

CASE STUDY



Client

Name: University Of Newcastle

Project: RT for Teens App (IOS, Android)

Date: Ongoing Since 2018

Site: uon.edu.au

Brief/Objective

FAQ were approached by The University of Newcastle to develop a native App to support their Resistance Training for Teens initiative, (RT for Teens).

The application had to include a variety of pre-determined workouts, divided into Aerobic, Muscular Endurance or Strength style exercises using your own body resistance and could be done in or outdoors, ideal if you are light on time.

FAQ worked closely with UoN to scope, plan and develop the app for both iOS and Android devices whereby users are able to select and perform a fitness session individually or as a group. During an RT for Teens session the application allows you to customise your targeted workout, displays detailed animated examples of exercises, it runs a timer that counts in and out of each exercise until the set and/or session is complete.

RT for Teens has to allow for a quick and easy set of either low, moderate or high intensity training sessions to be performed anywhere anytime. After the session is completed, the sessions are marked (illustrated) over a time line so you can view your progress and improvements over extended time frames, daily, weekly, monthly or yearly and then decide if you want to increase or decrease the difficulty level as you progress.

Development

FAQ worked in close communication with UoN for 12 months bring this solution to market proving that production of a highly sophisticated software was not bound by distance or proximity of the B2C relationship.

Result/Outcome

The app has been considered a successful addition to their programs and has been successfully deployed and widely used.

From the Client

"I Have Worked With Numerous App Developers Over The Last 5 Years And Found FAQ To Be The Most Professional And Easiest To Work With. The FAQ Team Adopted A Flexible & Responsive Approach To Our Initial Ideas And Provided Expert Guidance In The Development And Refinement Of Our App. I Am Extremely Satisfied With The Final Burn2Learn App And Have No Hesitation In Recommending FAQ To Others."