

Report

by Aliu Djalo

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[Date]

Project group Report

Integrating Project (ACHA4008)

Several thin, curved, light blue lines originate from the bottom left and sweep upwards and to the right, creating a sense of movement or a stylized signature.

Aliu Djalo (2117368)

UNIVERSITE OF WALES TRINITY SAINT DAVID

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Introduction:

Health and well-being have become a topic of concern over the last couple of years, especially during Covid and lockdown. The ability to live independently and have freedom to engage socially is one of the biggest challenges people are facing, especially students who have been taught mainly online. Many fear this could lead to mental problems.

In response to this, the authors of this project propose an online platform. They intend to design and develop a prototype system for students that provide information useful to mental and physical health and which helps them find solutions for everyday problems related to their well-being.

Section 2:

In this section the author will explain the aims and objectives of the website.

It is no surprise that students struggle with maintaining a good healthy life-style and end up facing burnout, illness, and various health conditions. Student life can feel chaotic and even a touch overwhelming at times. Having to balance study with private life as well as having to concentrate on healthy eating, staying fit, and productivity can place an excessive amount of pressure on a person [1].

Most people are not aware of what products and services are available to fulfil their needs at any one point of time. That is the reason why the authors came up with idea of building a website for health and well-being that can be used on a PC, Tablet or phone. The website will contain four (4) sections. Each will have an introduction and links to other relevant sites.

Furthermore, the author will list a few ideas that he believes can help achieve a better life-style.

1. Healthy lifestyle:

The author is the leader of this section. As we all know, a healthy body consists of a balance of protein, carbohydrates, fats, vitamins, minerals and water [2] .

However, having a healthy lifestyle involves much more than this. It entails eating a balanced diet, working out regularly, avoiding drugs and alcohol, as well as improving mentally health by keeping your mind engaged with others, avoiding stress etc. Throughout this section, the author will explain how to lead a healthy lifestyle [3].

- *Exercise:* Physical activity is very important. Overpowering evidence demonstrates that we should all be physically active. This is essential if you want to lead a healthy, enjoyable and long life. Research suggests that physical activity can also raise self-esteem, mood, sleep quality and energy levels, in addition to lowering your chance of contracting diseases such as heart disease, diabetes, cancer, stress, clinical depression, dementia, Alzheimer's etc. The idea here is to put some useful links to exercise classes, videos and perhaps create a training plan showing how many days to exercise per week and how long to do it [4].
- *Eating well:* a nutritious, well-balanced diet, in conjunction with exercise and avoiding drugs and cigarettes, is the foundation of good health [5]. There is no perfect eating regimen that serves everyone, but there are criteria as to the kind of foods that should be consumed every day such as proteins, carbohydrates, fats, vitamins, minerals and water [6] . However, quantity is also important when considering good eating habits. If you consume as many calories as you burn your weight will stay regular over time. On the other hand, consuming more than you burn will result in weight gain and that can increase the risk of developing health problems [5]. Again, the aim is to provide some links that show you how to eat well and how many calories you should consume per day.
- *Sleeping well:* Our daily routine, what we eat and drink, the medication that we are taking and the way we organise our time can all significantly impact on our quality of sleep. A few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night [7]. The solution to sleep problems is to create a bedtime routine, practice meditation, stretch, breathe, and relax, listen to music, take warm baths, write to-do lists, read a good book, etc. Links will be provided for how to improve the quality of our sleep [8].
- *Alcohol and drugs:* alcohol and drugs have well documented detrimental health and mental consequences. Blackouts, poisoning, overdose, and death are all possible side effects of these drugs, as are physical and psychological dependence, damage to vital organs like the brain, heart, and liver, inability to learn and remember information, and psychological issues like depression, psychosis, severe anxiety and so on [9]. The best solution to this problem is to stop. However, if you cannot give up the alcohol, the option is to drink less, calculate your alcohol input per day in order to remain within guidelines. About the drugs is to seek for help [10].

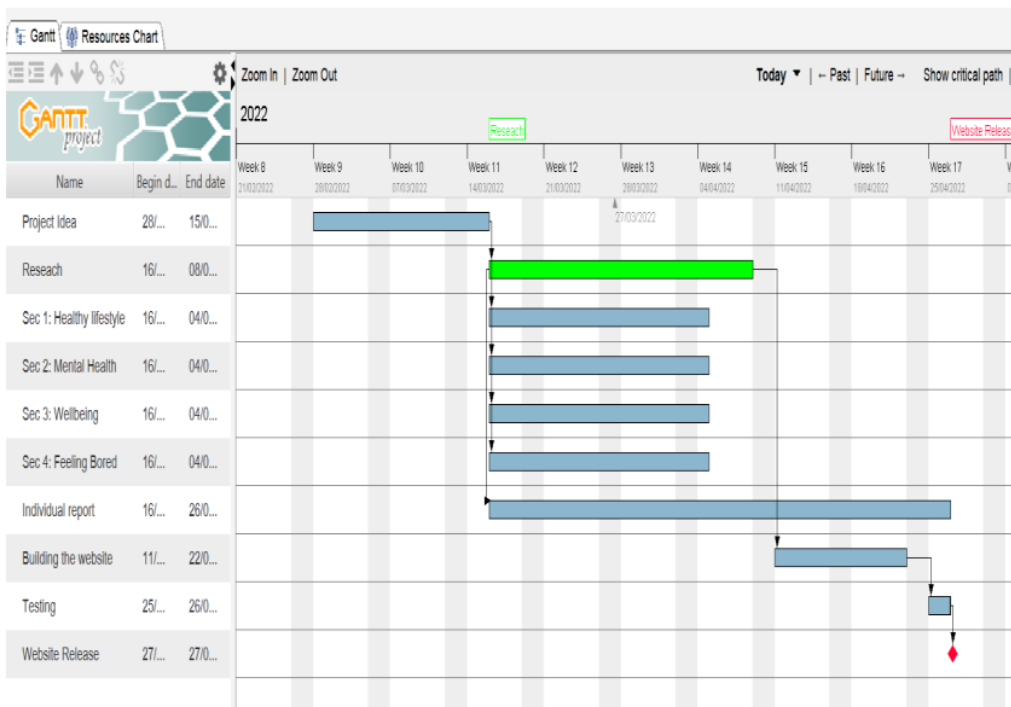
Section 3:

In this section the author will draw a Gantt chart and assign people's tasks.

GANTT CHART

Gantt Tasks Resources			
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Name	Begin date	End date	Resources
Discuss the idea of the project	28/02/2022	15/03/2022	
Research	16/03/2022	08/04/2022	
Sec 1: Healthy lifestyle	16/03/2022	04/04/2022	Aliu Djalo
Sec 2: Mental Health	16/03/2022	04/04/2022	Jamie Richards
Sec 3: Wellbeing	16/03/2022	04/04/2022	Barry Bradshaw
Sec 4: Feeling Bored	16/03/2022	04/04/2022	Lloyd Case
Writing individual report	16/03/2022	26/04/2022	
Building the website	11/04/2022	22/04/2022	Barry Bradshaw
Testing	25/04/2022	26/04/2022	
Website Release	27/04/2022	27/04/2022	

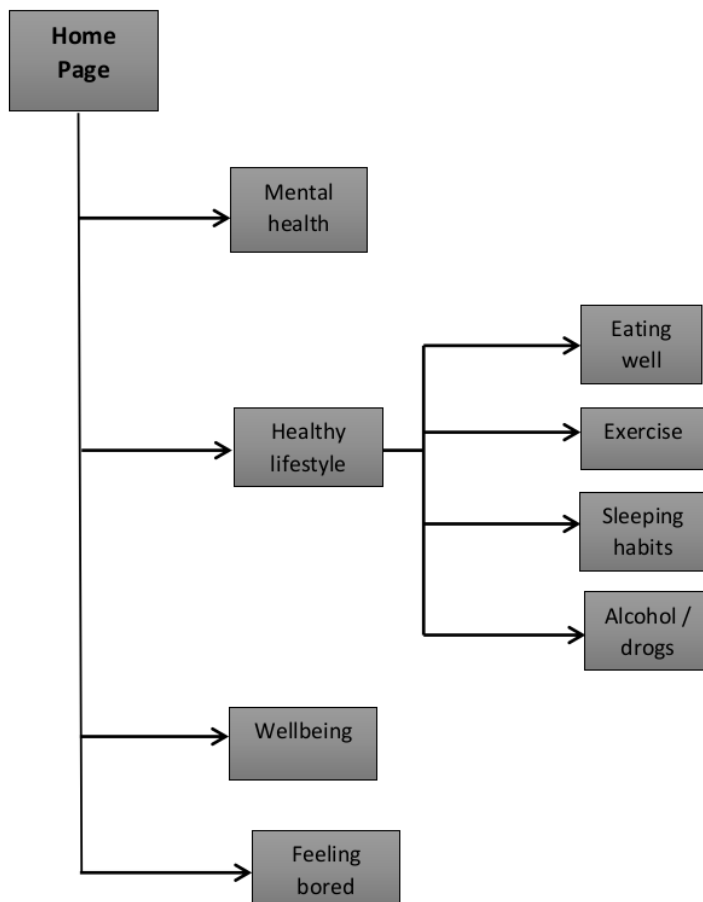


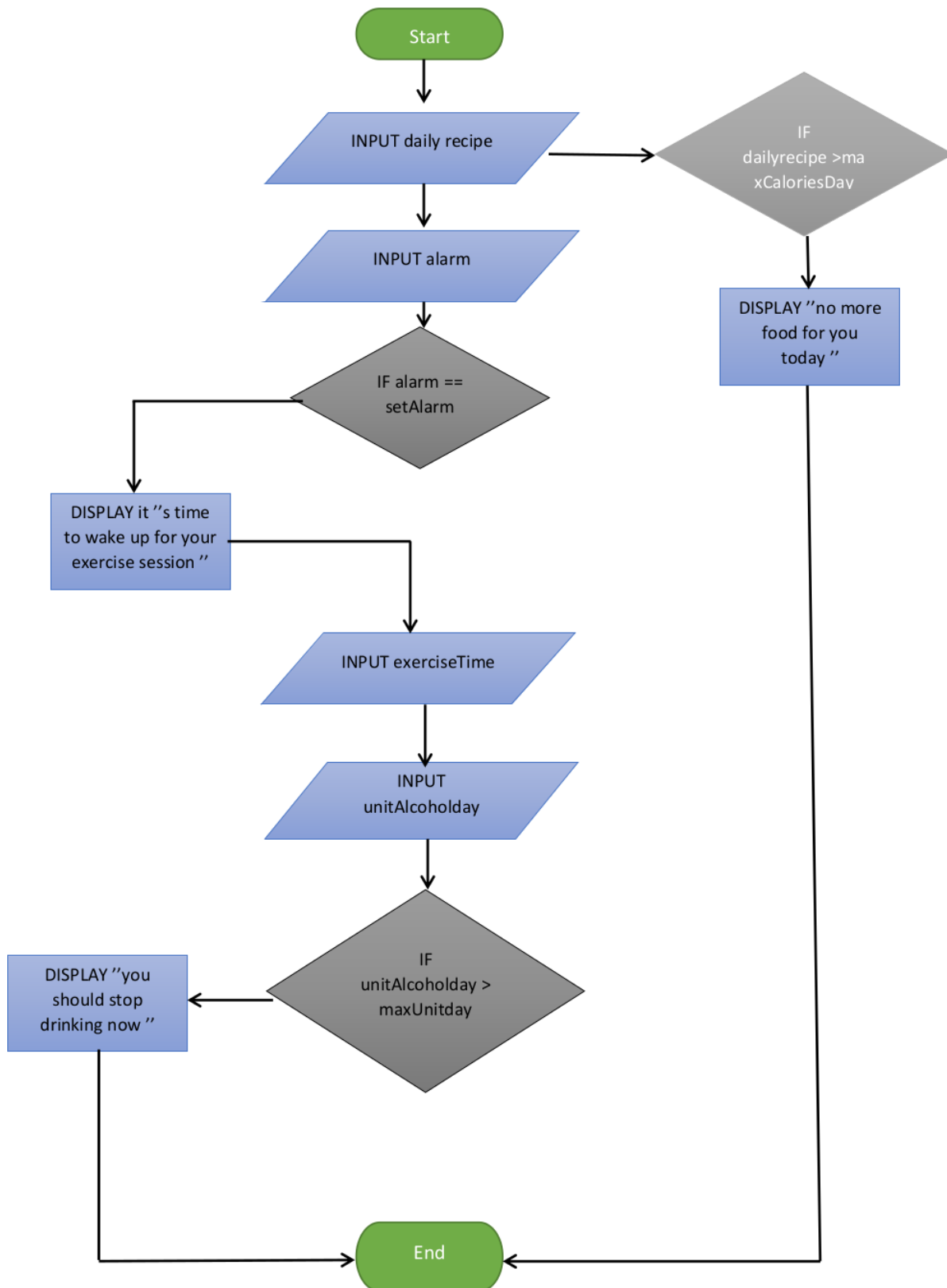
Section 4:

The authors have decided that they will build a website about Mental Health that can be used across a PC, tablet and phone. As mentioned previously, the website will contain four (4) sections: Mental Health, Wellbeing, Healthy-lifestyle, Countering boredom. Each section will have an introduction and links to other major sites. The authors elected Barry Bradshaw as leader of the group, and he is the designer for the website. Each member of the group is responsible for one section, and everyone will do research and find at least 15 references to use as well as write an introduction to the section that he is responsible for.

The author is responsible for the Healthy lifestyle section, Barry Bradshaw for Well-being, Jamie Richards for Mental Health, and Lloyd Case for Feeling bored.

The author will create some diagrams and flowcharts to show what the website will be like. See below:





See below a program calculating input calories per day.

```
maxCaloriesDay = 2501.  
caloriesDay = float(input("Please enter your calories per day: "))  
  
while (caloriesDay < maxCaloriesDay):  
    print("You ok to go you haven't completed your day calories yet  
")  
    caloriesDay = float(input())  
else:  
    print("Sorry no more food for you today you have already  
completed you max calories ")  
print("end of program")
```

Testing

Please enter your calories per day: 26

You ok to go you haven't completed your day calories yet

2500

You ok to go you haven't completed your day calories yet

2501

Sorry no more food for you today you have already completed you max calories
end of program

References

- [1] T. Jonece, "25 Simple Healthy Lifestyle Tips for Students," [Online]. Available: <https://ivypanda.com/blog/25-simple-healthy-lifestyle-tips-for-students/>. [Accessed 24 April 2022].
- [2] "What is a healthy lifestyle?," [Online]. Available: <https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkhbk>. [Accessed 24 April 2022].
- [3] "How To Adult," [Online]. Available: <https://howtoadult.com/healthy-lifestyle-as-a-student-6817833.html>. [Accessed 24 April 2022].
- [4] "Live Well," [Online]. Available: <https://www.nhs.uk/live-well/>. [Accessed 24 April 2022].
- [5] "Why Is Eating Healthy Important?," [Online]. Available: <https://healthyeating.sfgate.com/eating-healthy-important-7166.html>. [Accessed 24 April 2022].
- [6] "The importance of eating well | Enterex®," [Online]. Available: <https://www.enterex.com/usa/the-importance-of-eating-well/>. [Accessed 25 April 2022].
- [7] "Healthy Sleep Habits - Sleep Education," [Online]. Available: <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>. [Accessed 25 April 2022].
- [8] "How to Build a Better Bedtime Routine for Adults | Sleep Foundation," [Online]. Available: <https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>. [Accessed 25 April 2022].
- [9] W. Lee, "Health and Behavioral Risks of Alcohol and Drug Use : Washington and Lee University," [Online]. Available: <https://my.wlu.edu/student-life/health-and-safety/student-health-and-counseling/health-library/alcohol-and-other-drugs/health-and-behavioral-risks-of-alcohol-and-drug-use>. [Accessed 25 04 2022].
- [10] "Alcohol misuse," [Online]. Available: <https://www.nhs.uk/conditions/alcohol-misuse/>. [Accessed 26 04 2022].

Report

GRADEMARK REPORT

FINAL GRADE

65 / 100

GENERAL COMMENTS

Instructor

Aliu Djalo
1 engagement with literature
comment available

no autors for web sites, don't rely soley on
websites 10 references included and cited 15
in main body

2 Knowledge and Understanding
comment available

good discussion on the various sections
but each could have been expanded as
separate subtitles with additional sources 40
being discussed

3. Cognitive and Intellectual skills
comment available

good flow chards and web mabs and
sample code included - really good gantt 30
chart

4. Practical Application Skills
comment available

0

5. Transferable Skills for life and Professional pract
comment available
poorly laid out report 15

no clear conclusion
consider captioning images

Total: 52

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