each objective includes useful survey considerations - could be appropriately organised and titled. - p. 36/37 text repetition. Additional Proof-reading required to reduce documentation errors. Update: Repetition throughout this section, section could be better organised to reduce this. - inconsistency in required response rate without justification eg. 50, 30, 50. + p40 justification included. - If people exercise at work they may not exercise at the local gym. Social Media would be useful as well as employer involvement and permission to survey work-based-exercise participants. + Good overview of questions + - although there are some assumptions made about e.g. age - which could be removed or justified using citations. + Useful survey design considerations are documented. - these could be appropriately organized and titled. - Additional proof-reading required to reduce grammar errors in places.				

	Survey	Review	Experiment	Development
3. Analysis				
Results & Discussions	16/25	/25	/25	/25
Conclusions and Recommendations	3/10	/10	/10	/10

Comments:

Results / Analysis:

- + Good introduction.
- + Clearly and consistently structured.
- + Graphs and statistics provide a clear overview of the data obtained.
- some expectation statements are unfounded and additional reading could be undertaken.
- Literature review could be updated to include relevant information to link to the survey.
- Links to the lit. rev. and survey need to be more explicit and state exactly what the link is to bring both sets of information/data together. + P.58 better, Good. - are older exercise machines required in this question? do they come under the category of technology being studied in this project?.
- + Some useful findings have been acquired, will these be identified and included in the evaluation section.
- Greater use of % could be used in analysing the results for some questions.
- a question related to use of Technology while exercising at work would be useful here.

Discussion / Evaluation:

+/- Evaluation section starts to document some useful findings but also includes unfounded statements based on personal opinion.

- additional research is needed to discover how people use their smartphone during exercise, which apps? too much conjecture here.
- + Good: benefits and disadvantages identified and documented.

+/- Summary of the survey findings is identified, later linked to lit. rev. findings, this could be enhanced and clearer in places.

+ Good honest evaluation of how the research has met and not met the project's Objectives and Aim. Limitations of the reach are identified and acknowledged (+ in 6.6 Good).

+ 6.5 provides a good clear overview of the project's findings. - despite some minor spelling/grammar errors.

Conclusion Recommendations:

Provides an overview of what has been done.

- does not identify key findings.
- does not summarise accomplishment of project aim and objectives.
- + Suggestions for further work and benefits of research are stated.
- Proofreading required to reduce grammar errors.

+/- Some recommendations for further research stated, however this could be extended.

	Survey	Review	Experiment	Development
4. Practical Application and Deployment				

Development	-	-	-	/15
Experimental Design	-	-	/15	-
Comments:				
	Survey	Review	Experiment	Development
5. Skills for Professional Practice				
Reflection	3/10	/10	/10	/10
Quality of Report	5/10	/10	/10	/10

Comments:**Quality of report:**

- Abstract: Good overview including main findings however - grammar errors.
- + Overall, very good report format and structure.
- TOF is a bit messy at times - urls.
- Additional proofreading required to reduce grammar errors in places, also p.29 3.3.1 sentence cut off.

Reflection:

- + Honest reflection.
- + Limitations are identified.
- Grammar errors. Feels rushed. Could be refined.

TOTAL:	50/100	/100	/100	/100