

ENDORSEMENT PAGE .....	ii
STATEMENT .....	iii
PAGE OF DEDICATION .....	iv
PREFACE .....	v
CONTENTS .....	vi
LIST OF TABLES.....	ix
LIST OF FIGURES .....	x
NOMENCLATURE AND ABBREVIATION .....	xi
ABSTRACT .....	xii
INTISARI.....	xiii
CHAPTER I INTRODUCTION .....	1
1.1 Background .....	1
1.2 Problem Statement.....	2
1.3 Research Objectives .....	2
1.4 Research Limitations .....	2
1.5 Significance of the Study .....	3
1.6 Structure of the Thesis .....	4
CHAPTER II LITERATURE REVIEW AND THEORETICAL BASIS.....	5
2.1 Literature Review .....	5
2.1.1 Gamification.....	5
2.1.2 Game Development Life Cycle (GDLC) .....	6
2.1.3 Universal Design in Exergames .....	7
2.1.3.1 Attainable Game Experience (AGE) Framework .....	7
2.1.3.2 Investigation Approach and Record .....	10
2.1.4 Exergames .....	10
2.1.4.1 Purpose Behind Exergames .....	10
2.1.4.2 Health-Related Benefits .....	11
2.1.4.3 Types of Exergame Controllers .....	11
2.1.4.4 Engineering Constraints .....	12
2.1.5 Use of Exergames in Adolescents and Education .....	12
2.1.5.1 Balance Exergame for Teens and Adolescents .....	12
2.1.5.2 Pilates-Based Exergame for People with Multiple Sclerosis.....	13
2.1.6 Exergame Opportunities and Strengths .....	14
2.1.7 Movement of the Human Body.....	19
2.1.7.1 Types of Body Movements.....	19

2.1.7.2	Muscle Functional Groups .....	19
2.1.7.3	Types of Joint Movements .....	21
2.2	Theoretical Basis .....	22
2.2.1	Front-end .....	22
2.2.2	Usability Testing .....	22
2.2.3	User Centered Design .....	22
2.2.4	User Interface .....	23
2.2.5	User Experience .....	23
2.2.6	Player Experience .....	23
2.2.7	Flow Theory .....	23
2.2.8	PENS .....	24
2.2.8.1	Yoga .....	25
2.2.9	Likert Scaling .....	26
2.2.10	T-Test .....	26
2.2.11	Mann–Whitney U Test .....	27
2.2.12	Kolmogorov–Smirnov Test .....	27
2.2.13	UEQ .....	28
2.2.14	GEQ .....	29
2.3	Method Comparison .....	30
<b>CHAPTER III RESEARCH METHODOLOGY .....</b>		<b>33</b>
3.1	Final Project Workflow .....	33
3.1.1	Problem Identification .....	34
3.1.2	Literature Review .....	34
3.1.3	Research Design .....	34
3.1.4	Data Collection .....	34
3.1.5	Data Analysis .....	35
3.1.6	Exergame Concept Development .....	35
3.1.7	Concept Validation .....	35
3.1.8	Reporting .....	35
3.2	Tools and Materials .....	35
3.2.1	Tools .....	35
3.2.2	Materials .....	36
3.3	Method Used .....	36
3.3.1	Focus Group Discussion (FGD) .....	37
3.3.1.1	Research Ethics .....	37
3.3.1.2	Participants and Setting .....	37
3.3.1.3	Discussion Framework and Questions .....	37
3.3.1.4	Transcription and Thematic Analysis .....	38
3.3.2	Exergame Gamification Design .....	39

3.3.3	Survey-Based Usability Testing .....	39
3.3.3.1	Survey Structure and Instrumentation.....	39
3.3.3.2	Grouping and Hypothesis Testing .....	41
3.3.4	Expert Interviews .....	42
3.3.4.1	Interview Structure .....	42
3.3.4.2	Ethical Considerations and Data Handling .....	43
<b>CHAPTER IV RESULTS AND DISCUSSION .....</b>		<b>44</b>
4.1	Focused Group Discussion .....	44
4.1.1	Idea Drivers & Questions .....	45
4.1.2	Post-FGD Processing and Thematic Coding.....	46
4.1.2.1	Survey Structure and Instrumentation.....	46
4.1.3	User Personas Derived from FGD Analysis .....	46
4.1.3.1	Persona 1: The Active Gamer .....	47
4.1.3.2	Persona 2: The Shy Non-Athlete .....	47
4.2	Exergame Interface Demo Design .....	48
4.3	Exergame Gamification Demo Validation .....	52
4.3.1	Quantitative Survey with PENS .....	52
4.3.1.1	Respondent Inclusion Criteria.....	53
4.3.1.2	Behavioral Background and Respondent Grouping.....	53
4.3.1.3	Prototype Interaction via Maze .....	54
4.3.1.4	Likert-Scale Questions for Evaluation .....	55
4.4	Statistical Results and Analysis .....	55
4.5	Expert Interview and Validation.....	57
4.5.1	Insights from the Yoga Instructor .....	58
4.5.2	Insights from the Physician.....	59
4.5.2.1	Conclusion of Expert Validation .....	59
<b>CHAPTER V Conclusions and Suggestions .....</b>		<b>60</b>
5.1	Conclusions .....	60
5.2	Suggestions.....	60
5.3	Closing Remarks .....	61
<b>REFERENCES .....</b>		<b>62</b>