Web-based application to support physical fitness information of elderly people / Yudhy Dharmawan, Suroto, Priguna Septia Putra

Yudhy Dharmawan, author

Deskripsi Lengkap: https://lib.ui.ac.id/detail?id=20481724&lokasi=lokal

----

Abstrak

ABSTRAK
The number of elderly people is more increasing along with the rising of the life expectancy age. There are many efforts that should be carried out to prevent the elderly, one of which from the preventive aspect is by maintaining the physical fitness of the elderly. To monitor the fitness status of the elderly, it needs an application of the web technology-based physical fitness monitoring because has been no system that records elderly fitness data. This application was to record physical fitness data of the elderly to recommend the appropriate gym based on the health condition which can be accessed anywhere. This application was made with the PHP and MYQSL program language as the database processing equipped by the graphic to monitor the physical fitness. The results of the test showed that the application worked properly. As indicated by the functioning of the designed and developed menues. The system was able to record the individual data and the physical fitness of the elderly, also able to serve the information and the records of the fitness of the elderly people and the
appropriate recommendation on fitness exercise.