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EUFITMOS

European Fitness Monitoring System

IO6.1. Platform use guidelines/manual

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1 Introduction

1.1 Purpose of this document

This document includes rationale, guidelines, recommendations and tips for using the online platform. The purpose of it is to offer support to users of the online platform in order to comprehend how it works and all its potential. In particular, the users of the platform (country administrators, teachers, students) could utilize this document as a guide for all the actions that they could operate. For example how the teachers could insert students' data concerning their fitness and other operations.

1.2 Document structure

The present deliverable is split into the following chapters:

- Introduction
- Country Administrator – Guidelines/Manual
- Teacher – Guidelines/Manual
- Student – Guidelines/Manual

1.3 Audience

This document is internal to EUFITMOS project consortium and to EACEA.

2 Country Administrator – Guidelines/Manual

In this chapter, there are provided guidelines about country administrator type of user on how to use EUFITMOS platform. There is also a video tutorial with all the information that is presented below: Country Administrator tutorial video .

To be transferred to the online platform click the link: https://eufitmosdb.csd.auth.gr/ .

2.1 How to login

Login to the online platform with the username/password (Figure 1) provided by the administrator. Country Administrator's username can be his/her email

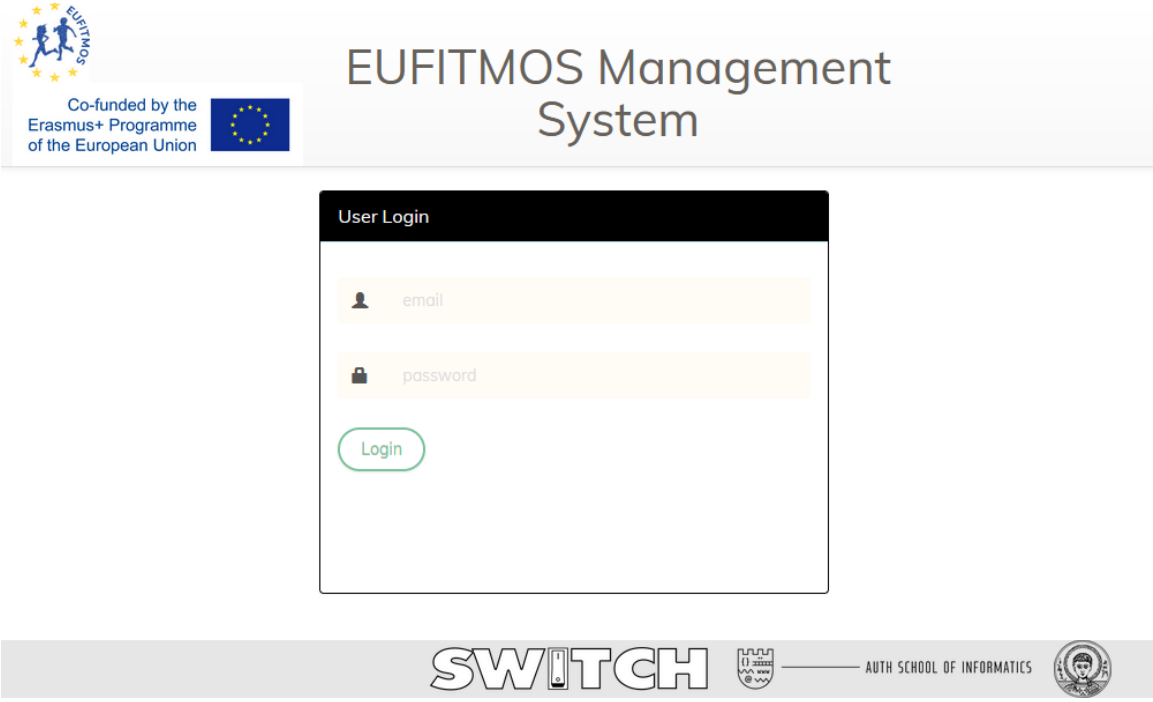

Figure 1: Login screen

2.2 How to change password

Visit your **Profile** (Figure 2).

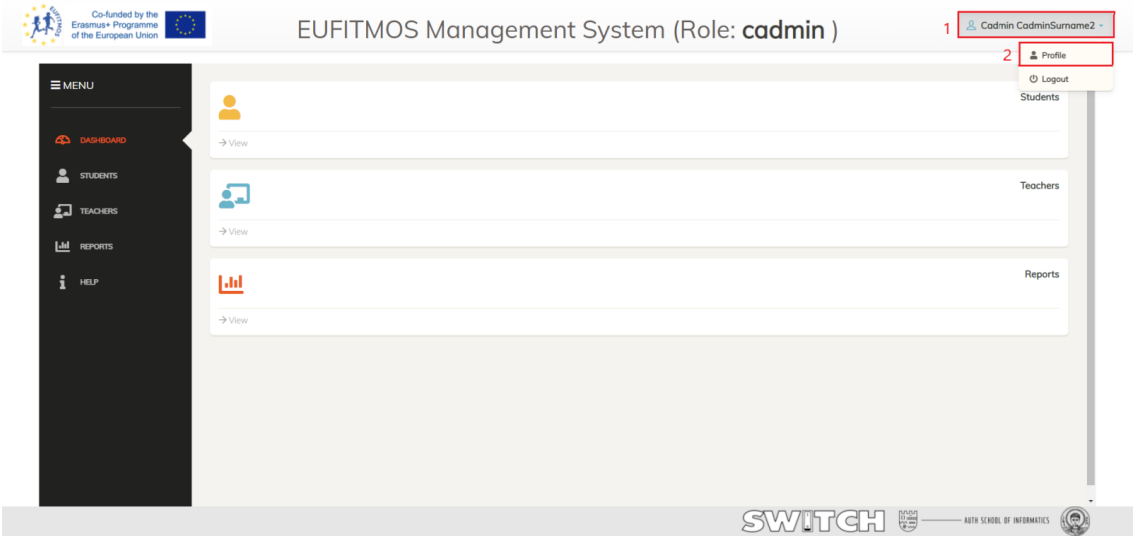

Figure 2: Profile screen

Then, **change your password** to a new one (Figure 3).

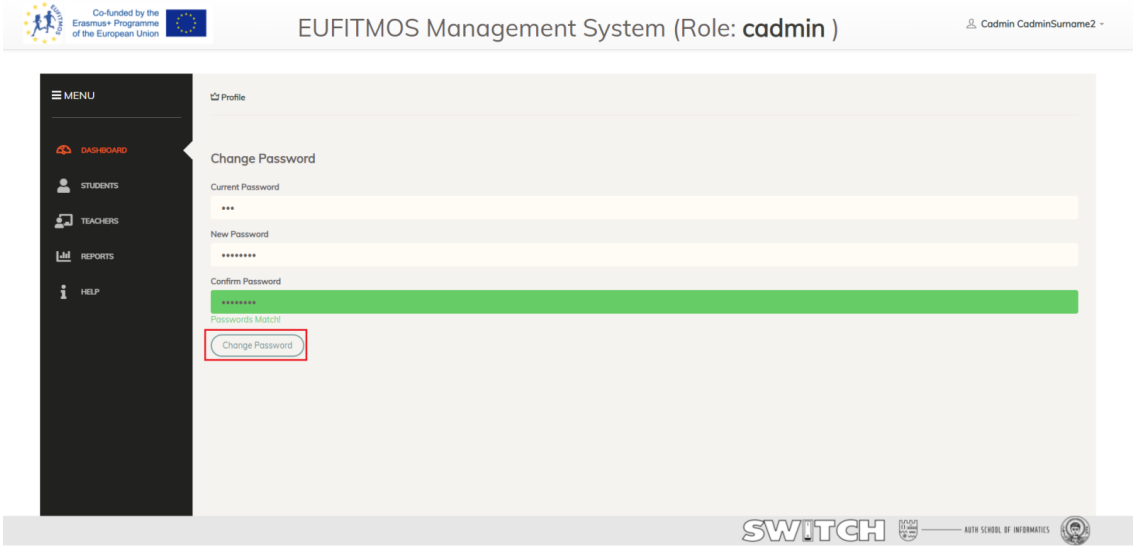

Figure 3: Change password screen

Note: It is important to change your password the first time you login.

2.3 How to monitor students

Navigate to the Students section to see a list with the students of your country (

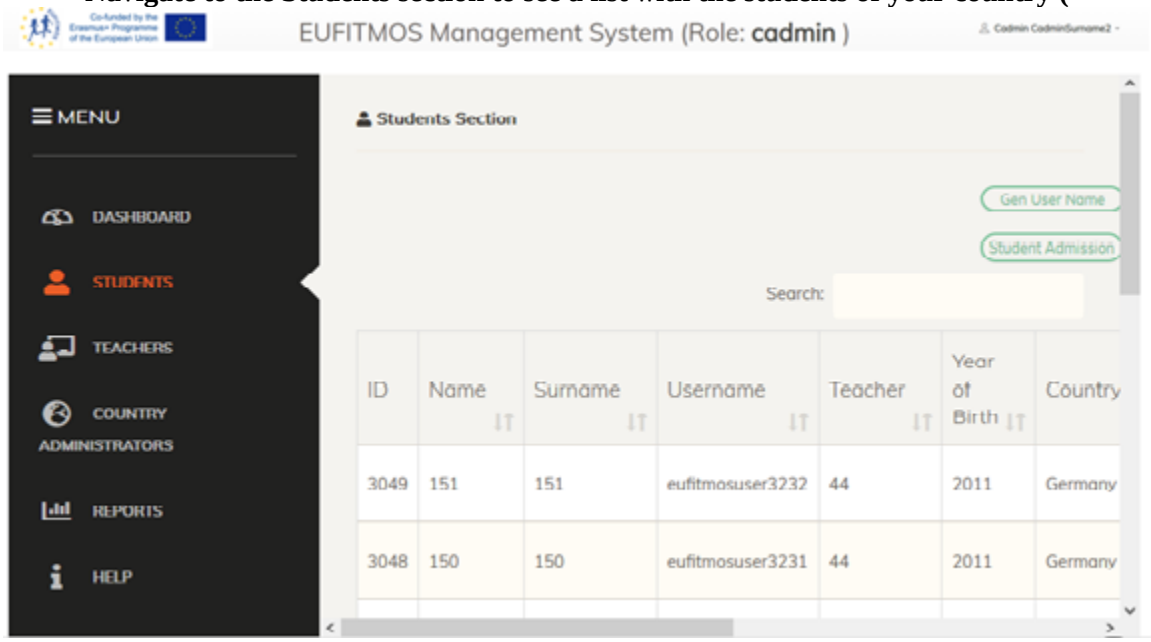

Figure 4). From this page, you can add a new student pressing the button "Get User Name" first and then the button "Student Admission". Then a student's input page (Students Admission) (

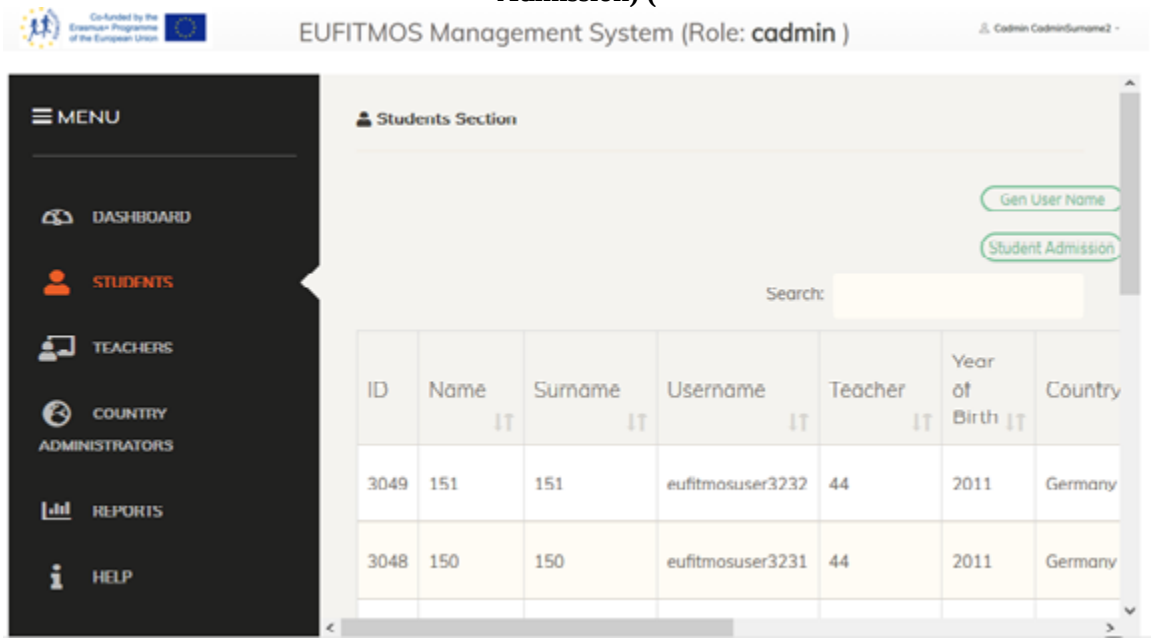

Figure 45) is displayed where the student's username field is generic. Moreover, you can **update** and **delete** a student and navigate to a student's details page.

Note: When adding a new student, you press first "**Get User Name**" then "**Student Admission**" and in the student input screen you have to assign them to a teacher.

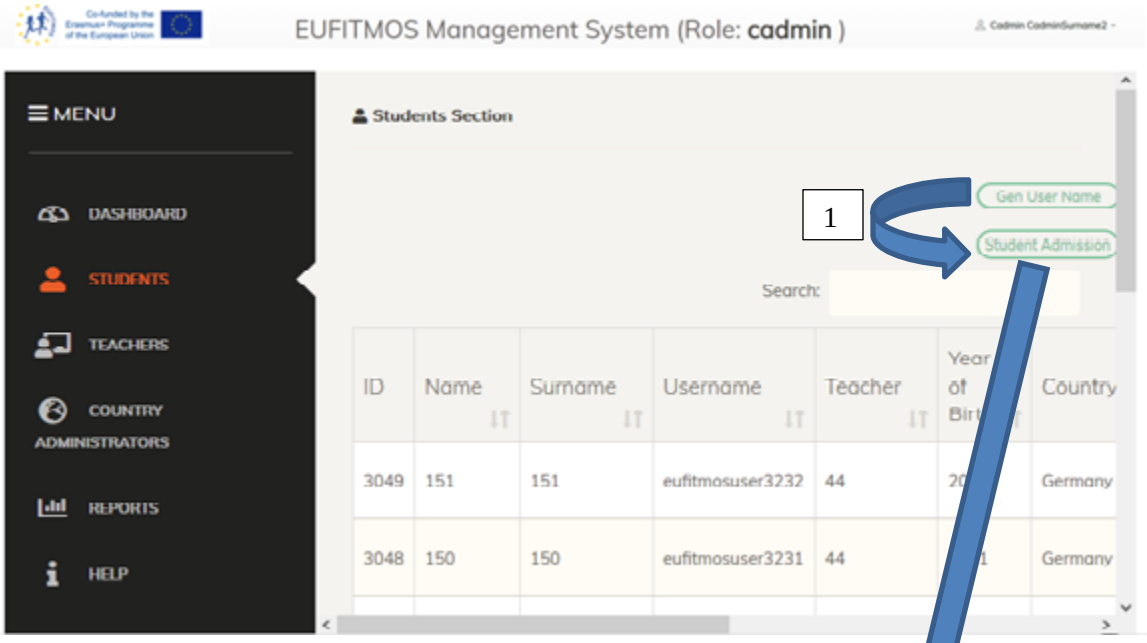

Figure 4: Students screen

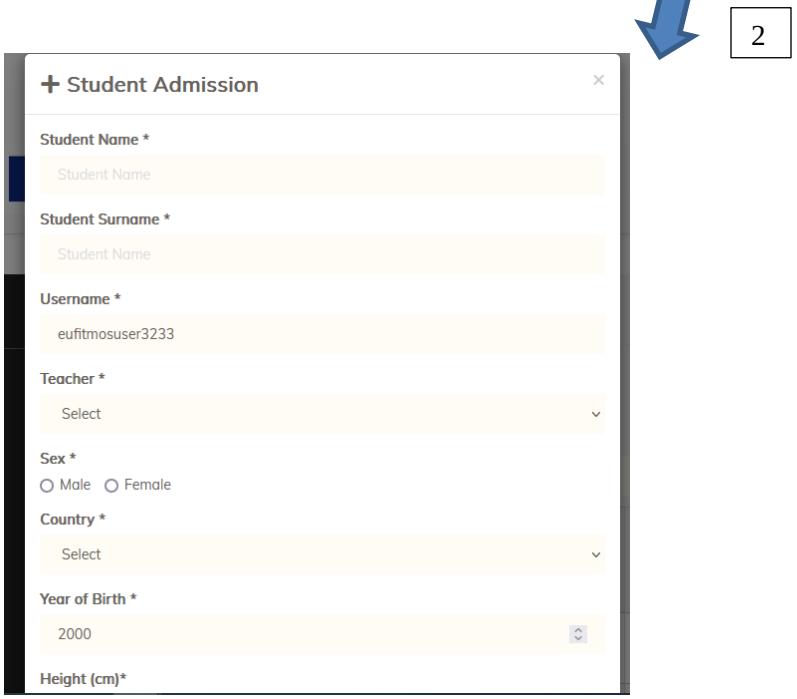

Figure 5: Student's input screen

In the input screen "Student Admission", the fields with asterisk are mandatory. Furthermore, detailed description of the most significant input fields is as following.

- Year of Birth, 4-digit in the form YYYY,

- Height, in cm, in the form of 3-digit integer,
- Weight in kg, in the form of decimal (the decimal point is ".", i.e. 40.25kg),
- Pacer (0 – 247),
- Minutes per session out of school (0 – 1440),
- Mile in seconds (300 – 2760),
- Push-ups (0 – 100),
- Handgrip in kg, in the form of decimal (the decimal point is ".", i.e. 40.25kg) (0 – 150),
- Standing broad jump in cm, in the form of decimal (the decimal point is ".") (0 – 300),
- 20m, in centi - seconds, without decimals (200 – 4100),
- Back saver sit and reach right leg in cm, in the form of decimal (the decimal point is ".") (0 -50),
- Back saver sit and reach left leg in cm, in the form of decimal (the decimal point is ".") (0 – 50),
- Waist circumference in cm, in the form of decimal (the decimal point is ".") (0 – 50) (20 – 200).

In Figure 4 "Students Section" screen, by selecting student's details, you navigate to a new page where there is a graph and 2 tables comparing the student with the Healthy Fitness Zone and the average of all the students of the same age (Figure 66).

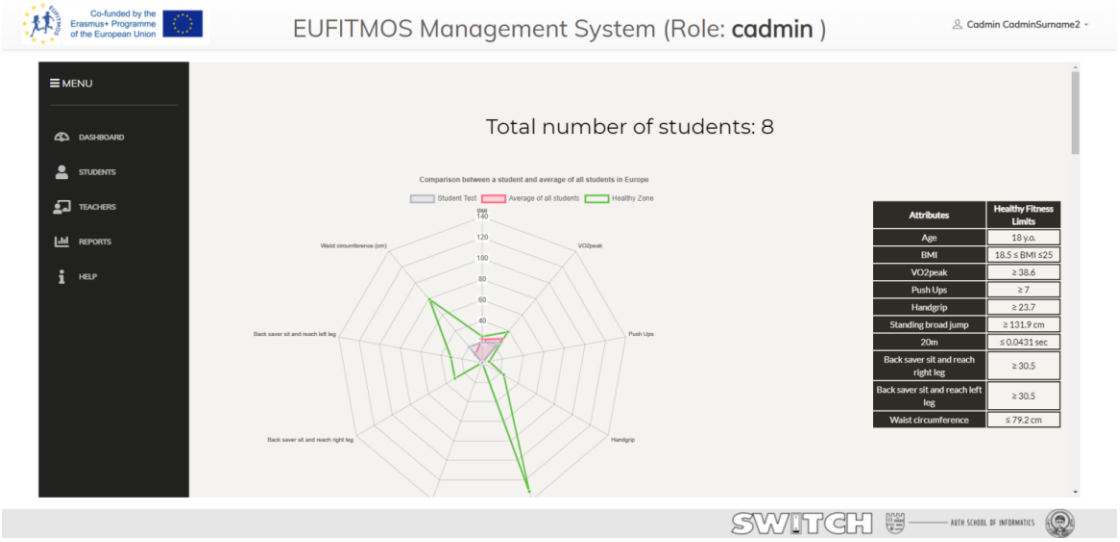

Figure 6: Student's graph screen

Moreover, you can modify the spider graph by clicking on what you want to remove (Figure 77).

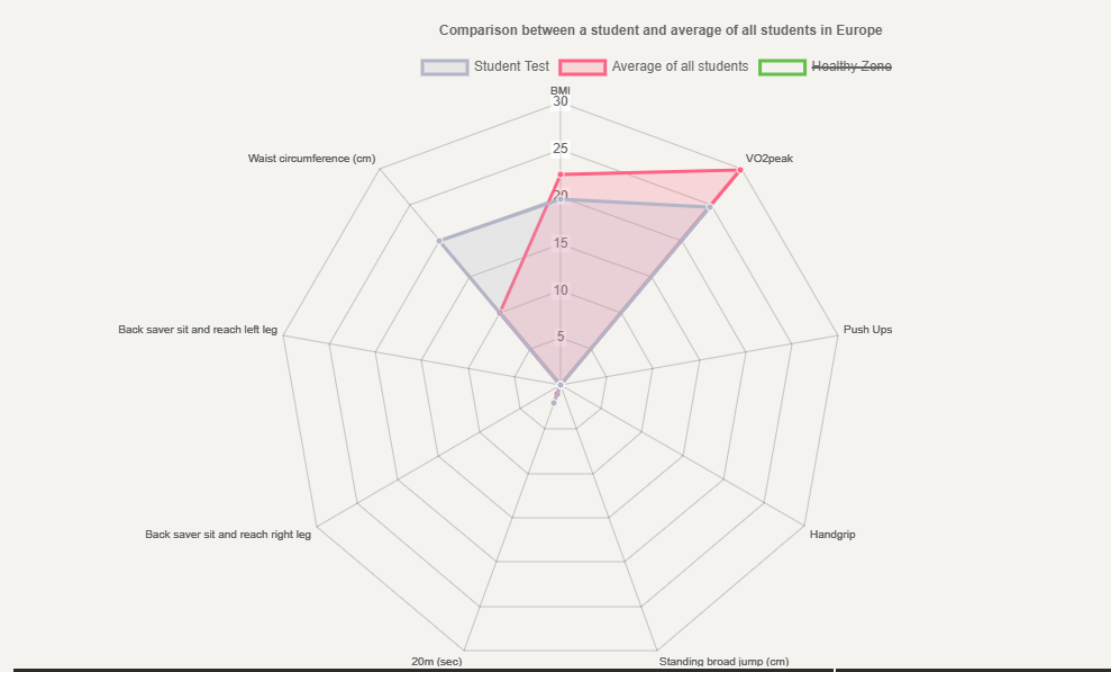

Figure 7: Modified graph screen

2.4 How to monitor teachers

Navigate to the **Teachers section** to see a list with your teachers of your country (Figure 88). From this page, you can **add** a new teacher, **update** and **delete** an already registered teacher.

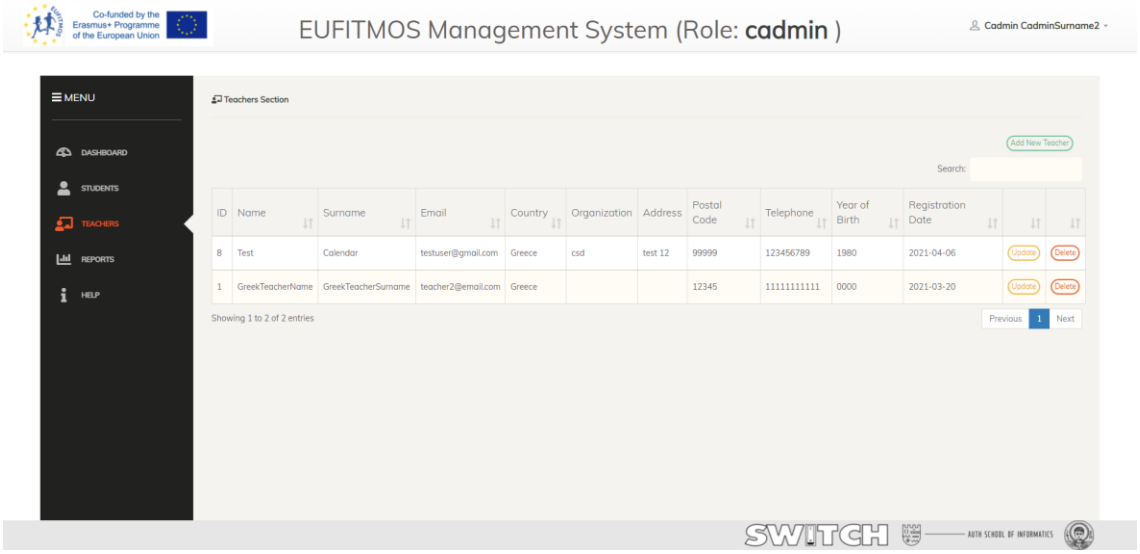

Figure 8: Teachers screen

2.5 How to see reports

Navigate to **Reports** either by the Dashboard or the side-menu to see all the options that exist (Figure 99).

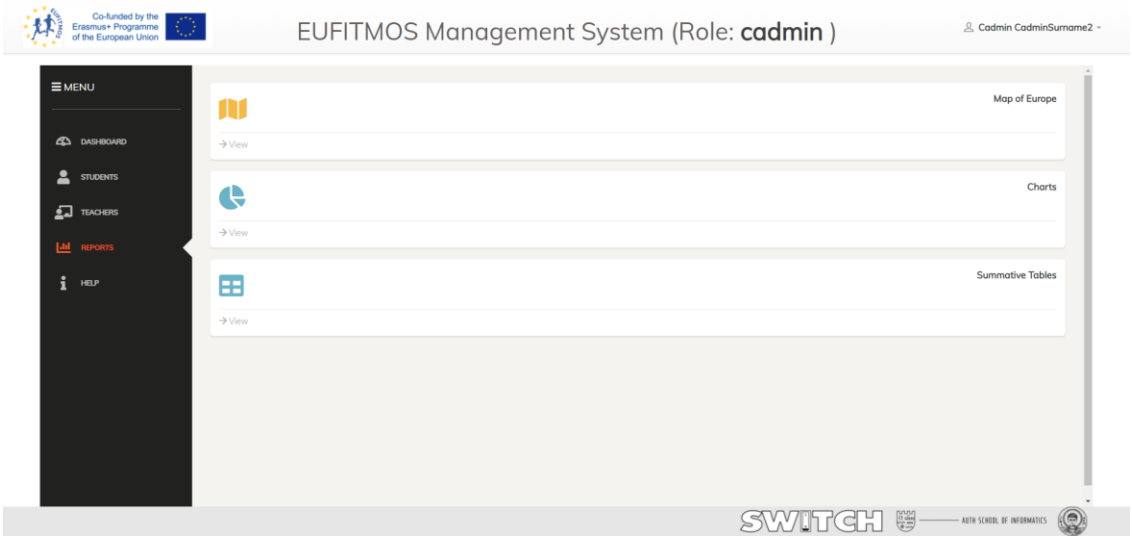

Figure 9: Reports screen

Select the report you want to see.

- **Map of Europe**

Hover over the countries on the map to see how many users exist from each country (Figure 1010).

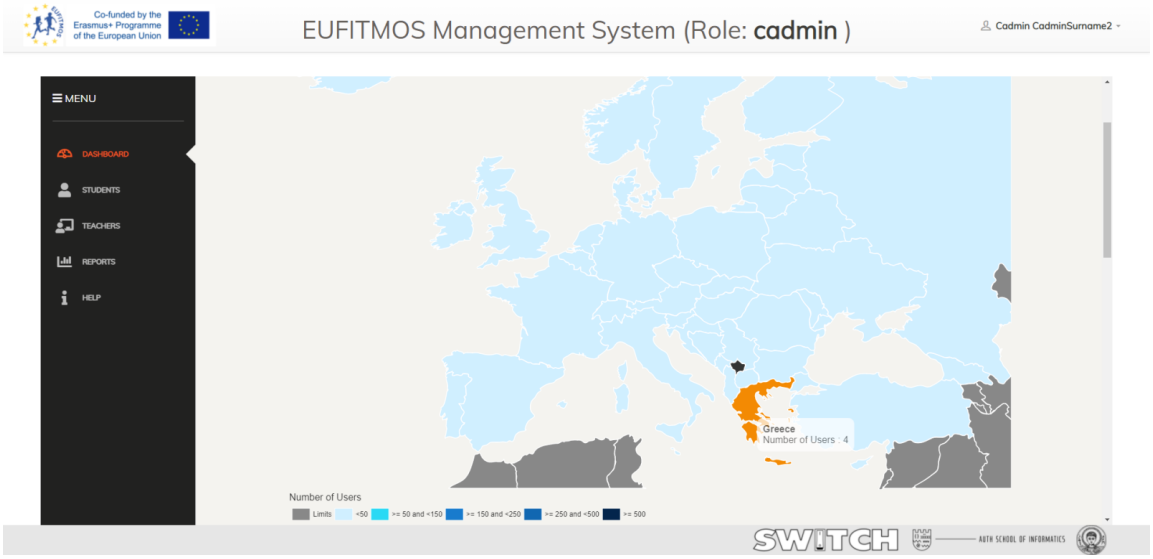

Figure 10: Map of Europe screen - Map

Additionally, you can see each countries users with a bar chart (Figure 111).

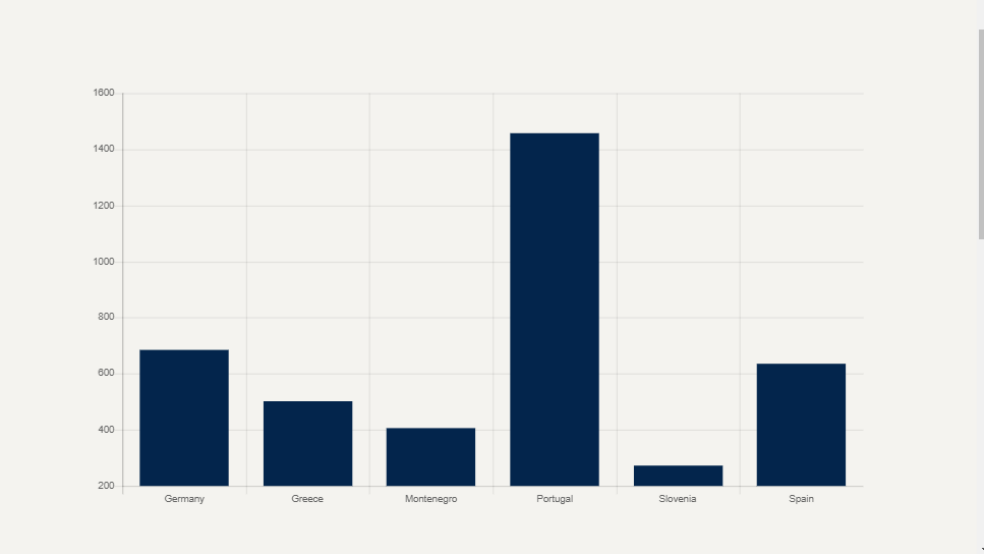

Figure 11: Map of Europe screen – Bar chart

- **Charts**

Compare the students of your country with the average of all students in Europe with a spider graph (Figure 122).

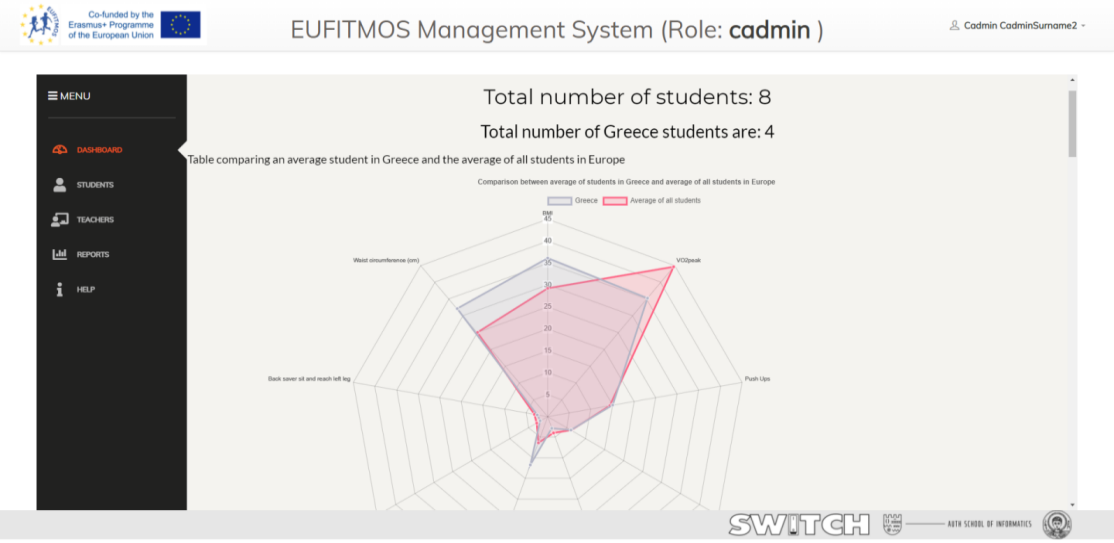

Figure 12: Charts screen – Spider graph

You can also see a comparison between the students of your country and the students in Europe categorized by gender in a **bar chart** (Figure 133). Lastly, you can select a country and compare the students of your country with the students of the selected country, categorized by gender, too.

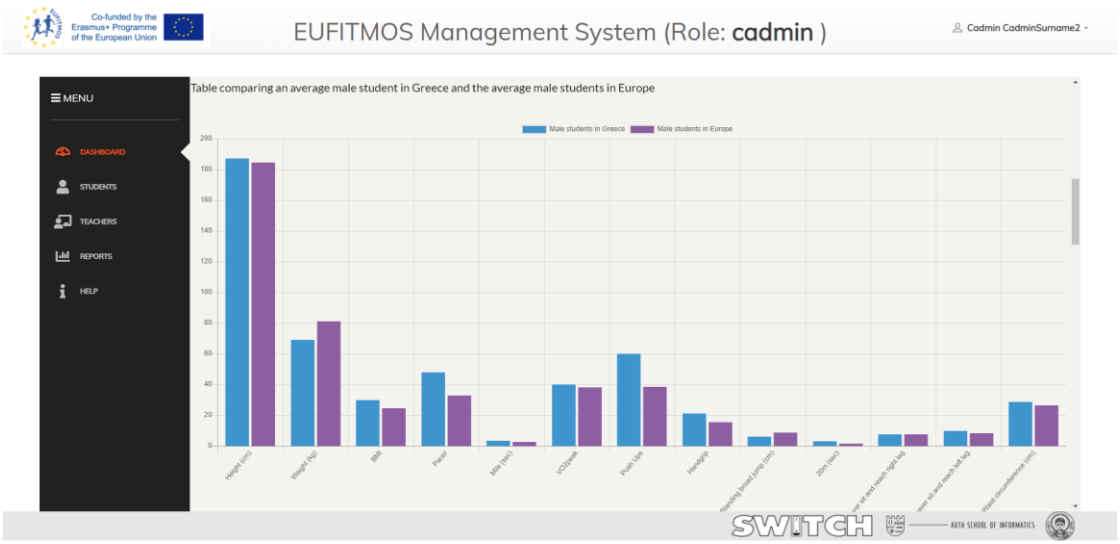

Figure 13: Charts screen – Bar chart

- **Summative Tables**

In this report page, you can compare the students of your country with the average of all students in Europe in a **summative table** (Figure 144). You can also see a comparison between the students of your country and students in Europe by gender. Lastly, you can select a country and compare the students of your country with the students of the selected country, categorized by gender, too.

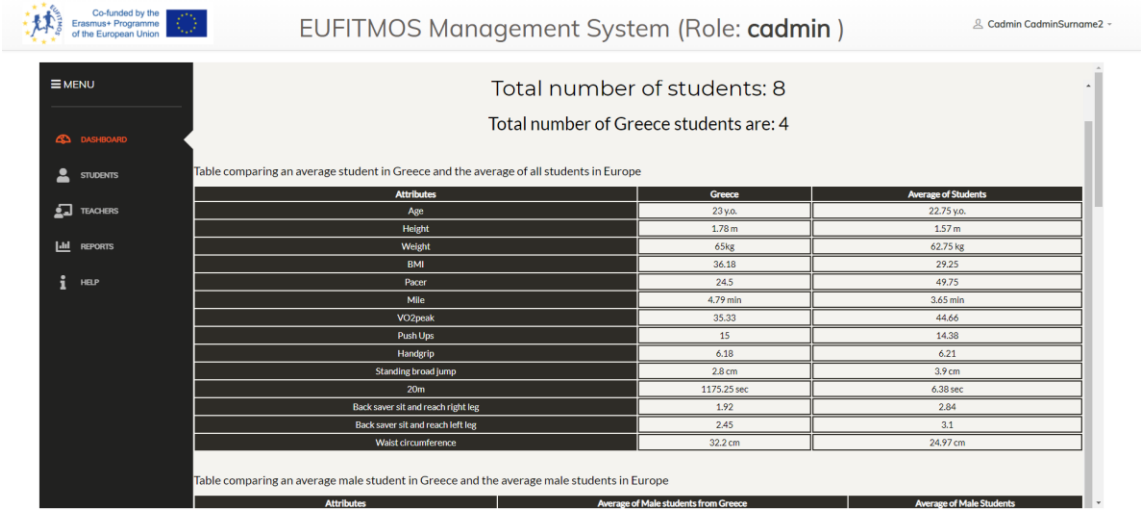

Figure 14: Summative table screen

2.6 How to find platform's guide

In the **Help section** you can see a video guide about the site.

3 Teacher – Guidelines/Manual

In this chapter, there are provided guidelines about teachers on how to use EUFITMOS platform. There is also a video tutorial with all the information that are presented below: Teacher tutorial video .

To be transferred to the online platform click the link: https://eufitmosdb.csd.auth.gr/ .

3.1 How to login

Login to the online platform with the username/password (Figure 155) provided by the country administrator. Teacher's username can be his/her email.

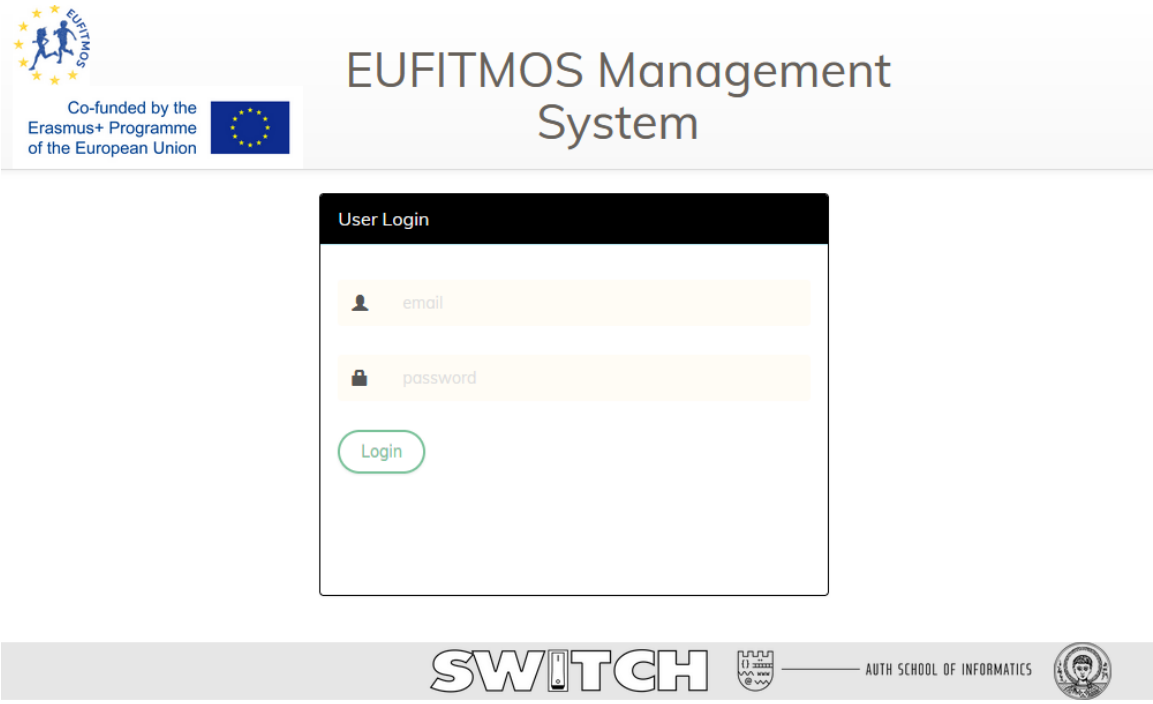

Figure 15: Login screen

3.2 How to change password

Visit your **Profile** (Figure 166).

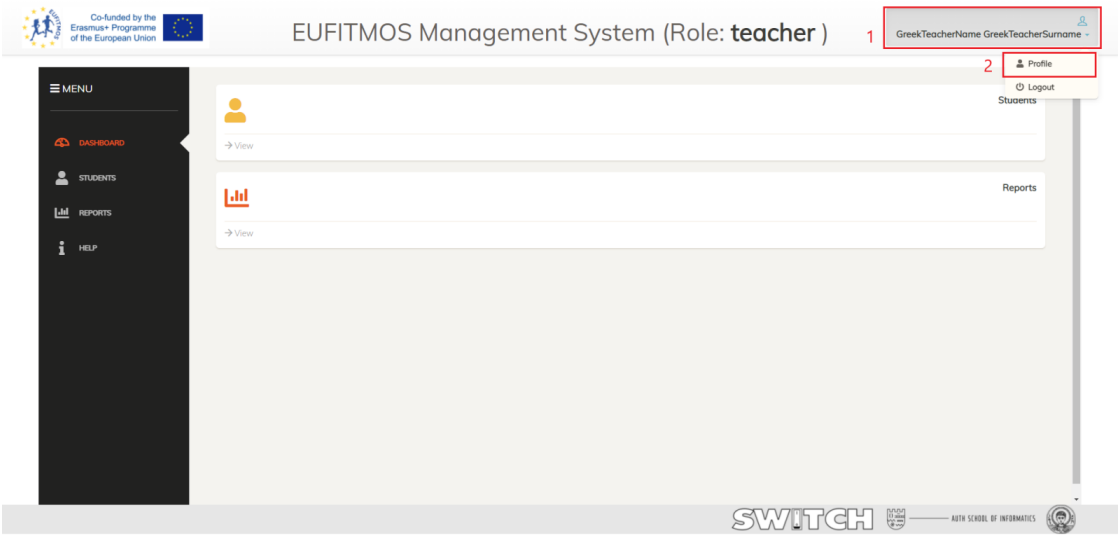

Figure 16: Profile screen

Then, **change your password** to a new one (Figure 177).

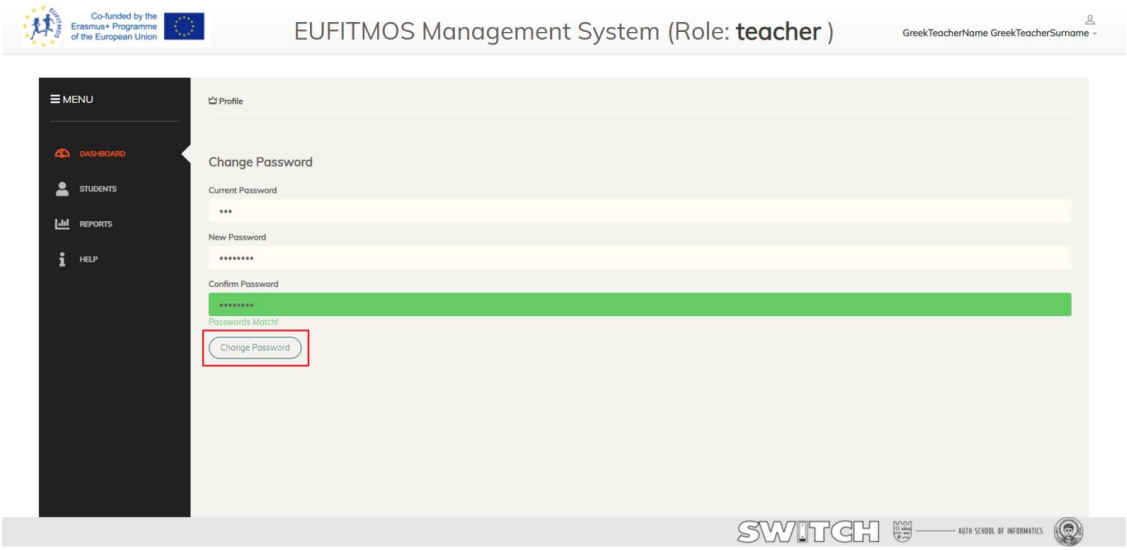

Figure 17: Change password screen

Note: It is important to change your password the first time you login.

3.3 How to monitor students

In Figure 18 you can navigate to the **Students Section** to see a list with **your** students (**only yours**). From this page, you can **add** a new student by pressing the button "Get User Name" first and then the button "Student Admission". Then the **Student Admission** screen is displayed to insert student's metrics. Moreover, in **Students section** page you can press **update** or **delete** a student or navigate to student's details.

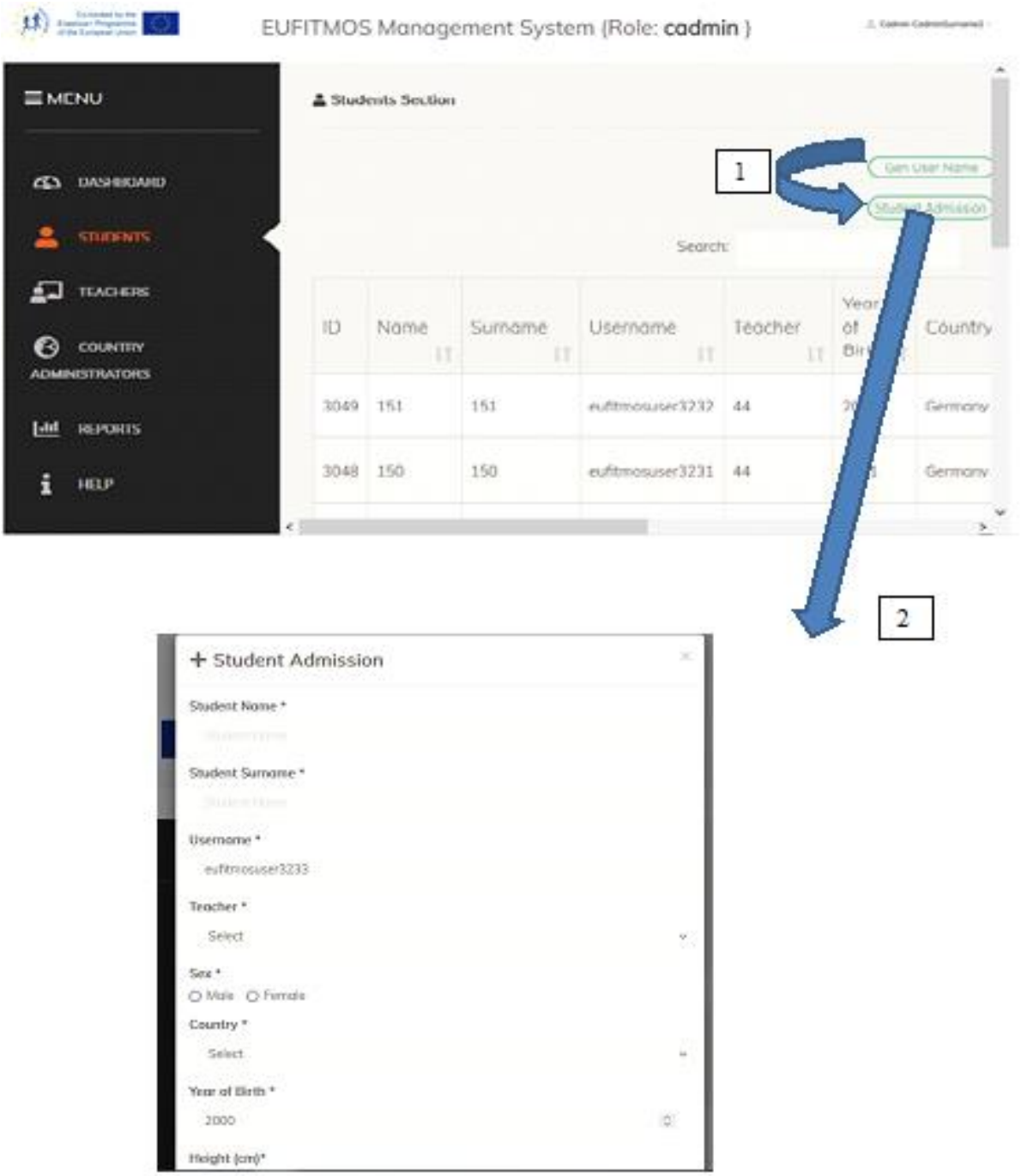

Figure 18: Students screen

In the input screen "Student Admission", the fields with asterisk are mandatory. Furthermore, detailed description of the most significant input fields is as following.

- Year of Birth, 4-digit in the form YYYY,
- Height, in cm, in the form of 3-digit integer,
- Weight in kg, in the form of decimal (the decimal point is ".", i.e. 40.25kg),

- Pacer with value 0 – 247,
- Minutes per session out of school (0 – 1440),
- Mile in seconds (300 – 2760),
- Push-ups (0 – 100),
- Handgrip in kg, in the form of decimal (the decimal point is ".", i.e. 40.25kg) (0 – 150),
- Standing broad jump in cm, in the form of decimal (the decimal point is ".") (0 – 300),
- 20m, in centi- seconds, without decimals (200 – 4100),
- Back saver sit and reach right leg in cm, in the form of decimal (the decimal point is ".") (0 -50),
- Back saver sit and reach left leg in cm, in the form of decimal (the decimal point is ".") (0 – 50),
- Waist circumference in cm, in the form of decimal (the decimal point is ".") (0 – 50) (20 – 200).

In "Students Section" screen, by selecting **student's details**, you can navigate to a new page where there is a graph and 2 tables comparing the student with the Healthy Fitness Zone and the average of all the students of the same age (Figure 199).

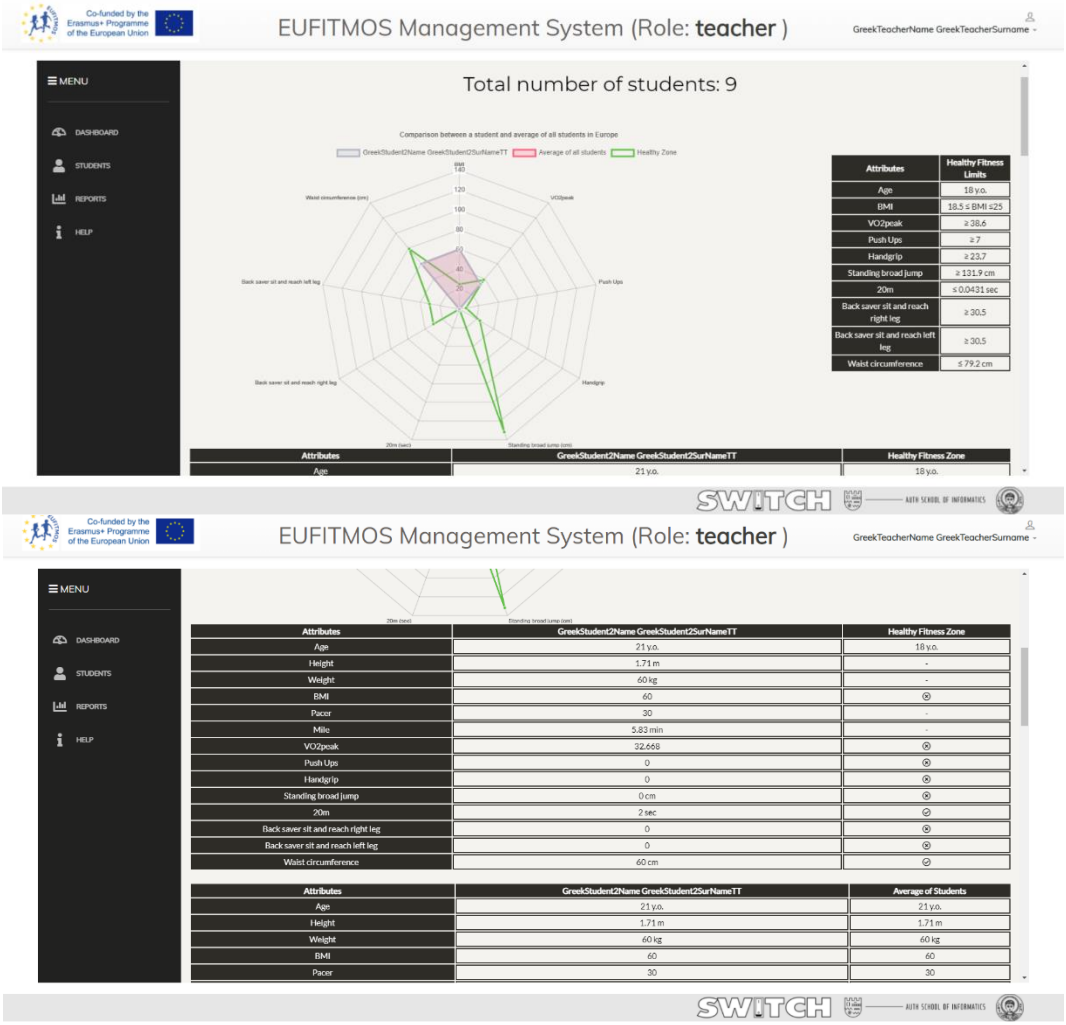

Figure 19: Student's details

Moreover, you can **modify** the spider graph by clicking on what you want to remove (Figure 2020).

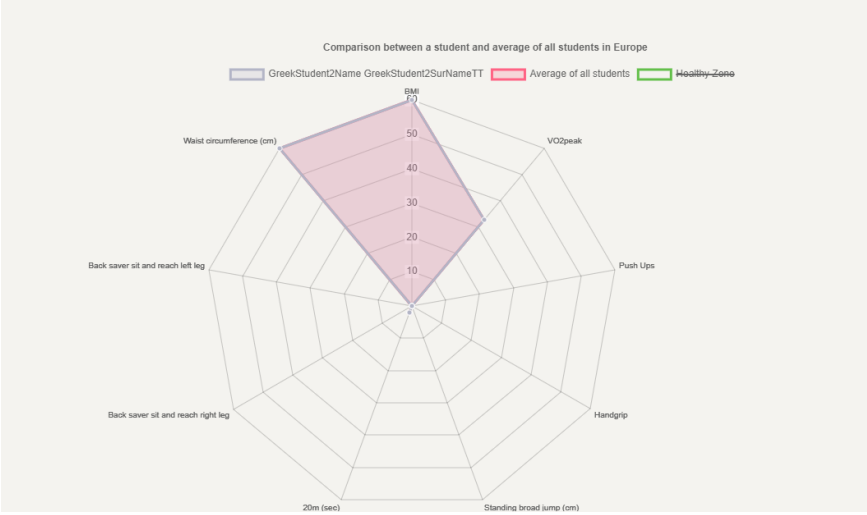

Figure 20: Modified spider graph

3.4 How to see reports

Navigate to **Reports** either by the Dashboard or the side-menu to see all the options that exist (Figure 211).

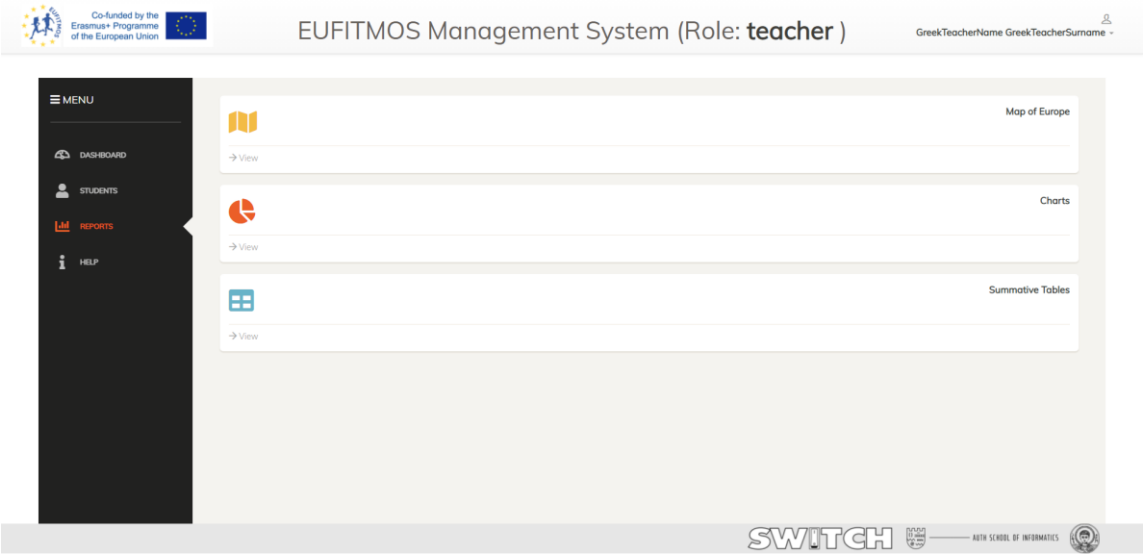

Figure 21: Reports screen

Select the report you want to see.

- **Map of Europe**

Hover over the countries on the **map** to see how many users exist from each country (Figure 222).

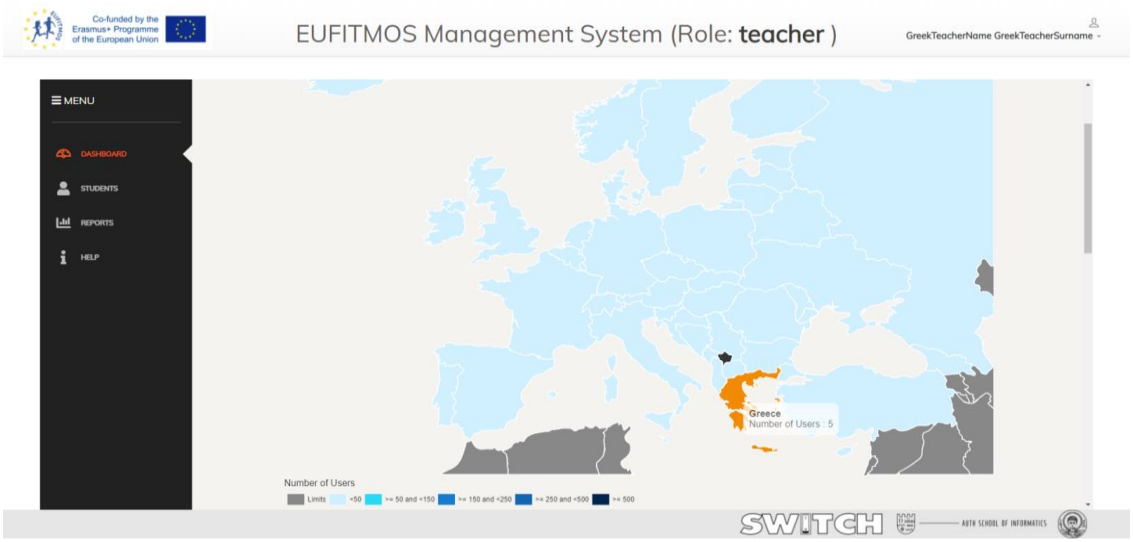

Figure 22: Map of Europe – Map

Additionally, you can see each countries users with a **bar chart** (Figure 233).

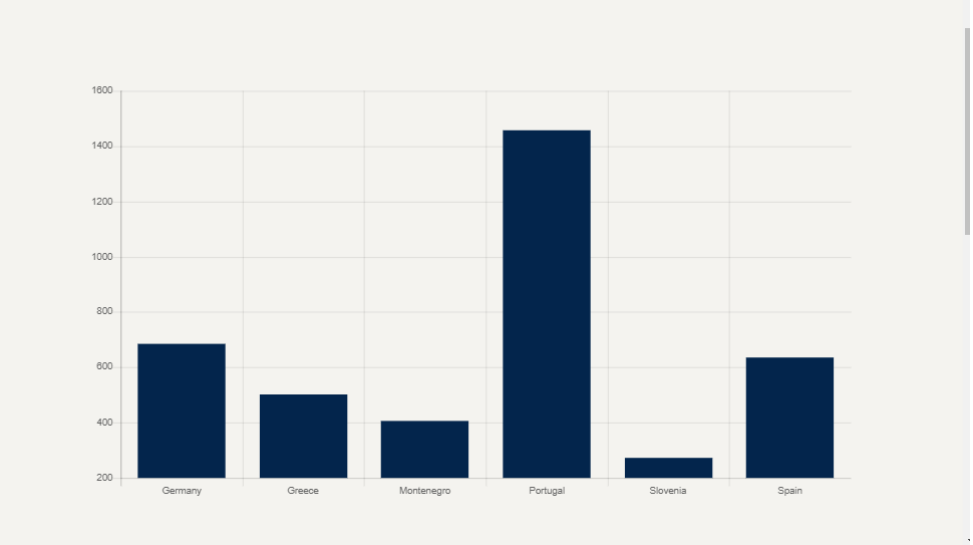

Figure 23: Map of Europe – Bar chart

- **Charts**

Compare the students of your country with the average of all students in Europe with a **spider graph** (Figure 244).

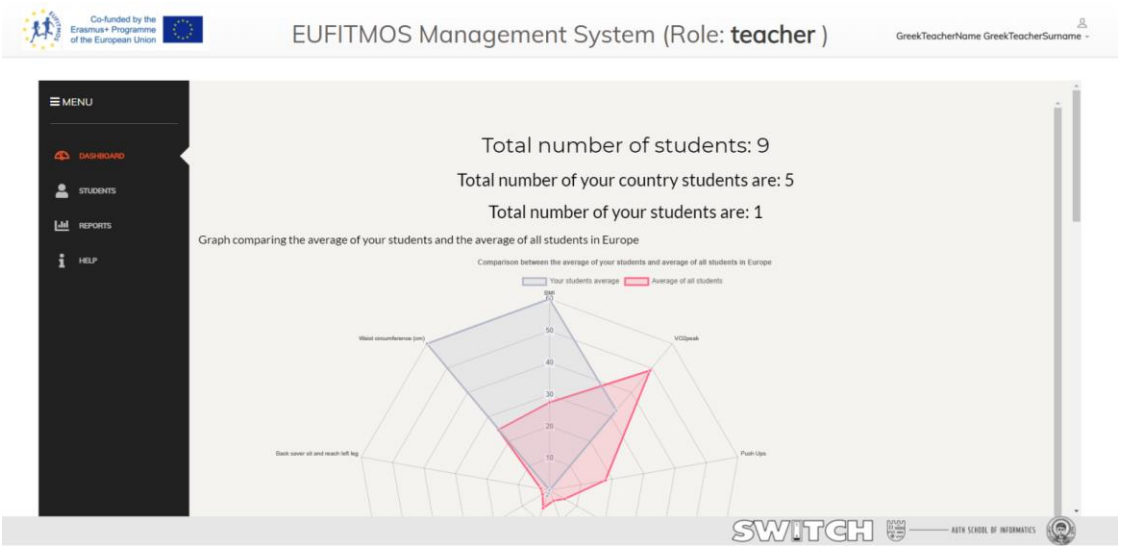

Figure 24: Charts – Spider graph

You can also see a comparison between the students of your country and the students in Europe categorized by gender in a **bar chart** (Figure 255). Lastly, you can select a country and compare the students of your country with the students of the selected country, categorized by gender, too.

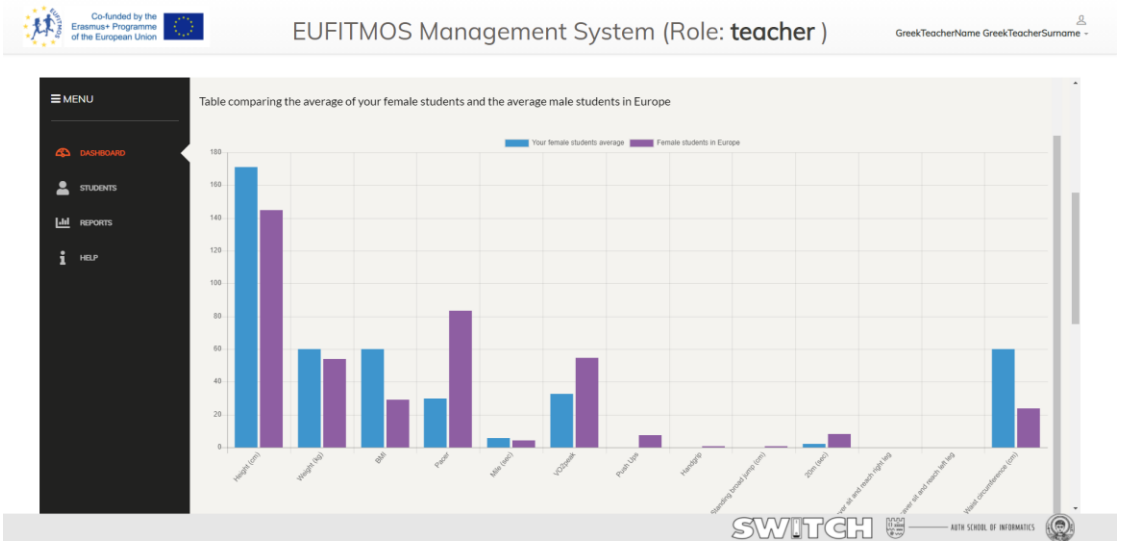

Figure 25: Charts – Bar chart

- **Summative Tables**

In this report page, you can compare the students of your country with the average of all students in Europe in a **summative table** (Figure 266). You can also see a comparison between the students of your country and students in Europe by gender. Lastly, you can select a country and compare the students of your country with the students of the selected country, categorized by gender, too.

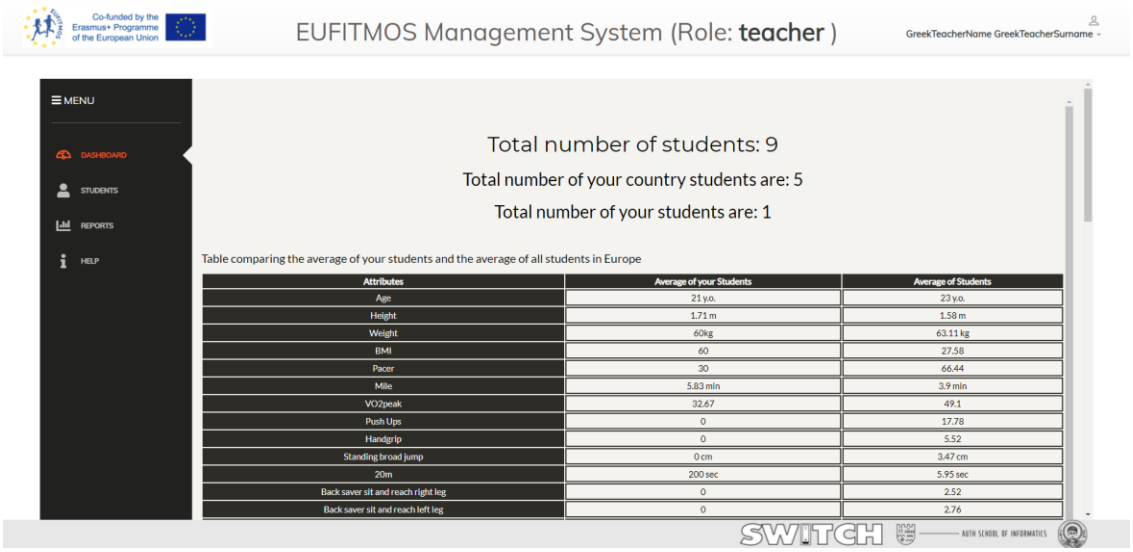

Figure 26: Summative table screen

3.5 How to find platform's guide

In the **Help section** you can see a video guide about the site.

4 Student – Guidelines/Manual

In this chapter, there are provided guidelines about students on how to use EUFITMOS platform. There is also a video tutorial with all the information that are presented below: Student tutorial video.

To be transferred to the online platform click the link: https://eufitmosdb.csd.auth.gr/ .

4.1 How to login

Login to the online platform with the username/password (Figure 277) provided by your teacher.

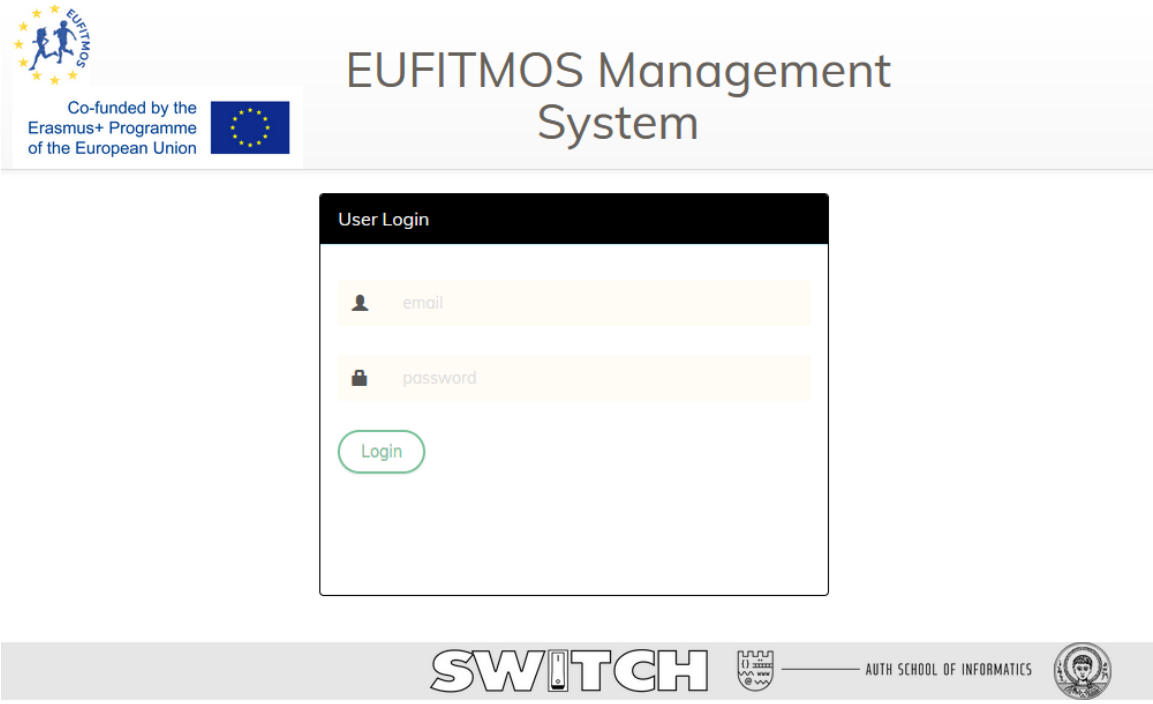

Figure 27: Login screen

4.2 How to change password

Visit your **Profile** (Figure 288).

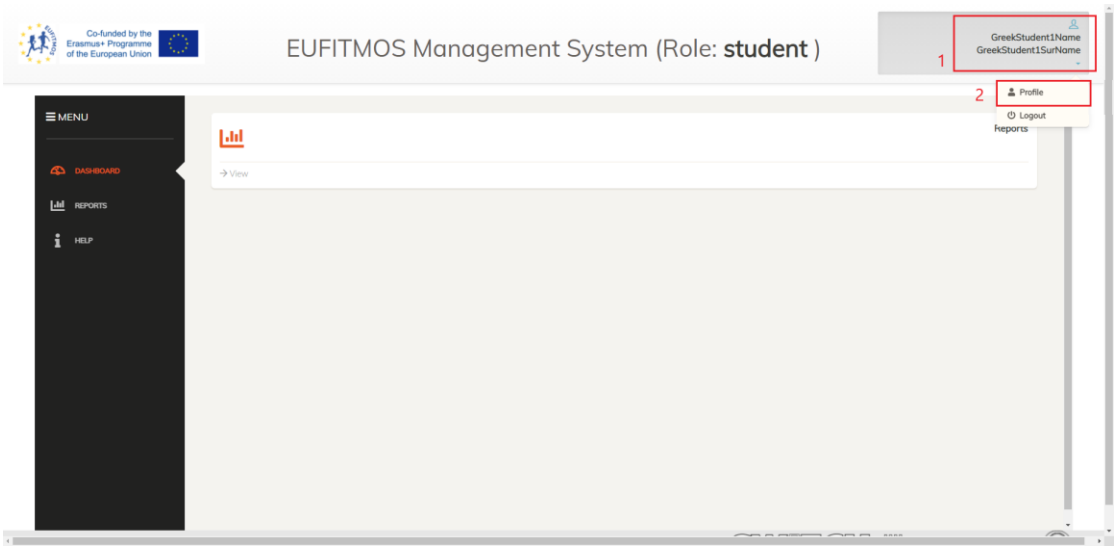

Figure 28: Profile screen

Then, **change your password** to a new one (Figure 299).

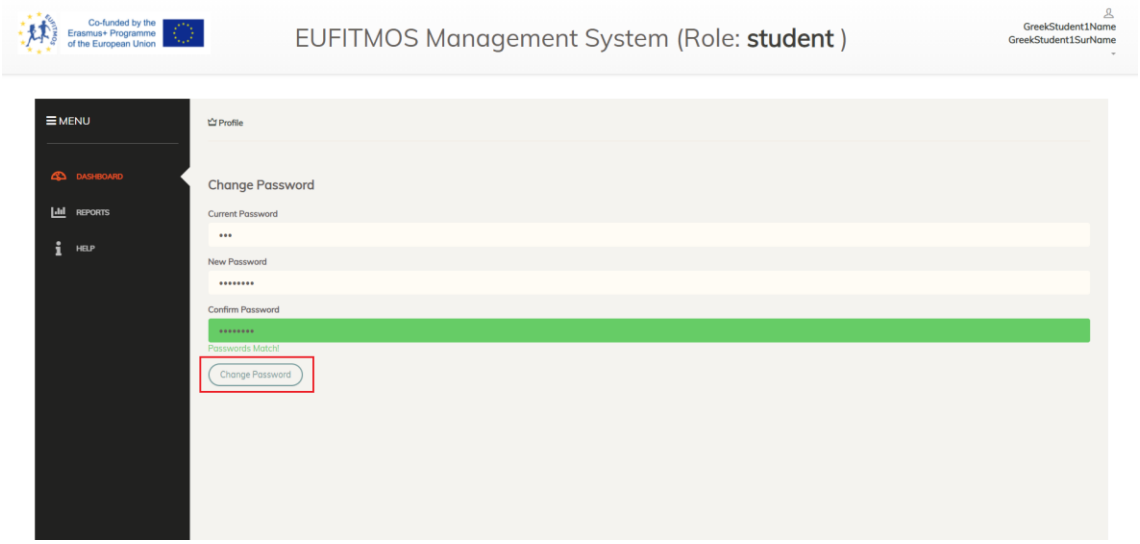

Figure 29: Change password screen

Note: It is important to change your password the first time you login.

4.3 How to see reports

Navigate to **Reports** either by the Dashboard or the side-menu to see all the options that exist (Figure 3030).

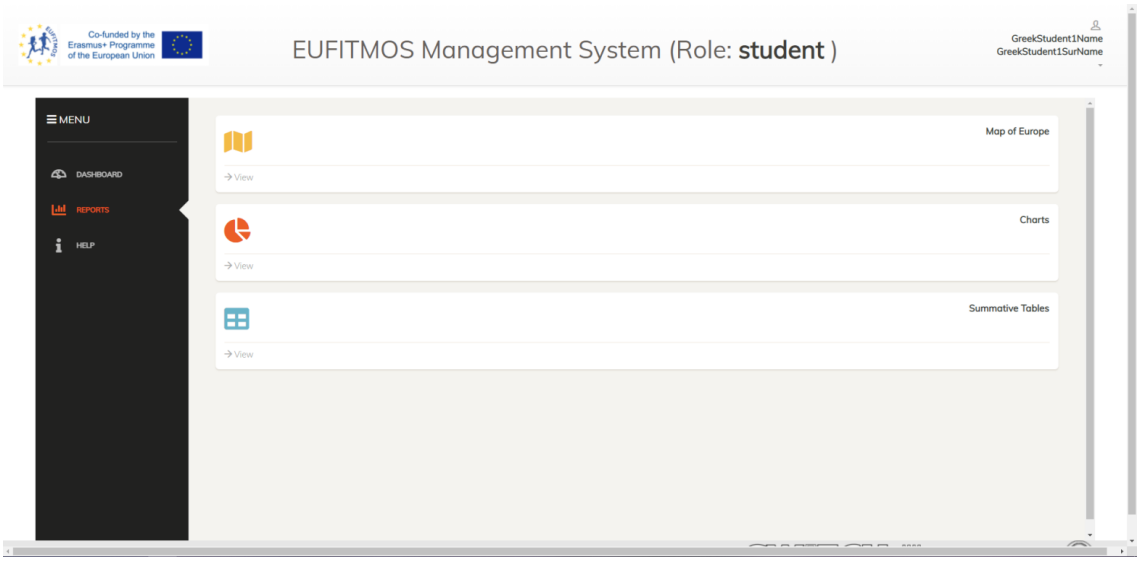

Figure 30: Reports screen

Select the report you want to see.

- **Map of Europe**

Hover over the countries on the **map** to see how many users exist from each country (Figure 311).

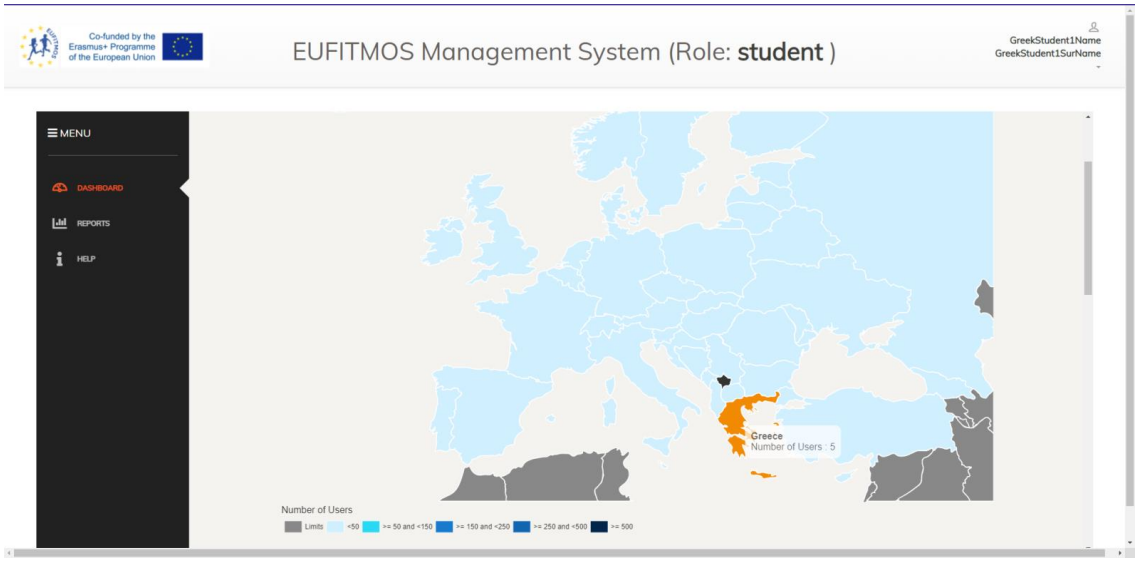

Figure 31: Map of Europe – Map

Additionally, you can see each countries users with a bar chart (Figure 322).

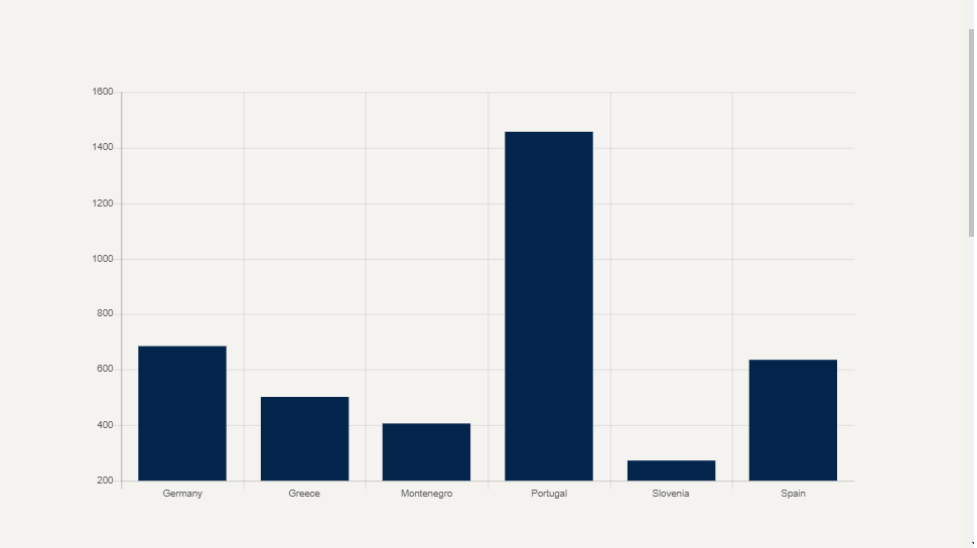

Figure 32: Map of Europe – Bar chart

- **Charts**

Compare yourself with the average of all the same-age students in Europe and with the Healthy Fitness Zone (Figure 333). You can also compare yourself with the average of a specific country by selecting the **country** and pressing **submit**.

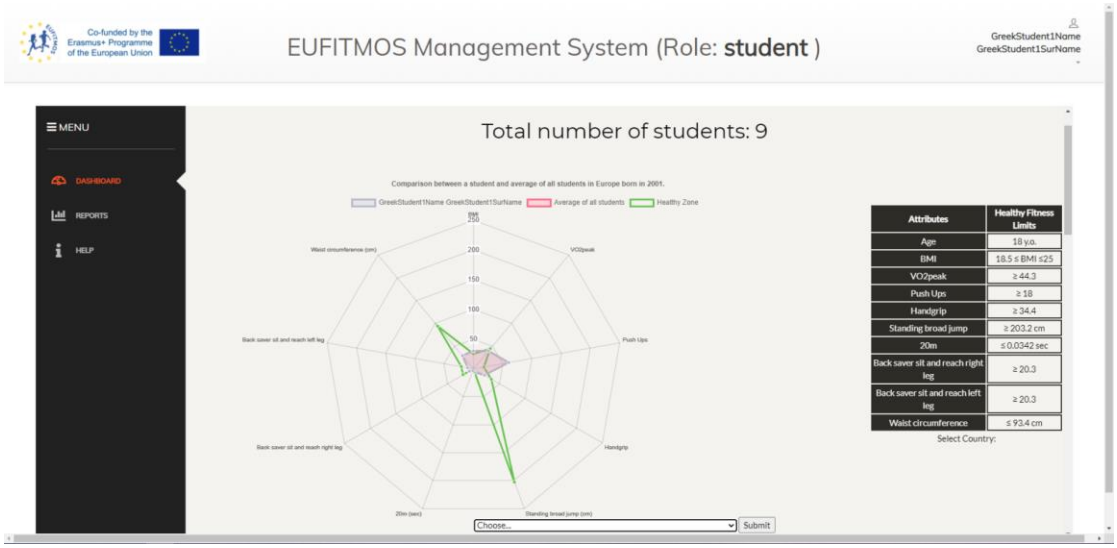

Figure 33: Charts screen

Moreover, you can modify the **spider graph** by clicking on what you want to remove (Figure 344).

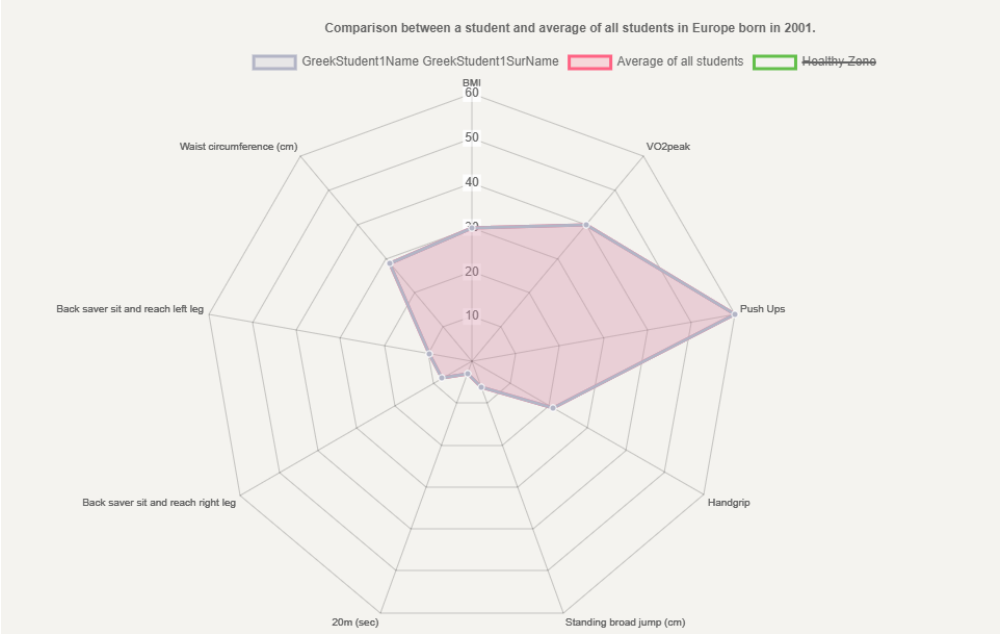

Figure 34: Modified spider graph

- **Summative Tables**

See a **table** with your statistics and compare them with the Healthy Fitness Zone, the average of all same-age students in Europe (Figure 355). In addition, you can compare yourself with the average of a specific country by selecting the **country** you want and by pressing **submit**.

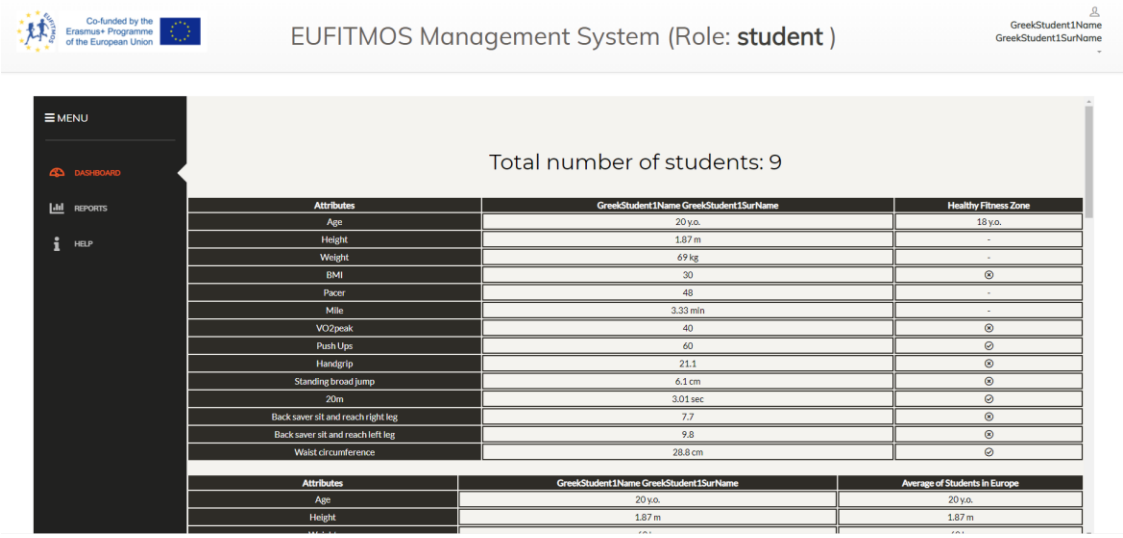

Figure 35: Summative tables screen

4.4 How to find platform's guide

In the **Help section** you can see a video guide about the site.

5 References / Links

EUFITMOS Website. Available at: https://eufitmos.eu/

EUFITMOS Platform. Available at: http://eufitmosdb.csd.auth.gr/

Country Administrator tutorial video: https://youtu.be/WmbaYOg_nZ0

Teacher tutorial video: https://youtu.be/OmJc5Fp_dBc

Student tutorial video: https://youtu.be/VGK9QmfnZJk