



جامعة الجميع الذكية
EVERYONE'S SMART UNIVERSITY

Everyone's Smart University

Project (Spring 2021)

Student Name	Asma Abdullah Alsalman	اسم الطالب
Students I.D	2021202169	الرقم الجامعي

Section

Master

Date

Thursday

18 / 03 / 2021.

Course Code

(PMG506)

Advanced project Management

- اخر موعد للتسليم هو يوم الخميس 2021-05-20 في تمام الساعة 9 مساءً.
- الإجابة متاحة باللغة الإنجليزية أو اللغة العربية مع مراعاة أن تكون المصطلحات العلمية باللغة الانجليزية.
- يتم تسليم المشروع في صيغة ملف pdf مع الالتزام نموذج الجامعة ولن تقبل أي مستندات أخرى.
- يجب مراعاة أقسام البحث الرئيسية (مقدمة Introduction، دراسات علمية سابقة Literature Review، طريقة البحث Methodology، النتائج والمناقشة Results and Discussion، وأخيراً المراجع References. وان كان هناك ملحقات Appendices يتم إضافتها)
- يجب الالتزام بـ Theme موحد كما يلي:
- حجم الخط 12.
- نوع الخط Arial.
- لون الخط أسود.
- المسافة بين الأسطر 1.5 line spacing

GYM FITNESS PROJECT

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GYM FITNESS PROJECT

1. INTRODUCTION.

The health and fitness industry has become extremely diverse in the range of services and facilities it offers; varying from large scale leisure centers and gymnasiums, to individual personal trainers who travel from one client to the next in their cars., Some services specialize in offering structured classes, others are informal; some cater for a particular demographic, and others for anyone.

In this research, A GYM Fitness project was chosen to discuss issues related to why the GYM exists and what it is supposed to achieve. in first we will discuss the Purpose, Objective and Scope of project.

The gym is **existed** to solve health problems related to Overweight, Underweight Health Risk, fitness problems and thus Helping the human community to improve the level of physical health and fitness improve cardiorespiratory and muscular fitness. Decrease levels of body fat. Reduce symptoms of depression.

the **Objective** of project to provide a safe environment where people can go and exercise in pursuit of their personal health and fitness goals.

The **scope** of the project will be the services provided to clients in relation to the following:

1. Sports equipment. 2. Sports classes.

The aim of this research is to find out the effectiveness of project management techniques in both: outline of the project communication strategies with the team members. the tools to be used to monitor the goals, time frames or milestones create a budget and link the costs divide tasks and resources amongst a project team how the progress will be monitored recommendations for records maintained, the current procedure for finalizing projects, Legislation that may affect the project including health and safety, and anti-discrimination legislation.

This will be during the planning and implementation phase.

2. LITERATURE REVIEW.

2.1 Design/methodology/approach – Pentagon model.¹

The research is based on literature review, model development, interviews, and case studies. Findings – The findings define two different



¹ Source: <https://bayardpartnership.com/2017/12/the-project-management-octet/>.

approaches in project management: The prescriptive approach focusses on the formal qualities of the project organization, including governing documentation and procedures. The adaptive approach focusses on the process of developing and improving a project organization, project culture and team commitment. The two approaches have been identified through studies of three different case projects. An analytical model, referred to as the Pentagon model, has been applied for analyzing the performance of the project organization and explaining the project management approach. The model focusses on five different organizational aspects: structure, technologies, culture, social relations and networks, and interaction.

Research limitations/implications – The research is limited to megaprojects and to project management success. Practical implications – It is suggested that project teams consider and select their project management approach at project initiation, and accordingly decide on relevant success factors to focus on. The adapted Pentagon model can be applied to develop the project management organization and assess its performance in the course of project delivery. Originality/value – The contribution of the research is the application of the analytical model, and the identification as well as illustration of the prescriptive, vs adaptive management approach.

3. METHODOLOGY.

3.1 A work breakdown structure (WBS chart): is a project management tool that lays out everything a project must accomplish, as an outline of the project can be successively subdivided into smaller and smaller work elements, organizes those tasks into multiple levels, and displays these elements graphically (chart& Table).so that all work stays on track to meet project goals. This hierarchical structure facilitates evaluation of cost, time, and technical performance at all levels in the organization over the life of the project.

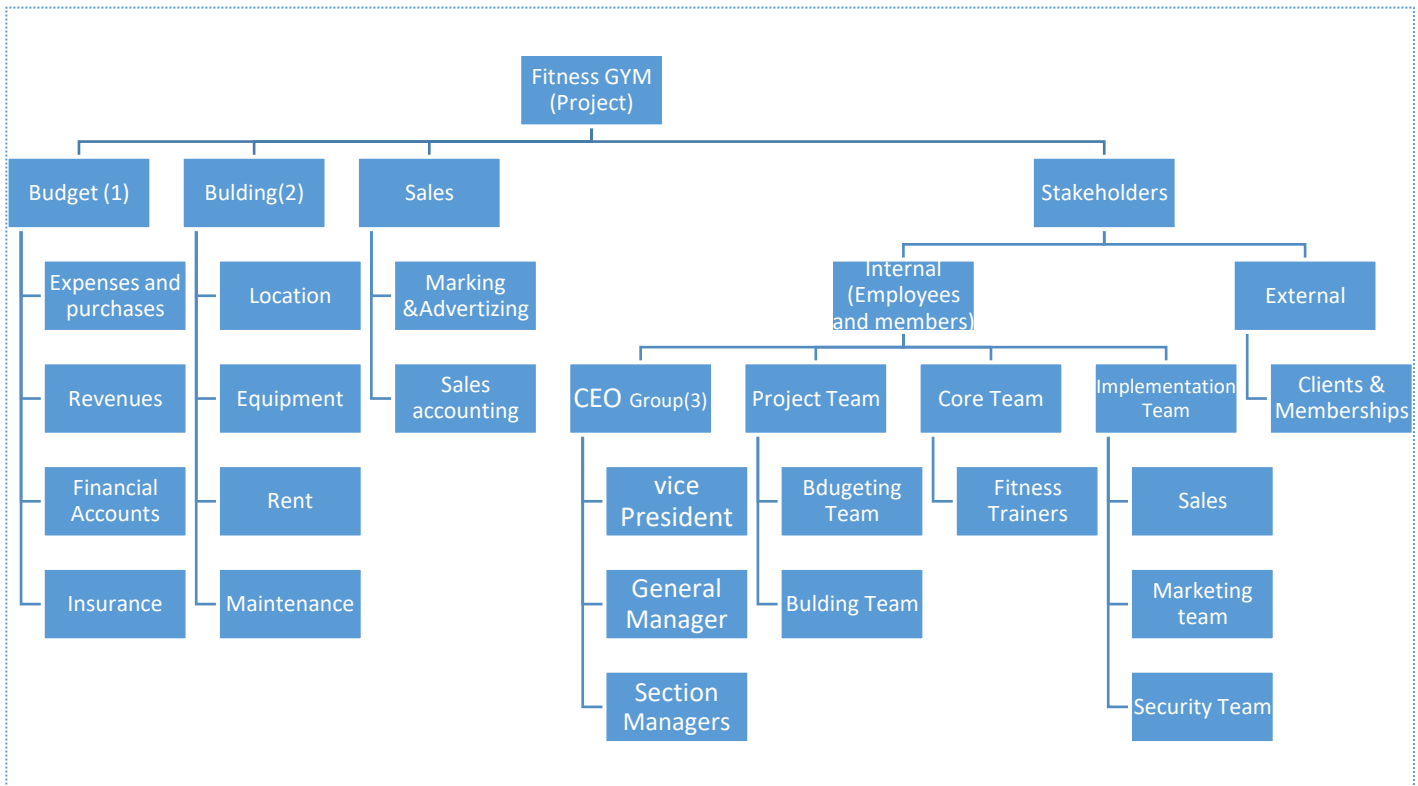
3.2 Project Milestones & Schedule is a part of a project charter that It serves as the groundwork for effectively communicating with stakeholders and for efficiently routing work between actors that take part in the project.

The preliminary work plans are important because they serve as the basis for personnel selection, budgeting, scheduling, and control.

3.3 Cost aggregation: cost estimates are aggregated by **work packages** in using WBS, then for control accounts and ultimately for the entire project

4. RESULTS AND DISCUSSION.

4.1 WBS chart (Work Breakdown Structure of Project overview).



(Chart 1)

Notes:

- (1) Budget: It will be set through the **cost estimation** controversy as indicated in the paragraph 4.2
- (2) Building: include all related they are under building such as location, Equipment, Rent and Maintenance.
- (3) **CEO Group Members:** Consists of one Vice President, General Manager of each sector (budget, buildings, sales) and Section Managers for each department under the sectors. The structure is updated every period to match the size of the project.

4.2 Distribution of tasks and resources among the project team by using Project Milestones & Schedule (Project charter).

PROJECT MILESTONES & Tasks	Owner	Proposed Date	Actual Date
1. Set project scope and goals (prepare Project Charter, engage team, collect data)	Sponsor/Section Managers, Team Leader	DD/MM/YY	DD/MM/YY
2. Understand the current situation	section Manager / Team	DD/MM/YY	DD/MM/YY
3. Analyze the current situation (root causes)	section Manager / Team	DD/MM/YY	DD/MM/YY
4. Define a vision of success	VP/ GM/ Section Managers	DD/MM/YY	DD/MM/YY
5. Generate, evaluate and select improvements	Team/section Managers	DD/MM/YY	DD/MM/YY
7. Measure performance	VP/ GM/ Section Managers	DD/MM/YY	DD/MM/YY
8. Document standard work and lessons learned	Team	DD/MM/YY	DD/MM/YY
9. Sustain improvement	Section Managers/Team	DD/MM/YY	DD/MM/YY

(Table 1)

4.3 Budget & Cost ESTIMATION

Budget & Cost Estimation ²		
WBS Discretions/ Type	Quantities Price (SAR)	Total Cost
Equip the building costs		3,270,000 MSAR
Annual rent	800,000	
Design and decorations	300,000	
Equipment	2,000,000	
Bills (Water, electricity) Annually	20,000	
Building & Equipment Insurance	150,000	
Expenses, costs		1,270,000 MSAR
Salary ³	980,000	
Health Insurance	190,000	
Administrative and other expenses	100,000	
Maintenance	12,000	12,000 SAR
Due taxes, zakat 15% of Income		900,000 SAR
TOTAL		5,452,000 SAR

(Table 2)

Additional:

Cost reserves: 1. 10% of Statutory reserve = $5,452,000 \times 10\% = 545,200$ SAR.

2. 10% of "management reserve"⁴ = $5,452,000 \times 10\% = 545,200$ SAR

TOTAL COST for the GYM Fitness it will be = 6,542,400 SAR.

² Cost prices are determined based on current market values

³ Salaries Calculated based on salary scale, number of employees.

⁴ contingency" or "management reserve" to cover unexpected expenses.

5. DISCUSSIONS.

In (chart1) as shown, we use the Work Breakdown Structure chart (WBS) from the project milestones. This method is effective to help define and forecast cost estimation as well as help build the tasks for each member and employee in this project.

And gives clear overview of project milestones. and the organizational structure of the organization.

In (Table 1) as shown, distribution of tasks and resources among the project team by using Project Milestones & Schedule. It is very effective if the recording is accurate and reliable in assessing performance and progress, whether it is for the success of the project or if it is to measure the performance of employees. In addition, it gives a clear picture of all tasks in case there is a default or defect that can be known from the results of this schedule.

in (Table 1) as shown, the budget is set at the estimated cost amount or project milestones and may be variable in anticipation of changing market prices and changes. Knowing the budget in the project planning stage before starting it may be inaccurate, the cost schedule helps us to take a preliminary way to estimate and forecast costs due to the reasons of price fluctuation in the commercial, also affected by government decisions, including taxes and costs of establishing licenses, Therefore, this method is not feasible, even if it is compared to a similar project or during the same project in previous years, it always changes and needs a detailed feasibility study to see its consistency with revenues and profits.

I highly recommend using the cloud computing technology for How are current project records maintained by appointing a special employee representing this position to upload records via cloud storage or computing. It is a safety method against the fire, theft or loss. It is saved risks, through computerized servers and can be accessed and referenced at anytime and anywhere, we don't need safes or warehouses, this saves and reduces costs.

The current procedure for finalizing project: " Termination by Addition" process through expanding and establishing branches of the project to serve a larger geographical area.

When the project objectives are achieved, then it will be a successful project.

Raising awareness of the importance of occupational safety and health in enhancing the attractiveness of work, by spreading the culture of prevention and enhancing the importance of applying occupational safety and health systems, principles and practices by referring to the "Occupational Safety and Health Administration Regulations"⁵.

The laws of the Kingdom of Saudi Arabia prohibit and criminalize all forms of racial discrimination, hatred and intolerance.

6. CONCLUSION

The final output of the project depends on the skill that has been addressed in forecasting, planning and budgeting, scheduling, resource allocation, and monitoring, and attention must be paid to ensure the way these tasks are achieved. If forecasts, budgets and schedules are not reasonably accurate, recommendations should be made to adjust these matters in future projects.

7. REFERENCEES

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⁵ <https://hrsd.gov.sa/sites/default/files/161238.pdf> Developed by the Ministry of Human Resources and Social Development.