

## **CAT 4 RESOURCE DEVELOPMENT**

### **PROJECT RECOVERYTEC**

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## **ABSTRACT**

Project RecoveryTec is a cohesive and integrated online resource package. As the call for youths in Singapore to have a more active lifestyle arises, Project RecoveryTec aims to guide these youths on how to properly get the best out of their exercise to grow effectively; and teach them how to recover properly from sports injuries; and create a more health based knowledgeable youth community. It provides comprehensive and engaging videos that provide verified information and detailed demonstrations on how to properly execute the recovery techniques for certain muscle groups. The package also consists an Instagram page for publicity and a website where all the information and videos are compiled into one convenient place. With youths being more tech-savvy, Project RecoveryTec is located entirely online so as to better appeal to its target audience.

## **1 INTRODUCTION**

### **1.1 Rationale**

Many youths are unsure on how to properly maximize their exercise and while there are sources that contain information regarding this issue, not all are compiled and some are too wordy and thus unappealing. Project RecoveryTec enables youths to learn how to maximise their exercise and also the methods to recover from sports injuries as effectively as possible.

## **1.2 Objectives**

The objectives of Project RecoveryTec were to

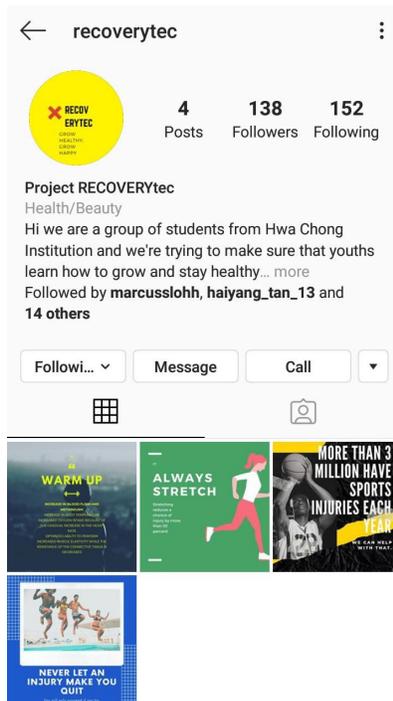
- Guide youths on how to properly get the best out of their exercise to grow effectively.
- Help these youths to recover properly from sports injuries
  
- Create a more health based knowledgeable youth community

## **1.3 Target Audience**

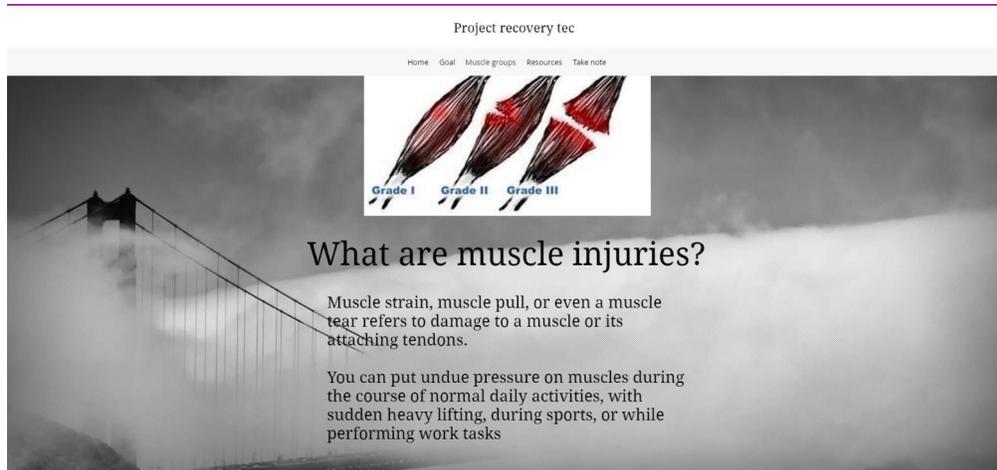
The target audience was youths aged 12 to 18.

## 1.4 Resources

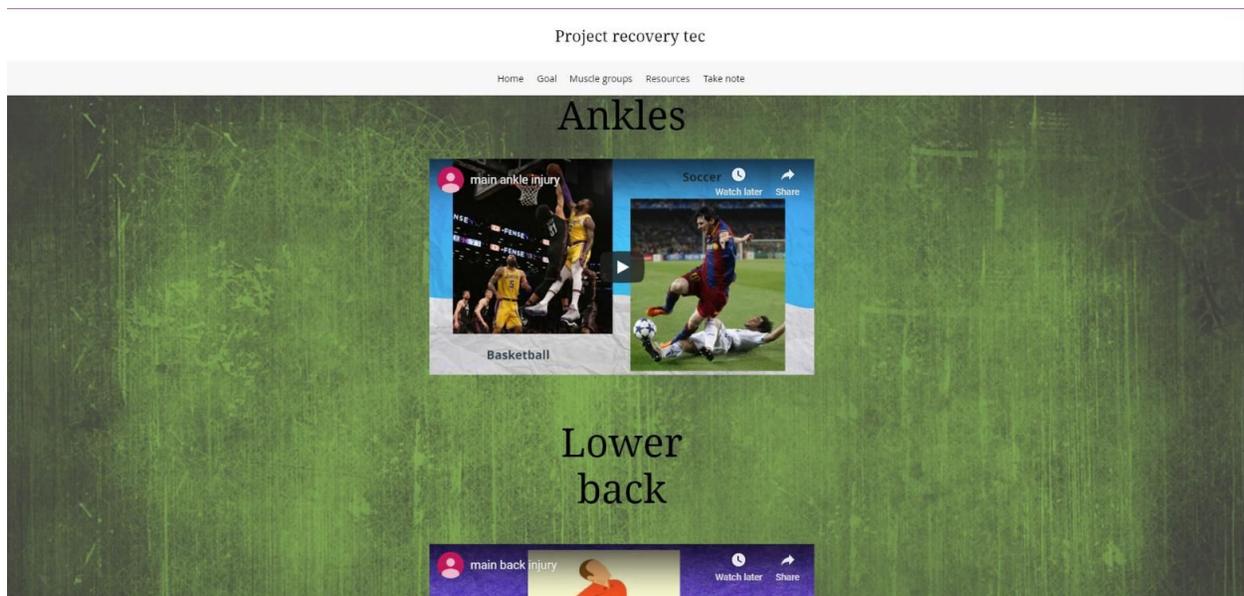
The resources created for this project was an Instagram page that was mainly used for publicity that posted sports recovery tips and links to other parts of the package; four videos (each targeting a different muscle group) that contained verified information the team had gleaned from interviewing a professional physiotherapist, diagrams, animations that the team had drawn and coloured themselves from scratch, and detailed demonstrations on how to properly execute the recovery techniques; and a website that consolidated all the information and videos in one place for the viewer's convenience.



*A screenshot of Project RecoveryTec's Instagram page*



*An example of the knowledge located on Project RecoveryTec's website*



*2 of the 4 videos located on Project RecoveryTec's website*

## **2 REVIEW**

A study by BMC Sports Science, Medicine and Rehabilitation demonstrated that athletes may not be aware of the specific effects that a recovery strategy has upon their physical recovery and thus athlete recovery education is encouraged.

Also, an article published by Michigan State University Extension states that rest and recovery is an important aspect of an exercise program because it allows the body time to repair and strengthen itself in between workouts. It also allows the athlete to recover, both physically and psychologically.

And according to another study, the majority of youths in Singapore secondary schools, junior colleges, ITEs and polytechnics regularly participate in sports at least three times a week, with 76 %, 69%,68% and 48% respectively.

These literature reviews elucidate the importance of educating Singaporeans youths on proper recovery techniques.

### 3 METHODOLOGY

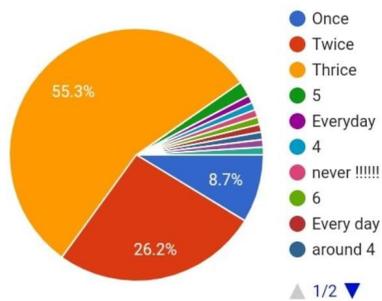
#### 3.1 Needs Analysis

A needs analysis was conducted to ascertain the relevance of such a project. Firstly, a survey was done to establish the respondents' position on sports recovery. The 103 respondents, who were youths aged from 12 to 18, expressed that they were mostly physically active and that many did not know the importance or the proper methods of sports recovery techniques. This feedback confirmed the feasibility of the project.

#### 3.2 Survey Results

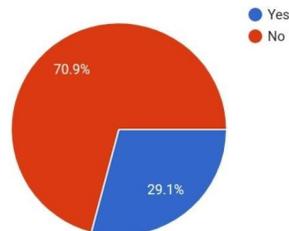
How many times a week do you exercise?

103 responses



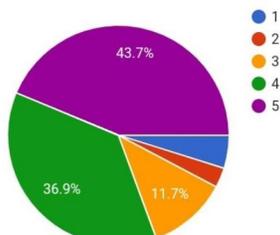
Do you know how to warm down properly after different exercises to avoid an injury to the muscles?

103 responses



On a scale of 1-5, how interested are you in learning the proper methods to cool down after exercising

103 responses



*Feedback from respondents*

### **3.3 Development of Resources**

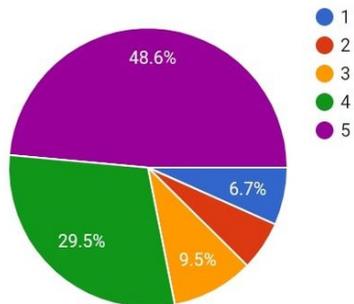
The team contacted a professional physiotherapist, Rachel Wong, and went down to interview her in order to ensure that all of Project Recoverytec's materials and resources would be factually correct. The team also used Apple's Animation Desk to create visually appealing and smooth animations from scratch to make the videos more engaging.

### **3.4 Pilot Test**

A pilot test was administered to 106 youths aged 12 to 18. A product demo was conducted and they were shown the website, along with the videos and their opinions were sought. Recommendations from individuals as well as overall feedback contributed to the refining process of the online package. Generally, the feedback was positive and a huge majority agreed that the videos had enough content covering the methods of preventing and recovering from sports injuries, and that the videos were helpful.

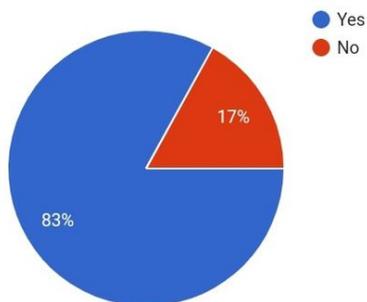
On a scale of 1-5, how helpful did you find our video?

105 responses



Did our video cover everything to help you prevent/recover from an injury?

106 responses



*General feedback from respondents who participated in the pilot test*

#### **4 OUTCOME & DISCUSSION**

After the pilot test, the videos were further edited, especially the animations, to make them more smooth and pleasing to the eye. And taking some of the private comments of the respondents into consideration, the website was also beautified to be more aesthetically pleasing as well. Subtitles were also added into the videos to allow viewers to watch the videos even if it was inconvenient for them to watch it with the sound turned on.

#### **5 CONCLUSION**

Project Recover had been a challenging project to undertake due to many different reasons. Some of them include the difficulty in contacting a professional physiotherapist and getting their permission to interview them, the arduous process of creating animations from scratch and colouring them frame by frame, editing the videos such that they were coherent and easy to understand and et cetera. The whole project journey has taught the team certain skills such as creativity and innovation in drawing the animations; negotiating skills in getting the physiotherapist to agree to let us interview her; and teamwork and communication skills in working together as a team to achieve the common goal of completing the package.

## **6 ACKNOWLEDGEMENTS**

We would like to acknowledge and extend our deepest gratitude to the following individuals, without whose help the project would never be a success.

The physiotherapist we interviewed, Ms Rachel Wong for kindly accepting our interviews and providing valuable factual information

Our mentor, Dr Chia Kok Pin, who patiently provided us with invaluable feedback and suggestions every step of the way

And to all the youths who participated in our pilot test that provided us with precious comments that contributed to the betterment of our package

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