



香港城市大學
City University of Hong Kong

Development and Assessment of Q-Stress Fitness App for GE Classes on Fitness Management

Project Number: 6000390

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Abstract:

This Q-Stress project aims to develop a smart mobile app to support Discovery-Enriched Curriculum (DEC) of CityU in general, interactive apps-based teaching and learning in computer-mediated fitness classes in particular, with specific focus on personal stress management. More specifically, we will develop the Q-Stress fitness app based on the American College of Sports Medicine (ACSM) guidelines for exercise professionals, and assess its effectiveness in our class of GE1203 as part of the DEC-based individual project on personal physical and mental fitness management. Also, the Q-Stress fitness app will be implemented using both the iPhone/iPDA and Android platforms. This also involves the wireless data communication, e.g. Bluetooth, between the Q-Stress fitness app with the GSR sensor or Q-Sensor. Using the Q-Stress fitness app in the GE1203 class, students should be able to discover their stress problems (stressors), design innovative stress management plan, including appropriate physical and mental fitness activities for themselves, monitor/self-reflect the progress of their designed stress management plan. In addition, not only students of GE1203 can use the Q-Stress fitness app, but also possibly all the CityU students and colleagues can, with the purpose to enhance their personal stress management. This project directly supports the Discovery-Enriched Curriculum of CityU.