



# INTERNATIONAL DIPLOMA IN COMPUTER STUDIES



## MODULE: WEB DESIGN

## ASSIGNMENT TITLE: ROPE SKIPPING WEBSITE

DECEMBER 2009

### Important Notes:

- ❖ Please refer to the Assignment Presentation Requirements for advice on how to set out your assignment. These can be found on the NCC Education *Campus*. Scroll down the left hand side of the screen until you reach Personal Support. Click on this, and then on Policies and Advice. You will find the Assignment Presentation Requirements under the Advice section.
- ❖ You must familiarise yourself with the NCC Education Academic Dishonesty and Plagiarism Policy and ensure that you acknowledge all the sources which you use in your work. The policy is available on *Campus*. Follow the instructions above, but click on Policies rather than Advice.
- ❖ You must complete the 'Statement and Confirmation of Own Work'. The form is available on the Policies section of *Campus*. Scroll down the left hand side until you reach Personal Support. Click on this and then click on Policies and Advice.
- ❖ Please make a note of the recommended word count. You could lose marks if you write 10% more or less than this.
- ❖ You must submit a paper copy and digital copy (on disk or similarly acceptable medium). Media containing viruses, or media which cannot be run directly, will result in a fail grade being awarded for this module.
- ❖ All electronic media will be checked for plagiarism.

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## Introduction

Rope skipping is a simple sport that many people have played in the school playground. It involves swinging a rope so that it goes over the head and under the feet. As the rope passes under the feet the player jumps. There are many different rope skipping techniques. Some involve three people, two turn the rope and the third jumps. However, many techniques can be accomplished by a single participant who both turns and jumps the rope. In addition to being a fun pastime for children, rope skipping is also a useful form of exercise. It provides a good cardiovascular workout, it tones muscles, develops hand-eye co-ordination and there is even some research to suggest it can help prevent osteoporosis. In comparison to many sports, skipping can be appealing to reluctant exercisers. It doesn't require expensive equipment, it is easy to learn the basic techniques, and it can be done indoors or outdoors.

## Scenario

A skipping rope manufacturer has approached you to develop a website that will promote the sport of rope skipping. They specifically want to encourage adults that aren't usually interested in sport and exercise to take up skipping. As a consequence it is important that the website emphasises the health benefits of skipping and the fun nature of the sport.

### Task 1 – Research – 10 Marks

There are many web sites with information about rope skipping. You should do some research using these websites. When conducting your research bear in mind the purpose and aim of your website, to introduce rope skipping as an accessible and enjoyable way to get fit. You should make notes and record the addresses of useful web sites that you find. Discuss these notes and ideas for your website with your tutor before proceeding.

### Task 2 – Project Plan – 10 Marks

Produce a project plan for the way you intend to complete the rest of this assignment. For planning, use the timescale you have been allocated for this assignment i.e. from the date you start to the date you submit your assignment. Submit a copy of your plan to your tutor **before** you proceed further with the assignment.

### Task 3 – Design Specification – 15 Marks

Using appropriate techniques, you are required to specify the structure and navigation of the proposed site. The specification should be neat, use appropriate techniques and be easy to understand. Imagine the specification is being used to explain your proposed website to someone with no prior knowledge. There should be enough detail, presented in such a way, that the viewer can quickly understand what will be developed.

## Task 4 – Website – 40 Marks

The web site must be developed using XHTML 1.0 (Transitional or Strict) and consist of between four and six inter-linked pages. The website will need to provide the following features:

- A homepage that clearly explains what rope skipping is and shows a video of rope skipping.
- A page that explains the basic technique of rope skipping for a single person: basic safety information, getting the correct rope length, practice exercises etc. Video should not be used for this part of the website.
- A page that outlines the health benefits of rope skipping.
- A page that describes a number of different rope skipping techniques. The name of each technique should be accompanied by a brief description of the technique. The information in this page should be presented as an HTML table.
- A page that demonstrates the use of HTML forms. This will provide an interface through which users can sign up for a monthly newsletter that will provide information on additional skipping tricks and techniques.
- The web site must demonstrate the integration of media. For example, relevant images of people skipping.
- The web site should demonstrate the use of hyperlinks. The pages in the site should be linked together with suitable navigation throughout. There should also be a links page which provides links to external web sites for further information.
- The web site should work fully in both Internet Explorer and Mozilla Firefox. You should consult your tutor for guidance on the specific versions of these browsers you should use.
- Pages should be viewable on monitors with screen resolutions of 800x600 without users having to scroll horizontally.
- The content of the web site should be presented clearly and neatly. The web site should demonstrate good application of web design principles and be easy to navigate.

## Task 5 – Critical Evaluation – 25 Marks

You are required to write a short report (**1000 words**) analysing the web site you have submitted. You should highlight the strong and weak aspects of your site, suggest improvements, and propose ideas for further development. It should be clear from this analysis that you have an understanding of basic web design principles and the technologies used to develop web sites. This analysis must include a discussion of the accessibility of the site and how the web site could be improved through the use of CSS (Cascading Style Sheets).

## Guidance

Consult with your tutor/lecturer if you are uncertain about any aspects of the assignment.

The web site must be developed using XHTML 1.0 (Transitional or Strict), no other technologies e.g. CSS, JavaScript should be used.

The purpose of this assignment is for you to show abilities in web design. Although you should be wary of needlessly adding features, web sites that demonstrate a range of HTML features used appropriately have potential to gain higher marks. For example, a form that features a range of different form elements applied in a useful and relevant way would generally score a higher mark than a simple form that only uses text boxes to gather data.

## Submission Requirements

1. A word-processed, printed document containing all the written components of the assignment (Tasks 1, 2, 3 and 5) signed and dated by your tutor/lecturer.
2. A copy of all the word-processed material (Tasks 1, 2, 3 and 5) together with the web pages (Task 4) on appropriate media (floppy disk, CD-ROM etc.). Ensure that the web pages can be viewed directly from the submitted media. Do not submit any server-side code; it is not required for this assignment.

### **Warning: All media must be virus free!**

Media containing viruses, or media which cannot be run directly, will result in a FAIL grade being awarded for this module.

**You must read and understand NCC Education's policy on 'Academic Dishonesty and Plagiarism'.  
You must complete the 'Statement and Confirmation of Own Work' form and attach the completed form to  
your assignment.**