DESIGN AND MANUFACTURE OF GYM TUTORIAL APPLICATIONS BASED ON ANDROID

UNDERGRADUATE THESIS

by

Arpan Julianto

15.61.0040

BACHELOR DEGREE

STUDY OF INFORMATICS

FACULTY OF COMPUTER SCIENCE

UNIVERSITY OF AMIKOM YOGYAKARTA

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Submitted to the Faculty of Computer Science Universitas Amikom Yogyakarta
as a partial fulfillment of the requirement for bachelor degree

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UNDERGRADUATE THESIS

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STATEMENT

I have the signature below that, this thesis is my Own (ORIGINAL) work, and the content in this thesis does not have any work submitted by others to obtain an academic degree in a higher education institution. In any way, and as long as I do not have any works or opinions that have been written and/or published by others, except as in writing referenced in this paper and mentioned in the bibliography.

Everything related to the manuscript and the work that has been made is my personal responsibility.

Yogyakarta, 21 August 2019

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MOTTO

"*Jan kebanyakan tidur, meninggal loh raga kita tidur selamanya wkwk"*

(@paanjuls)

"JUST F*CKIN DO IT"

(@paanjuls X nike)

"*Udah gede kalah ama mager, zz*"

(@paanjuls)

"*Meninggal Masuk Surga*"

(@paanjuls)

"*Pernah Jago main Mobile legend*"

(@paanjuls)

"*NOM NOMAN TURU*"

(@paanjuls)

DEDICATION

Praise my gratitude to Allah SWT for giving His blessings, mercy and guidance so that I can complete this Thesis well. I also feel grateful to the people around me who have directly or indirectly assisted me in working on this thesis. I present this thesis:

1. My father, Kasirin, my mother, Rubini Afiano, my brother, Fazri Farhandi Afiano, Rafa Algifano who always prayed, encouragement, and support to me.
2. Mr. Amir Fatah Sofyan, S.T., M. Kom. As a supervising lecturer who always give input and guidance in completing the thesis.
3. Myself and I am very proud of myself because I was able to finish this description.
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5. 15 BCI-01 classmate, who has been my friend during college.
6. And all the parties who have helped and supported me that I could not mention one by one.

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2. Mr. Bernadhed, M. Kom. As a supervising lecturer who has spent much time and effort to guide the authors during the preparation of this thesis.
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The author realizes, this thesis is still a lot of weaknesses and shortcomings. Therefore, the criticism and suggestions that constructive will be welcomed, hopefully the existence of this thesis can be useful and add to our insight, especially about the design of interactive Media applications.

Yogyakarta, 21 August 2019

Writer

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ABSTRACT

The development of technology today is very fast in line with the development of globalization world. People's knowledge of the importance of sports during time to maintain health is crucial. Gym is a solution for people who have little time and the sport room is running low in the big city. So it is demanding that people follow the Gym but not accompanied by an overnight supervisor.

Gym activities without being supervised by experienced trainers can have a bad impact if they are not serious about follow-up, such as mild injuries to severe injury caused by technical errors during the Gym.

Technological developments simplify people who are not in the damping by trainers can do the Gym without any serious mistakes because it is assisted by applications that will display videos that are capable of simulating the correct techniques, the purpose of Development of this application in order to minimize the risk of injury that happens to the beginners of the Gym. With the construction of the turorial for beginner Gym application is expected that the Gym beginners can use the application in hopes of helping the customers.

Keywords: Adebe Flash, Live Video Shoot, Gym.