CASE STUDY 2

THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Client

Name: **University of Newcastle**

Project: **Burn 2 Learn exercise learning tool, Native App.**

Date: **Ongoing since 2017**

Site: newcastle.edu.au

Brief/Objective

FAQ were approached by The University of Newcastle to develop a native App to support their Burn 2 Learn project. Burn 2 Learn utilises the science of High Intensity Interval Training (HIIT) to improve students' health, fitness, wellbeing and academic performance, using short but effective workouts.

The program includes a variety of pre-designed HIIT workouts, including Gym HIIT, Sport HIIT, Hip Hop HIIT, Combat HIIT, Class HIIT (which can be done inside a classroom), and a short option known as Quick HIIT for days when there isn't much time.

FAQ worked closely with UoN to scope, plan and develop the app for both iOS and Android devices whereby users would be able to join a group session even if they did not yet have an account with the system. Once the user, typically a high school student, had provided their personal details, such as name, age and email address, they were able to partake in a HIIT session.

During the session, a WAHOO TICKR device records their heart rate in real time and reports that back to the mobile device, showing their average heart rate, current heart rate and their position within the group, i.e. who has the highest heart rate. A student is considered to be achieving the goal if they are above 85%, and are given a green tick in real time.

After the session is completed, the user is emailed a report of their session, and when they create their own account, they will already have all of their history retained, assuming they have used the same email address for each of their workouts and also for their new account.

Development

FAQ worked in communication with WAHOO in order to connect via their API and interpreted the information provided by the TICKR devices. Additionally while interpreting the information from the session, FAQ developed an algorithm to define which part of the session the student was resting or in an active state, calculated from their average heart rate within a 30 second block

Result/Outcome

The app has been considered a successful addition to the program and is currently undergoing various enhancements.