

Category 4: Resource Development

Group 4-018
Project Motion

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Abstract:

Project Motion is a user-friendly, enriching platform that seeks to introduce the myriad of sports offered in HCI to the student populace. Our learning package comes in the form of a web page designed using Google Sites, offering a range of content from quizzes to videos curated into their respective categories, easing navigation on our web page. A feedback form will also be appended on the “Feedback” section of the web page so that we are able to make improvements to our resource based on the users’ feedback. Ultimately, we hope that the student population will become more proactive and engaged in sports as sports in itself, is a healthy activity.

1 Introduction

1.1 Rationale

Based on the literature review we conducted, a staggering 80% of the world’s adolescents are insufficiently active. We also noticed that many students here lead rather sedentary lifestyles, for example , groups of students staying back after their lessons to work on their assignments or group discussions. Furthermore, secondary one students who are unfamiliar with the campus will find it challenging to play sports in the school as well. We hope to change this situation with our learning resources that are aimed at helping students to utilise the sports facilities in HCI.

1.2 Objectives

Our project aims to:

- Create a resource package that
 - Contains information of all the sports offered in HCI
 - Basic rules/ techniques for the respective sports to get students started .
- Encourage students to pick up a new hobby

1.3 Target Audience

Our target audience is Hwa Chong students.

1.4 Resource

We were thinking of a resource package that could be easily accessible to the masses (eg. an online portal) even amidst this pandemic.

Ultimately , we had agreed on developing a web page as our core resource , with supplementary resources like posters / infographics that would be put up on display boards around the campus to increase students' awareness of our resource package .

In summary , our resources created for this project were :

- Posters
- Website (including in-campus locations that one can play (the sport) in ,basic rules and techniques for each sport, common injuries and preventative measures, brief sports history)

Resource 01: Posters



Resource 02: Website (Google Site)

Official site for #ProjectMotion21

Project Motion

Project Motion 2021

WELCOME TO

The official website for Project Motion 2021! New to HCI and looking for a new sport to take up as a hobby, or perhaps... to play with your friends? You have come to the right place! Come on, explore further, we promise to not disappoint you.

Racket Sports



Badminton

- Kah Kee Hall
- Free Play when courts **aren't used by Badminton CCA members.**
- Equipment
 - Shuttlecocks and rackets can be found **backstage**
 - However, if you have your personal equipment you can use them too.

Techniques



Footwork: Lunging

Getting around the court in a quick manner is important for badminton players. The most efficient way is by lunging and quickly recovering to your center position.

Now that we know how to move around, let's get to holding the racket.

2 Review

We used the “Sports for All” section of the Hwa Chong PE website for comparison. While it encompasses basic information about the Sports for All initiative , we find the information to be too brief and not sufficient enough to entice students to participate actively in this initiative , since they have limited exposure to the sports as mentioned in the website, given we only have a 1 hour PE lesson weekly.

Our resource package hopes to extend the outreach of the initiative , providing in-depth information for each of the sports featured, ranging from the basic gameplay rules and techniques to preventative measures for possible injuries that can be sustained from playing the sport.

Ultimately , we hope that every student can be acquainted with sports.

3 Methodology

3.1 Needs Analysis

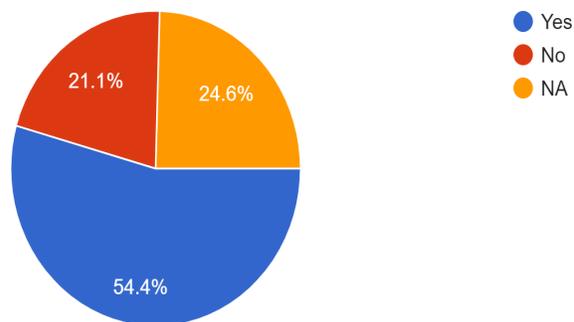
We conducted a survey on 57 Hwa Chong students to see if a resource like ours was welcomed and needed.

The survey posed 4 questions to the respondents.

1. Are you aware of the “Sports for All” initiative launched by the PE Department?
2. If your answer was yes to the previous question , have you visited the “Sports for All website?” (Click N.A if your answer was no to the first question)
3. If your answer was yes to the previous question , do you think it is effective and useful in enticing students to pick up sports? (Click N.A if your answer was no to the previous question)
4. Would you use a resource where rules , skills , entertainment and trivia aspects of the sports in school are packaged together for easy access?

If your answer was "yes" to the previous question, have you visited the "Sports for All" Website?(If no , click NA)

57 responses

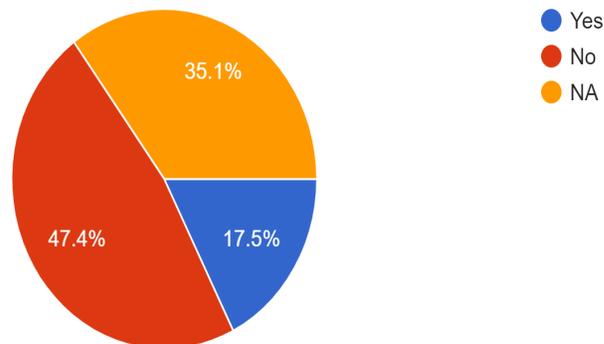


- As seen in the pie chart appended, over half of the respondents (54.4%) are **aware of and have visited the “Sports for All section” of the PE website.**

- Implies that the “Sports for All website” is not unfamiliar to most students and is a valid comparison resource against our package.

If your answer was "yes" to the previous question, do you think the "Sports for All" website by the PE department is useful and can encourage students to pick up sports?(If no, click NA)

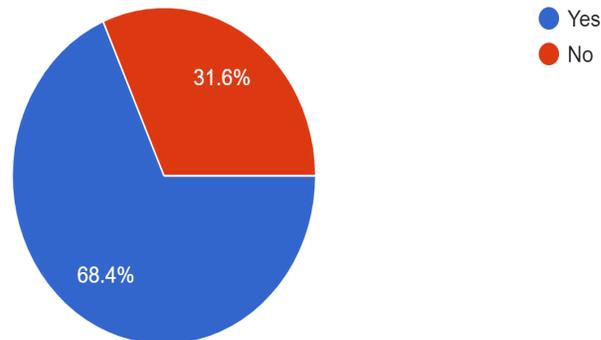
57 responses



- This question was mainly targeted towards those who had visited the “Sports” for All” section of the PE website.
- Not taking into account the 35% of students who were unaware of this website , close to 3 quarters of the 64.9% of students (47.4%) who had visited this website agreed on the ineffectiveness of this website.
 - Implies there is a general dissatisfaction with the website(design, content)
 - Our resource package would be purposeful in tackling this issue , serving a complementary role to the already existing “Sports for All” website.

Would you use a resource where rules, skills, entertainment, trivia aspects of the sports in school are packaged together for easy access?

57 responses



- For our last question, it was open to all the students , regardless of whether they had visited or were aware of the “Sports for All” initiative / website.
- We wanted a straightforward response on whether the students would be interested in using or checking out our resource package , essentially serving its purpose well.
 - An overwhelming percentage of more than $\frac{2}{3}$ of the respondents expressed their interest in our resource package , suggesting that they were confident and welcoming of our package .
 - Our resource has the potential to serve its purpose (encouraging students to pick up sports) well.

Feedback from teachers

- **Isn't it ironic to suggest a website to solve the issues of youths being sedentary though? There's no "of course" about it.** : While it might seem illogical, we believe that the knowledge of how to play a sport will motivate students to take their first steps to pick up the activity. You never know until you

try, it might be easier than it seems. 30 minutes on the website could lead to many hours on the court spread throughout the rest of the students' lives.

- **WHY HCI students, really?** : We feel that while HCI offers such a wide range of facilities and resources, a sizable portion of students do not use them. This resource thus aims to increase the utilisation of such facilities, and it naturally is restricted to HCI students only.
- Make the project more meaningful and engaging by working with the PE dept to ensure that students use the resources, find it useful and meaningful.

3.2 Development of resources

Before we started working on the development of our resource package , we first conducted research online on the general lifestyles and activeness of adolescents across the world. From the various research studies , including the WHO research which found out that “ more than 80% of the world's adolescent(aged 11-17)population is insufficiently physically active”, implying that most teenagers were leading unhealthy or sedentary lifestyles as they did not meet basic physical activity requirements for a day. This was where we saw potential for our resources to make a change .

We put much effort into the aesthetics of our website and posters in order to catch the eye of the students when they first glance at our resource. Other than mundane , word-only content , we also tried to insert some videos and infographics to better appeal to our users.

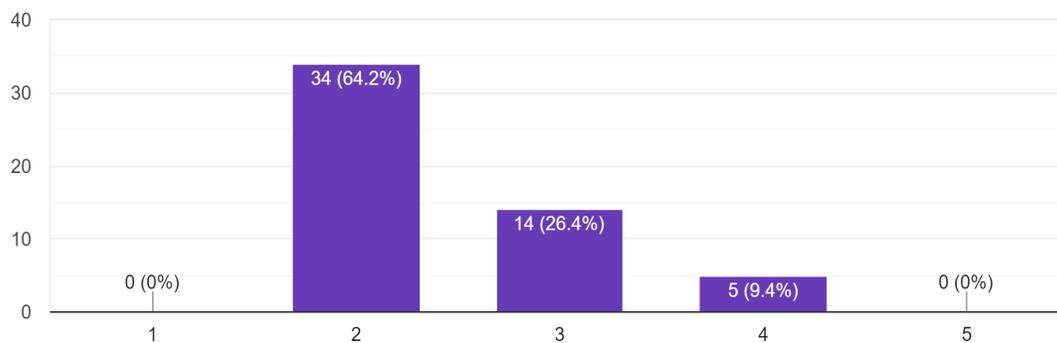
3.3 Pilot Test 1

For our first pilot test, we focused on circulating and raising awareness of our resource package before asking users to help us with our survey. We sent out the website links to our friends and peers through Whatsapp group chats , and put up posters all around the campus to publicise our project.

There were a total of 53 responses garnered for the first pilot test survey.

For our resource webpage , was it aesthetically pleasing?

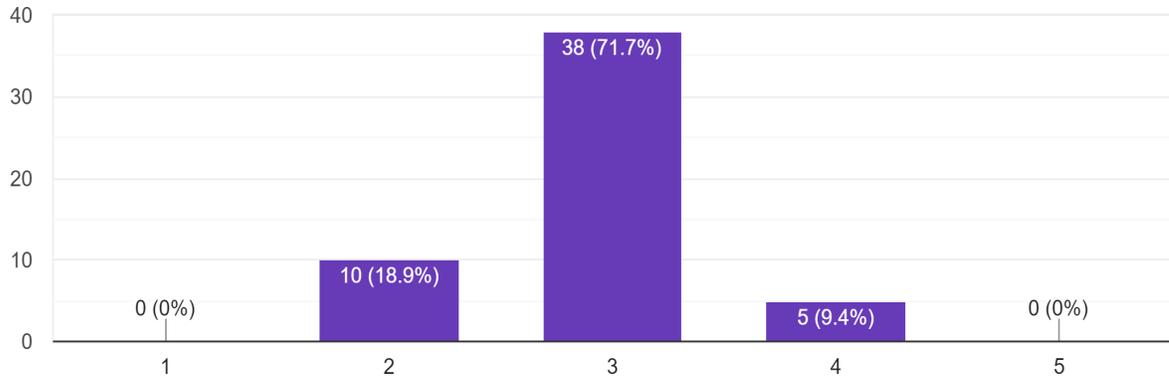
53 responses



More than half of the 53 respondents generally felt that our webpage was lacking in terms of aesthetics (64.2%) , so design was something we had to work on.

How informative was our website?

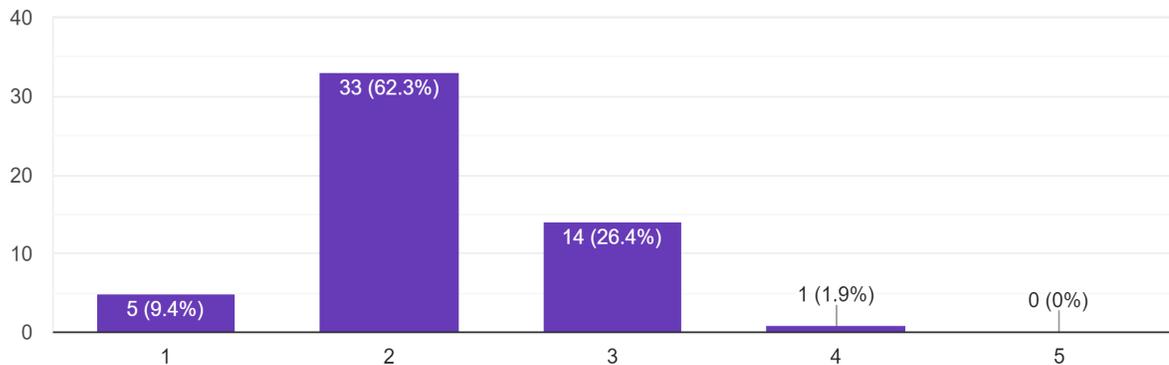
53 responses



As for our website content, most respondents felt that it somewhat provided what they were looking for, but they were not too satisfied with it (18.9% vs 9.4%), so we also did some touch-up on our content to cover a wider scope of sports.

How effective is our resource package in motivating youths to try out sports?

53 responses



As for the overall usefulness of our resource, there was a general dissatisfaction with the package, as most respondents did not feel that it did not really achieve its purpose of getting themselves to get into sports.(70% chose 1 &2).

Generally , from the feedback given , we targeted three areas for improvement.

- Aesthetics (design , User Interface, visuals)
- Content (organisation , range of content)
- Outreach (Social media platforms like Instagram to reach out to student mass)

3.4 Pilot Test 2

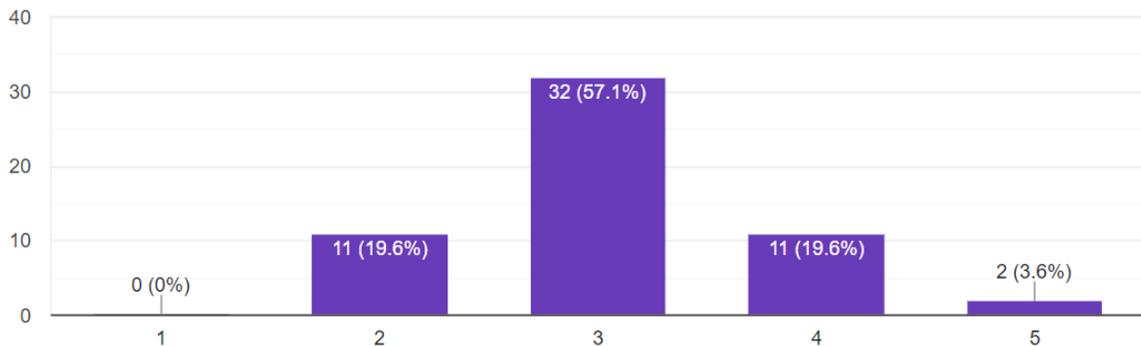
As part of our efforts to create a better resource package , these were some of the improvements we had made to our website, making reference to the feedback given to us in the first round of the pilot testing.

- Included videos under “technique” section
- Broke up the paragraphs of content so that content is no longer clustered in chunks
- Included more pictures for more striking visual effects.
- Added more information such as “injuries” section and “stretches for individual sports”
- Standardised our font for a more comprehensible content.

For our second pilot test conducted in early August , we garnered a total of 56 responses. The same set of questions were asked, and we focused on comparing the overall statistics for each question .

How aesthetically pleasing is our website?

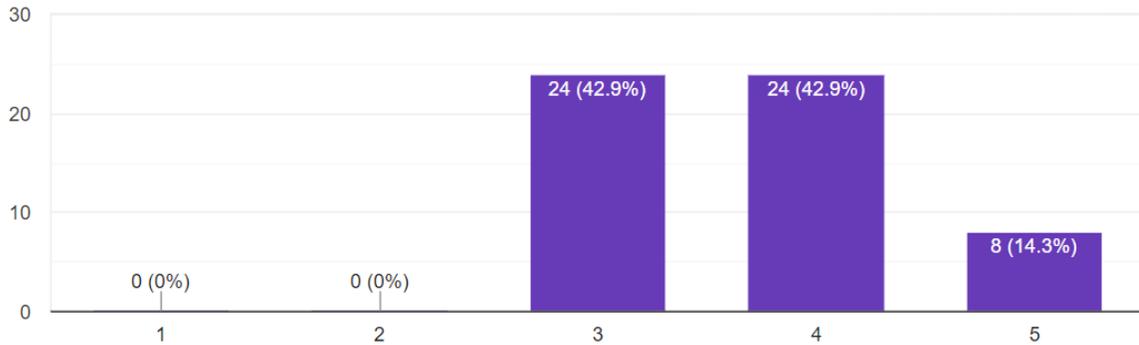
56 responses



2 => 64% - 19%
3 => 26% - 57%
4 => 9% - 19%
5 => 0% - 3%

How informative was our website?

56 responses

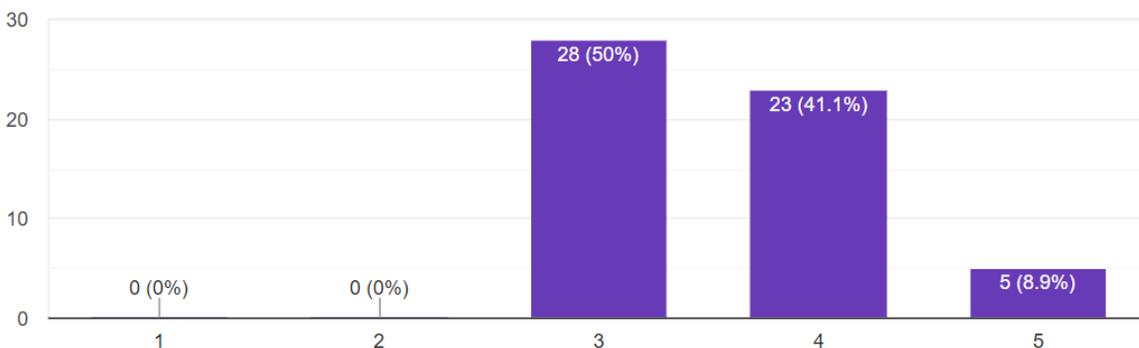


2 => 18% - 0%
3 => 71% - 42%
4 => 9% - 42%
5 => 0% - 14.3%

How effective is our resource package in motivating youths to try out sports?



56 responses



1 => 9% - 0%
2 => 62% - 0%
3 => 26% - 50%
4 => 2% - 41%
5 => 0% - 9%

Based on the responses we had collected for the second pilot test , there was a shift from a general dissatisfaction to a more positive response for our resource web page . This implies that the refinements we had made to the website had fulfilled the

demands of our target audience and had boosted the overall user experience for the students who visited our web page.

More importantly , our project proved to be even more successful in account of the fact that almost half of the respondents who did not feel our webpage was effective at first confessed that they had picked up at least a sport after revisiting our refined website .

4 Outcome & Discussion

The resource package was ultimately a successful move , as our users mostly were satisfied with the layout of our website , such as how we had presented our information , the aesthetics and design of the User Interface of our website .

However, we could not have achieved success without the valuable and constructive feedback our student users had given us , as we continued to make improvements to our web page with each piece of comment that was given .

Most importantly , our resource package seems to be promising in enticing many Hwa Chong students to step out of their comfort zones and into sports , as our second pilot test indicated that around half of the respondents found an interest in sports after looking through our refined web page.

5 Conclusion

Project Motion was not an easy project at all as changing the sedentary lifestyles which students have already gotten used to was an uphill task.

There were many other challenges along the way of developing Project Motion . It required time and effort to design the website, posters and conduct research. This project has allowed all of us to learn important skills such as innovation and research techniques. Innovation helped us to find common problems faced on a daily basis by students while research techniques were essential in searching for relevant material.

Despite the several disagreements we had with each other in the process due to our differing views , we enjoyed working together and sharing new ideas , most importantly exercising the team spirit that we learnt is the key to a project's success.

6 References

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