

# Final Design Presentation

ACLIP

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Dan Stahl, Brandon Froncek, Bryan Heath, Jessie Moore, and Leah Teng

# System Description

Our system is designed to walk the user through a questionnaire about their current training regime. After which they will see the results of the questionnaire and will be provided feedback on how they can improve.

- Two database tables, one to store the questions, another to store the results
- Separate scientist page where they can download the data as a csv file

# Users

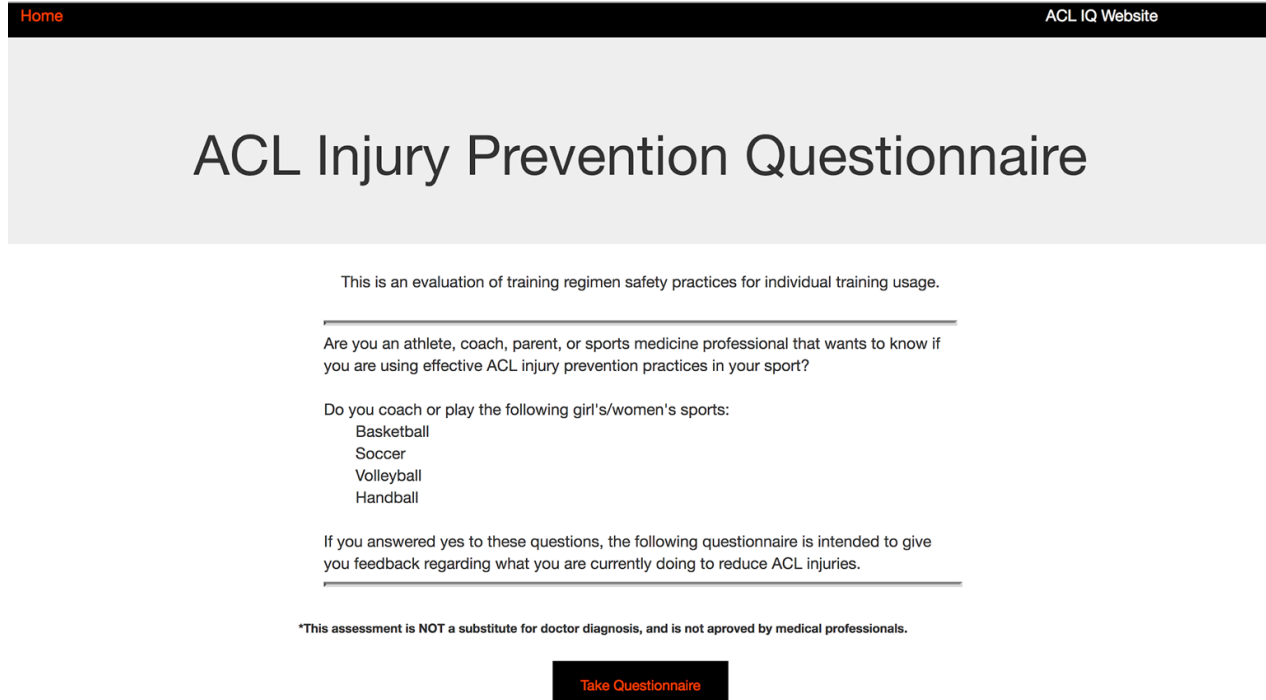
- Athletes
- Coaches
- Therapists
- Trainers

# Environment

- Athletic Facilities (College, High School, ex.)
- Therapeutic Office
- Doctor's Office
- Homes
- Used before
  - Training regimens
  - Physical Instruction
  - Activities putting you at risk of ACL damage

# Disclaimer

- Gives background on the survey
- Filters intended users
- Takes you to the questionnaire



The screenshot shows the top portion of a website. At the top, there is a black navigation bar with the word "Home" in orange on the left and "ACL IQ Website" in white on the right. Below this is a large grey header area containing the title "ACL Injury Prevention Questionnaire" in a large, dark grey font. The main content area is white and contains the following text: "This is an evaluation of training regimen safety practices for individual training usage." followed by a horizontal line. Below the line is the question: "Are you an athlete, coach, parent, or sports medicine professional that wants to know if you are using effective ACL injury prevention practices in your sport?". This is followed by the text: "Do you coach or play the following girl's/women's sports:" and a list of sports: "Basketball", "Soccer", "Volleyball", and "Handball". Below the list is another horizontal line, followed by the text: "If you answered yes to these questions, the following questionnaire is intended to give you feedback regarding what you are currently doing to reduce ACL injuries." At the bottom of the page, there is a black button with the text "Take Questionnaire" in orange. A small disclaimer at the bottom reads: "\*This assessment is NOT a substitute for doctor diagnosis, and is not approved by medical professionals."

Home ACL IQ Website

## ACL Injury Prevention Questionnaire

This is an evaluation of training regimen safety practices for individual training usage.

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Are you an athlete, coach, parent, or sports medicine professional that wants to know if you are using effective ACL injury prevention practices in your sport?

Do you coach or play the following girl's/women's sports:

- Basketball
- Soccer
- Volleyball
- Handball

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If you answered yes to these questions, the following questionnaire is intended to give you feedback regarding what you are currently doing to reduce ACL injuries.

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[Take Questionnaire](#)

\*This assessment is NOT a substitute for doctor diagnosis, and is not approved by medical professionals.

# Questions Page

- Has the questions for the survey
- Answers are saved to the database when submitted

## ACL Injury Prevention Questionnaire

Does your program/training include?

No Yes

Calf Raises



Hamstring Exercises (e.g. Nordic Hamstring)



Walking Lunges



Total number of landing stabilization exercises per session (e.g. drop landings, jump and hold)

0

1

2

3

4

5



Implementer (e.g. Coach) trained on ACL prevention programming?

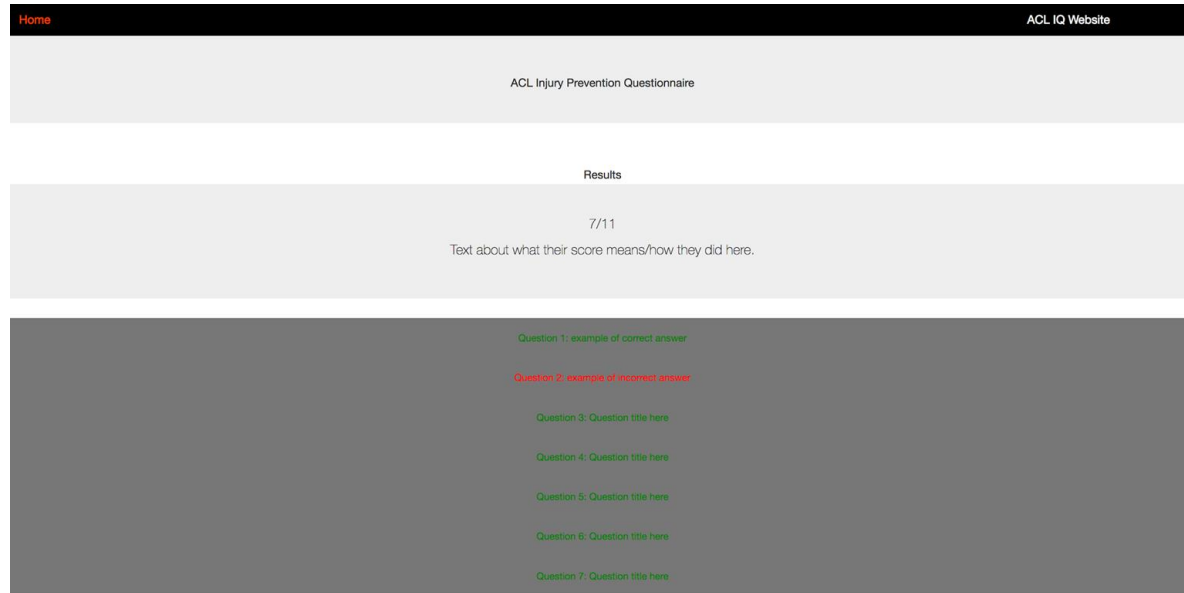
Yes

No

What is the age of the athletes you work with?

# Results Page

- Displays Results
  - Green = Correct
  - Red = Incorrect
- Gives total for number of correct/description of the users score



Thank You for Completing the Questionnaire

# Scientist Page

- Downloads a CSV file of our results table

## ACL Injury Prevention Questionnaire Data

Press the download button below to download a csv file of the data gathered from the ACL Injury Prevention questionnaire.

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Download

# What's Next?

- Finish implementing algorithm to interpret results
- Pull results into a csv file for the scientist
- Saving the results to the database



Questions?