

Task 2- Priya's required equipment and technology for cycling

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Equipment- cycling- bike

- A key piece of equipment required for Priya's activity of cycling is a bike. It's the piece of equipment she needs to complete her exercise; she would be able to afford this since she has much disposable income and even better, she could buy a newer model which would allow her to complete different levels of intensity during her exercise.
- She actually has a range of ideas to choose from since technology continually adapts and therefore, she could purchase a bike for transport as well as exercise, but could also purchase a bike for her home, to complete exercise at home if she's not able to complete it outside- for example, if it's snowing or raining heavily.

Equipment- cycling- helmet

- In order for Priya to complete her exercise safely, it would be necessary for her to wear a helmet when participating in her cycling activity; It is also required by law to wear a helmet when cycling.
- If she weren't to use a helmet during her exercise, it would increase the chance of Priya injuring her cranium seriously, which could lead to much more serious consequences on her physical well-being, as well as her mental well-being.
- She could purchase a helmet that also has fluorescent imbedded inside which would ensure her safety during the night; it would decrease the chance of her not being seen by cars or pedestrians and would allow her to complete the exercise safely.

Equipment-cycling- bike headlights

- Another piece of safety equipment that would be almost essential for Priya's activity of cycling, would be bike headlights. This would be so Priya can participate safely in her activity, in cases during winter, where it gets dark early and it would be a requirement for her to go around her town safely- so she can be seen by pedestrians, other cyclers and drivers.
- This wouldn't be a massive requirement however, if it were to take care of Priya at night or when it's dark, it would be essential to have these headlights on her bike.

Technology-cycling-bike

- If there are certain days where Priya doesn't want to be outside during her activity of cycling, she could buy a bike for her house that would allow her, alongside her husband, to work out; could even be done together so she doesn't feel alone.
- She has much disposable income which would allow her to buy a definitely newer bike; if it were to have Bluetooth (for example, some bikes such as Pelotons, have a small screen where people can watch videos or their favourite shows during their fitness exercise) it would appeal possibly to Priya since she can do two things at once.

Technology- cycling- smart watch

- Priya could purchase a smart watch which would allow her to view her fitness journey and understand where she's at with her level of fitness. A smart watch can also alert Priya to start her exercise which would help her sort things in order and have a clear mind-set on what she needs to do.
- These types of watches may also alert Priya on her stress levels for example and appear to help her mentally as well as physically- by tracking her fitness journey.
- Although these watches may be expensive, Priya would be able to afford one since she has much disposable income.

Disadvantages of technology- usability

- One disadvantage of technology would be the usability. To explain further, although Priya is 40 years old, she may not know how to use a piece of new technology so well. She may need some time to figure it out and may realise in the process, that she may not be so good with technology- for example, she may not understand it and get confused since some equipment aren't as easy to use as they seem.

Disadvantages of technology- access

- Another disadvantage of technology could be the access. To explain further, since Priya lives in a small town, chances are that shops with high-technology equipment would be quite far away. Since she doesn't own a car, it would be difficult to bring the at-home work-out bike to her house; unless she gets it delivered which may take quite some time and would therefore, decrease the time spent active.

Advantages of technology- tracking activity

- However, one advantage of technology could be the ability to track her fitness. To explain further, she can track her whole fitness journey through her phone and smartwatch, it can help her count the calories she burns and view her heart rate levels during her exercise. It would allow Priya to understand where she's at as regarding to her cycling exercise and can help her track the journeys she does and how long she does that specific journey for. Therefore, it could store the data which allows Priya to view which journey best suits her and see which one she enjoys most.

Advantages of technology- intensity/levels

- Another advantage of technology would be that Priya's new at-home work-out bike could set different intensity levels for her work out and could challenge her, so that when participating in that activity it feels like a race and could allow her to feel more competitive and as an end result, make her feel great from all the endorphins released. This would therefore allow Priya to feel as if she's participating in a competition and possibly make her feel included and enjoy the activity.
- Also, certain bikes, for example Peleton bikes, have screens on the bike where they have an instructor or a group of people also participating in the cycling activity and instruct her on what or how she's doing the activity and challenge her to ensure she's hitting all targets and allowing her to enjoy cycling.

Clothing- trainers, shorts, tops

- ✓ Priya would be required to purchase a certain type of trainers for cycling because they would allow her to complete her exercise correctly and to reach the maximum potential. They're specific to her activity meaning she can achieve more with the correct type of footwear, than she could with normal trainers that don't provide the correct support.
- ✓ She may also be required to buy cycling shorts or certain leggings that will allow the movement of her legs to be easy and not pressuring, for example elastic clothes. She therefore may also be able to reach her full potential with the correct type of clothing.
- ✓ A specific fabricated top that Priya should buy would be Polyester since it won't make her feel wet or cold from the sweat during her cycling activity. Polyester provides breathability through the clothes meaning she won't feel the sweat and will possibly make her train harder and for a longer period of time.

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