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**Faculty of Engineering**

**Department of Computer Engineering**

**NEU HEALTH & WELLNESS CENTER  
INTERACTION WEB PAGE WITH ASP**

**Graduation Project  
COM-400**

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**Lefkoşa - 2005**

## ACKNOWLEDGMENTS

The last four year in Cyprus teached to me so much things. I have gain quite experiences in this Country. Some of them about Computer science,some of them about real life. I intend to apply this experiences to my life henceforth.

First of all, I would like to explain my thanks to my supervisor **Mr. Ümit İLHAN** for guidance and advices about my project. I learned many important methods about programming and web designing by means of him. In each our discussion, he used to explain the problems and answer my questions. He always show me nuances about programming. He always helped me a lot and I felt myself calm because of his calmness. Also I thanks for giving his time during the my study.

And I also want to thank my other teachers. Especially I thanks to manager of Wellness Center **Mr. Doç.Dr. Şahin AHMEDOV** for his helps and suggestions. And thanks to my all friends who reviews and proposes like **Kadime Altungül, Mehmet Gögebakan, Yasemin Yilmaz** and I am grateful to **Nebile Kirmizilar, Duygu Uğur Özşen** and **Neval Bektaş** for technical supports

Finally, special thanks for my family, especially my parents for being patientfull during my undergraduate degree study. I could never have completed my study without their encouragement and endless support.

## **ABSTRACT**

The World Wide Web has opened a whole new arena to access to remote resources. The Web can be used to enhance education through remote access to resources or experts or it can be used to deliver educational programs.

With the increased popularity of the Internet, computer technologies are receiving more and more attention as a means of delivering Health & Wellness informations. Especially web-based learning is more referred method to reach people. This project is a sample of web-based some calculation methods about health and giving informations.

I have conducted this project using ASP ( Active Server Pages ) technology. The web site introduced in this project is a "Health & Wellness" web site.

Also a program has been developed with Macromedia Dreamweaver MX to view all the user transactions and comments where this program will run on the server side of the system.

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## INTRODUCTION

Nowadays the computer science both hardware and software is being developed over the previous years , programming is always providing the scientific by a systematic development.

In this project, It is constructed special programmed related to “Health & Wellness” as a small home applications program for internet.

It is written on online “Health & Wellness” program, running on a server and which users can use from anywhere in the world. The user only needs a browser and internet connection.

For the implementation of the project , It is used a windows based operation system, Windows XP and Internet Information Server (IIS V5.1). As program language Active Server Pages (ASP) with VBScript® is used. As tools for implementation and debugging Macromedia Dreamweaver MX and Microsoft Access for database are used.

## CHAPTER ONE

### INTERNET & WEB SECURITY

#### 1.1 INTERNET

The Internet is the transport vehicle for the information stored in files or documents on another computer. It can be compared to an international communications utility servicing computers. It is sometimes compared to a gaint international plumbing system. The Internet itself does not contain information. It is a slight misstatement to say a "document was not found on the Internet." It would be more correct to say it was found through or using the Internet. What it was found in (or on) is one of the computers linked to the Internet.

The Internet is a Network of networks, linking computers to computers sharing the TCP/IP protocols. Each runs software to provide or "serve" information and/or to access and view information.

Computers on the Internet may use one or all of the following Internet services:

- Electronic mail (e-mail). Permits you to send and receive mail. Provides access to discussion groups often called Listservs® after the software they operate under.
- Telnet or remote login. Permits your computer to log onto another computer and use it as if you were there.
- FTP or File Transfer Protocol. Allows your computer to rapidly retrieve complex files intact from a remote computer and view or save them on your computer.
- Gopher. An early, text-only method for accessing internet documents. Gopher has been almost entirely subsumed in the World Wide Web, but you may still find gopher documents linked to in web pages.
- The World Wide Web (WWW or "the Web"). The largest, fastest growing activity on the Internet.

A commonly asked question is "What is the Internet?" The reason such a question gets asked so often is because there is no agreed upon answer that neatly sums up the Internet. The Internet can be thought about in relation to its common protocols, as a physical collection of routers and circuits, as a set of shared resources, or even as an attitude about interconnecting and intercommunication. Some common definitions given in the past include:

- a network of networks based on the TCP/IP protocols,
- a community of people who use and develop those networks,
- a collection of resources that can be reached from those networks.

Today's Internet is a global resource connecting millions of users that began as an experiment over 20 years ago by the U.S. Department of Defense. While the networks that make up the Internet are based on a standard set of protocols (a mutually agreed upon method of communication between parties), the Internet also has gateways to networks and services that are based on other protocols.

To help answer the question more completely, the rest of this paper contains an updated second chapter from "The Whole Internet User's Guide and Catalog" BY Ed Krol (1992) that gives a more thorough explanation. (The excerpt is published through the gracious permission of the publisher, O'Reilly & Associates, Inc.)

### **1.1.2 The World Wide Web**

The WWW incorporates all of the services above and much more. You can retrieve documents, view images, animation, and video, listen to sound files, speak and hear voice, and view programs that run on practically any software in the world, providing your computer has the hardware and software to do these things.

When you log onto the Internet using Netscape or Microsoft's Internet Explorer or some other browser, you are viewing documents on the World Wide Web. The current foundation on which the WWW function is the programming language called HTML. It is HTML and other programming imbedded within HTML that make possible



Hypertext. Hypertext is the ability to have web pages containing links, which are areas in a page or buttons or graphics on which you can click your mouse button to retrieve another document into your computer. This “clickability” using Hypertext links is the feature which is unique and revolutionary about the Web.

How the hypertext links work? Every document or file or site or movie or soundfile or anything you find on the Web has a unique URL (uniform resource locator) that identifies what computer the thing is on, where it is within that computer, and its specific file name. Every Hypertext link on every web page in the world contains one of the URLs. When you click on a link of any kind on a Web page, you send a request to retrieve the unique document on some computer in the world that is uniquely identified by that URL. URLs are like addresses of web pages. A whole cluster of internationally accepted standards (such as TCP/IP and HTML) make possible this global information retrieval phenomenon that transcends all language boundaries.

### **1.1.3 Browser**

A browser is a computer program that resides on your computer enabling you to use the computer to view WWW documents and access the Internet taking advantage of text formatting, hypertext links, images, sounds, motion and other features. Netscape and Internet explorer are currently the leading “graphical browsers” in the world (meaning they facilitate the viewing of graphics such as images and video and more.) There are other browsers (e.g.: Macweb, Opera). Most offer many of the same features and can be successfully used to retrieve documents and activate many kinds of programs.

Browsers all rely on “plug-ins” to handle the fancier files you find on the Web. Plug-ins are sub-programs stored within a browser or elsewhere in your computer especially to support special types of files you may click on. If you click on a link, and your computer does not currently have the plug-in needed for the file you clicked on, you are usually prompted with an opportunity to get the plug-in. Most plug-ins are free, and easy and safe to install on your computer; follow the instructions you are given.

The main way in which browsers differ is in the convenience features they offer for navigating and managing the Web and all the URLs you may want to keep track of.



Netscape and Internet Explorer both offer the ability to e-mail documents, download them to diskette, print them, and keep track of where you have been and sites you want to "bookmark".

#### **1.1.4 Connecting to the Internet**

To access the Internet by computer, you need a computer, a modem or other telecommunications link, and software to connect to an Internet Service Provider (links to more about ISPs). If you are not affiliated with the University or wish a private ISP, here is a site where you can find ISPs of all kinds by area code. This type of technical information is beyond the scope of this tutorial and Teaching Library Workshops.

TV Set-Top Boxes such as SONY's "WEB-TV" are emerging as an alternative to PCs and MACs for viewing the Internet. You may wish to consult Yahoo's links, including opinions, on WebTV computer hardware technology.

Confused by all this jargon? See GLOSSARY of WWW and Netscape Jargon. Want help and instructions? The Teaching Library offers free drop-in classes on the Internet, WWW, Netscape, and finding information using the Internet. Click [here](#) for schedule of Teaching Library Courses.

#### **1.1.5 New Standard Protocols**

When I was talking about how the Internet started, I mentioned the International Standards Organization (ISO) and their set of protocol standards. Well, they finally finished designing it. Now it is an international standard, typically referred to as the ISO/OSI (Open Systems Interconnect) protocol suite. Many of the Internet's component networks allow use of OSI today. There isn't much demand, yet. The U.S. government has taken a position that government computers should be able to speak these protocols. Many have the software, but few are using it now.

It's really unclear how much demand there will be for OSI, notwithstanding the government backing. Many people feel that the current approach isn't broke, so why fix it? They are just becoming comfortable with what they have, why should they have to learn a new set of commands and terminology just because it is the standard?

Currently there are no real advantages to moving to OSI. It is more complex and less mature than IP, and hence doesn't work as efficiently. OSI does offer hope of some additional features, but it also suffers from some of the same problems which will plague IP as the network gets much bigger and faster. It's clear that some sites will convert to the OSI protocols over the next few years.

## **1.2. WEB SECURITY**

### **1.2.1 Introduction to Web Security**

The World Wide Web Consortium has been an active player in the Web Security debates since, or before, its inception. It has taken steps to enhance the security of passwords in HTTP, helped strengthen the privacy of "cookies," and proposed a larger HTTP Security Extension Architecture (SEA).

**If you are a Webmaster,** system administrator, or are otherwise involved with the administration of a network, the single most important step you can take to increase your site's security is to create a written security policy. This security policy should succinctly lay out your organization's policies with regard to:

- who is allowed to use the system
- when they are allowed to use it
- what they are allowed to do (different groups may be granted different levels of access)
- procedures for granting access to the system
- procedures for revoking access (e.g. when an employee leaves)
- what constitutes acceptable use of the system
- remote and local login methods
- system monitoring procedures
- protocols for responding to suspected security breaches

This policy need not be anything fancy. It need only be a succinct summary of how the information system work, reflecting your organization's technological and political realities. There are several benefits to having a written security policy:

1. You yourself will understand what is and is not permitted on the system. If you don't have a clear picture of what is permitted, you can never be sure when a violation has occurred.
2. Others in your organization will understand what the security policy is. The written policy raises the level of security consciousness, and provides a focal point for discussion.
3. The security policy serves as a requirements document against which technical solutions can be judged. This helps guard against the "buy first, ask questions later" syndrome.
4. The policy may help bolster your legal case should you ever need to prosecute for a security violation.

### **1.2.2 Security Risks and Its Affects**

There are security risks that affect Web servers, the local area networks that host Web sites, and even innocent users of Web browsers.

The risks are most severe from the Webmaster's perspective. The moment you install a Web server at your site, you've opened a window into your local network that the entire Internet can peer through. Most visitors are content to window shop, but a few will try to peek at things you don't intend for public consumption. Others, not content with looking without touching, will attempt to force the window open and crawl in. The results can range from the merely embarrassing, for instance the discovery one morning that your site's home page has been replaced by an obscene parody, to the damaging, for example the theft of your entire database of customer information.

It's a maxim in system security circles that buggy software opens up security holes. It's a maxim in software development circles that large, complex programs contain bugs. Unfortunately, Web servers are large, complex programs that can (and in some cases have been proven to) contain security holes. Furthermore, the open architecture of Web



servers allows arbitrary CGI scripts to be executed on the server's side of the connection in response to remote requests. Any CGI script installed at your site may contain bugs, and every such bug is a potential security hole.

From the point of view of the network administrator, a Web server represents yet another potential hole in your local network's security. The general goal of network security is to keep strangers out. Yet the point of a Web site is to provide the world with controlled access to your network. Drawing the line can be difficult. A poorly configured Web server can punch a hole in the most carefully designed firewall system. A poorly configured firewall can make a Web site impossible to use. Things get particularly complicated in an intranet environment, where the Web server must typically be configured to recognize and authenticate various groups of users, each with distinct access privileges.

To the end-user, Web surfing feels both safe and anonymous. It's not. Active content, such as ActiveX controls and Java applets, introduces the possibility that Web browsing will introduce viruses or other malicious software into the user's system. Active content also has implications for the network administrator, insofar as Web browsers provide a pathway for malicious software to bypass the firewall system and enter the local area network. Even without active content, the very act of browsing leaves an electronic record of the user's surfing history, from which unscrupulous individuals can reconstruct a very accurate profile of the user's tastes and habits.

Finally, both end-users and Web administrators need to worry about the confidentiality of the data transmitted across the Web. The TCP/IP protocol was not designed with security in mind; hence it is vulnerable to network eavesdropping. When confidential documents are transmitted from the Web server to the browser, or when the end-user sends private information back to the server inside a fill-out form, someone may be listening in.



### 1.2.3 Briefly Security Risks;

There are basically three overlapping types of risk:

1. Bugs or misconfiguration problems in the Web server that allow unauthorized remote users to:
  - Steal confidential documents not intended for their eyes.
  - Execute commands on the server host machine, allowing them to modify the system.
  - Gain information about the Web server's host machine that will allow them to break into the system.
  - Launch denial-of-service attacks, rendering the machine temporarily unusable.
2. Browser-side risks, including:
  - Active content that crashes the browser, damages the user's system, breaches the user's privacy, or merely creates an annoyance.
  - The misuse of personal information knowingly or unknowingly provided by the end-user.
3. Interception of network data sent from browser to server or vice versa via network eavesdropping. Eavesdroppers can operate from any point on the pathway between browser and server including:
  - The network on the browser's side of the connection.
  - The network on the server's side of the connection (including intranets).
  - The end-user's Internet service provider (ISP).
  - The server's ISP.
  - Either ISPs' regional access provider.

It's important to realize that "secure" browsers and servers are only designed to protect confidential information against network eavesdropping. Without system security on both browser and server sides, confidential documents are vulnerable to interception.

## **CHAPTER TWO**

### **ACTIVE SERVER PAGES & HTML**

#### **2.1. What Are Active Server Pages?**

Active Server Pages (ASPs) are Web pages that contain server-side scripts in addition to the usual mixture of text and HTML (Hypertext Markup Language) tags. Server-side scripts are special commands you put in Web pages that are processed before the pages are sent from your Personal Web Server to the Web browser of someone who's visiting your Web site. . When you type a URL in the Address box or click a link on a Web page, you're asking a Web server on a computer somewhere to send a file to the Web browser (sometimes called a "client") on your computer. If that file is a normal HTML file, it looks exactly the same when your Web browser receives it as it did before the Web server sent it. After receiving the file, your Web browser displays its contents as a combination of text, images, and sounds.

In the case of an Active Server Page, the process is similar, except there's an extra processing step that takes place just before the Web server sends the file. Before the Web server sends the Active Server Page to the Web browser, it runs all server-side scripts contained in the page. Some of these scripts display the current date, time, and other information. Others process information the user has just typed into a form, such as a page in the Web site's guestbook.

To distinguish them from normal HTML pages, Active Server Pages are given the ".asp" extension.

##### **2.1.1. What Can You Do with Active Server Pages?**

There are many things you can do with Active Server Pages.

Generally though, ASP can be used to create highly interactive and dynamic web pages that don't require a lot of client-side programming.

If you want to calculate, validate or otherwise dynamically manipulate the input or output between the server and the users, ASP will do that. Since ASP code is run on the server and never reaches the browser, the resulting HTML can be very simple, yet highly customized.

The most common use of ASP is database connection. Any database that uses ODBC can be accessed by ASP including Microsoft Access 97/2000, Microsoft's SQL server and Oracle.

### **2.1.2. What servers support ASP?**

Natively, Microsoft's Internet Information Server and the latest Peer Web Server support ASP (which is free with the NT option pack - you can d/l and install a version for Win 95/98 as well).

However a company called chilisoft ([www.chilisoft.com](http://www.chilisoft.com)) has a product called Chilisoft ASP which provides support to a wide variety of web servers, including Apache, Lotus, Netscape, O'Reilly, Sun Solaris and IBM AIX with a constantly growing list.

### **2.1.3. What can ASP do for you?**

- Dynamically edit, change or add any content of a Web page
- Respond to user queries or data submitted from HTML forms
- Access any data or databases and return the results to a browser
- Customize a Web page to make it more useful for individual users
- The advantages of using ASP instead of CGI and Perl, are those of simplicity and speed
- Provides security since your ASP code can not be viewed from the browser
- Since ASP files are returned as plain HTML, they can be viewed in any browser



#### **2.1.4. What Do Active Server Pages Look Like?**

The appearance of an Active Server Page depends on who or what is viewing it. To the Web browser that receives it, an Active Server Page looks just like a normal HTML page. If a visitor to your Web site views the source code of an Active Server Page, that's what they see: a normal HTML page. However, the file located in the server looks very different. In addition to text and HTML tags, you also see server-side scripts. This is what the Active Server Page looks like to the Web server before it is processed and sent in response to a request.

#### **2.1.5 What Do Server-Side Scripts Look Like?**

Server-side scripts look a lot like HTML tags. However, instead of starting and ending with lesser-than ( < ) and greater-than ( > ) brackets, they typically start with <% and end with %>. The <% is called an opening tag, and the %> is called a closing tag. In between these tags are the server-side scripts. You can insert server-side scripts anywhere in your Web page--even inside HTML tags.

### **2.2 HTML**

HTML, or HyperText Markup Language is designed to specify the logical organisation of a document, with important hypertext extensions. It is not designed to be the language of a WYSIWYG word processor such as Word or WordPerfect. This choice was made because the same HTML document may be viewed by many different "browsers", of very different abilities. Thus, for example, HTML allows you to mark selections of text as titles or paragraphs, and then leaves the interpretation of these marked elements up to the browser. For example one browser may indent the beginning of a paragraph, while another may only leave a blank line.

HTML instructions divide the text of a document into blocks called elements. These can be divided into two broad categories -- those that define how the BODY of the document is to be displayed by the browser, and those that define information 'about' the document, such as the title or relationships to other documents. The vocabulary of



these elements and a description of the overall design of HTML documents is given in the rest of Section 2. The Last part of the section also describes standard naming schemes for HTML documents and related files.

The detailed rules for HTML (the names of the tags/elements, how they can be used) are defined using another language known as the standard generalized markup language, or SGML. SGML is wickedly difficult, and was designed for massive document collections, such as repair manuals for F-16 fighters, or maintenance plans for nuclear submarines. Fortunately, HTML is much simpler!

However, SGML has useful features that HTML lacks. For this reason, markup language and software experts have developed a new language, called XML (the eXtensible markup language) which has most of the most useful features of HTML and SGML.

### **2.2.1. HTM or HTML Extension?**

When you save an HTML file, you can use either the .htm or the .html extension. We have used .htm in our examples. It might be a bad habit inherited from the past when some of the commonly used software only allowed three letter extensions.

## CHAPTER THREE

### MICROSOFT ACCESS DATABASE

#### 3.1. Introduction to Microsoft Access

Microsoft Access is a computer application used to create and manage computer-based databases on desktop computers and/or on connected computers (a network). Microsoft Access can be used for personal information management (PIM), in a small business to organize and manage all data, or in an enterprise to communicate with servers.

Like any other computer application, in order to use Microsoft Access, you must first open it. There are various ways this can be done. Microsoft Access is a classic computer application and it gets launched like the usual products you have probably been using. As such, to start this program, you could click Start -> (All) Programs -> Microsoft Access:

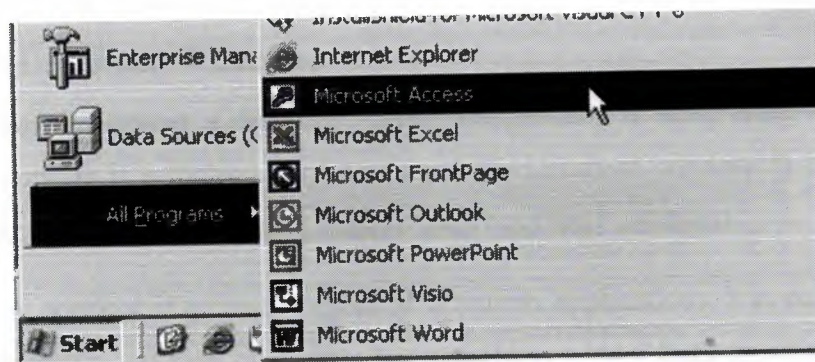


Figure 3 .1. Microsoft Access Starting

As a regular member of the Microsoft Office suite of applications, if your installation created a sub-menu on the Start menu, you could click Start -> New Office Application and proceed from the New dialog box.

Although Microsoft Office 97 and Microsoft Office 2000 get installed in the C:\Program Files\Microsoft Office folder, they treat the shortcuts that launch them differently. The applications that are part of Microsoft Office 97 designate their shortcuts with full names and these are installed in the Microsoft Office folder. Microsoft Office 2000 (Premium) uses shortcut names to designate its shortcuts and they are installed in the Microsoft Office\Office folder. This means that you could launch an application from Windows Explorer or My Computer.

You can also launch Microsoft Access from a shortcut. If you happen to use the software on a regular basis, you can create a shortcut on your desktop or on the Quick Launch area. Many users also take advantage of the Microsoft Office Shortcut Bar. Sometimes, the icon you need will not be there; in that case you should insert it manually.

If you are working on a network of related computers, your database may be located in another computer. In this case the network or database administrator would create a link or shortcut to the drive that is hosting the database. You can then click or double-click this link or shortcut to open the database and, as a result, launch Microsoft Access.

### **3.1.1. The Database Windows**

After creating or opening a database, unless the product is setup otherwise, the first object that appears is a rectangular box named the Database window. It is different on Microsoft Access 97 and Microsoft Access 2000 (and later versions).

The Database window is a classic object of Windows applications. It is equipped with a system icon on the left side of its title bar and three system buttons on the right side. Based on this, you can maximize, minimize, restore, or close it. You can also resize it by dragging one of its borders or corners. Because the Database window holds all objects that are part of a database, if you close the Database window, it also closes the database but leaves Microsoft Access opened. Because Microsoft Access is a Multiple Document Interface (MDI) application, if you maximize any of its child objects, such as the Database windows, the other objects that you subsequently open would be maximized also. In all versions of Microsoft Access, objects are organized in categories.



In Microsoft Access 97, each category is represented by a property page. Therefore, to select a category, you can click its tab.

Once in the property page of a category, to open an object:

- You can double-click it
- You can click it to select it, then click the Open button on the right side
- You can also right-click an object and click Open

One of the biggest changes that Microsoft Access 2000 brought was on the Database window. It got completely redesigned and highly improved. Like all classic windows, it is equipped with a title bar similar to the Database window of the 97 version as we described above. Under the title bar, the Database window is equipped with a contextual toolbar. This means that the toolbar responds according to the object that is selected in the Database window.

Like all releases, objects in Microsoft Access are organized in categories. In the 2000 and later versions, objects are represented by the Objects Bar. Therefore, to select a category, you can click its button. Besides the buttons that represent categories, when you click a button, one or three links allow you to create objects of that category. For example, you can create a table by double-clicking the Create Table By Using Wizard link. (See Figure 3.1, Appendix C)

To open an object:

- Double-click it
- Click it to select it and click the Open button on the Database window's toolbar
- Right-click it and click Open

Besides providing the ability to create a new object or open an existing one, you can also delete an object using the Database window's toolbar. To do this, you can click the object to select it. Then, on this toolbar, click the Delete button. The Database window's toolbar also provides four view buttons that allow you to change the way the list displays in the right side of the view. If you have used Windows Explorer, My Computer, or My Documents, you are probably familiar with these buttons.



### 3.2. Brief overview of Relational Databases and Database Applications

The first databases implemented during the 1960s and 1970s were based upon either flat data files or the hierarchical or networked data models. These methods of storing data were relatively inflexible due to their rigid structure and heavy reliance on applications programs to perform even the most routine processing.

In the late 1970s, the relational database model which originated in the academic research community became available in commercial implementations such as IBM DB2 and Oracle. The relational data model specifies data stored in relations that have some relationships among them (hence the name relational).

In relational databases such as Sybase, Oracle, IBM DB2, MS SQL Server and MS Access, data is stored in tables made up of one or more columns (Access calls a column a field).

The data stored in each column must be of a single data type such as Character, Number or Date. A collection of values from each column of a table is called a record or a row in the table.

Different tables can have the same column in common. This feature is used to explicitly specify a relationship between two tables. Values appearing in column A in one table are shared with another table. Below are two examples of tables in a relational database for a local bank:

CustomerID	Name	Address	City	State	Zip
<i>Number</i>	<i>Character</i>	<i>Character</i>	<i>Character</i>	<i>Character</i>	<i>Character</i>
1001	Mr. Smith	123 Lexington	Smithville	KY	91232
1002	Mrs. Jones	12 Davis Ave.	Smithville	KY	91232
1003	Mr. Axe	443 Grinder Ln.	Broadville	GA	81992

**Table 3.1** Customer Table

<b>CustomerID</b>	<b>AccountNumber</b>	<b>AccountType</b>	<b>DateOpened</b>	<b>Balance</b>
<i>Number</i>	<i>Number</i>	<i>Character</i>	<i>Date</i>	<i>Number</i>
1001	9987	Checking	10/12/1989	4000.00
1001	9980	Savings	10/12/1989	2000.00
1002	8811	Savings	01/05/1992	1000.00
1003	4422	Checking	12/01/1994	6000.00
1003	4433	Savings	12/01/1994	9000.00

**Table 3.2** Accounts Table

The Customer table has 6 columns (CustomerID, Name, Address, City, State and Zip) and 3 rows (or records) of data. The Accounts table has 5 columns (CustomerID, AccountNumber, AccountType, DateOpened and Balance) with 5 rows of data.

Each of the columns conforms to one of three basic data types: Character, Number or Date. The data type for a column indicates the type of data values that may be stored in that column.

- Number - may only store numbers, possibly with a decimal point.
- Character - may store numbers, letters and punctuation. Access calls this data type Text.
- Date - may only store date and time data.

In some database implementations other data types exist such as Images (for pictures or other data). However, the above three data types are most commonly used.

Notice that the two tables share the column CustomerID and that the values of the CustomerID column in the Customer table are the same the values in the CustomerID column in the Accounts table. This relationship allows us to specify that the Customer Mr. Axe has both a Checking and a Savings account that were both opened on the same day: December 1, 1994.

Another name given to such a relationship is Master/Detail. In a master/detail relationship, a single master record (such as Customer 1003, Mr. Axe) can have many details records (the two accounts) associated with it.

In a Master/Detail relationship, it is possible for a Master record to exist without any Details. However, it is impossible to have a Detail record without a matching Master record. For example, a Customer may not necessarily have any account information at all. However, any account information *must* be associated with a single Customer.

Each table also must have a special column called the Key that is used to uniquely identify rows or records in the table. Values in a key column (or columns) may never be duplicated. In the above tables, the CustomerID is the key for the Customer table while the AccountNumber is the key for the Accounts table.



## **CHAPTER FOUR**

### **INTERNET INFORMATION SERVICES (IIS) & VBSCRIPT**

With IIS 6.0 Manager for Windows XP, administrators can remotely manage an IIS 6.0 server from a Windows XP Professional workstation.

#### **4.1. Overview**

With IIS 6.0 Manager for Windows XP, administrators can remotely manage an IIS 6.0 server from a Windows XP Professional workstation. This tool only installs a snap-in for Microsoft Management Console and its associated DLLs and documentation; it does not install the complete IIS 6.0 server on your local computer.

- This tool is available only in English. When installed on non-English editions of Windows XP, IIS 6.0 Manager, documentation, folders, and shortcuts appear as English-only.
- After installation, IIS 6.0 Manager and IIS 5.1 Manager coexist in separate directories on the same computer.
- Start the IIS 6.0 Manager after installation from the administrative tools folder in the Control Panel, not from the Computer Management console. If the IIS 5.1 Manager is also installed, it will appear in the Computer Management console, not the IIS 6.0 Manager.

#### **4.1.1. System Requirements**

- Only Windows XP Professional is supported.
- The remote server should be running Windows Server 2003 with IIS 6.0 installed.
- To manage SMTP and NNTP using IIS 6.0 Manager for Windows XP, you must also install IIS Manager for IIS 5.1.



### 4.1.2 Instructions

1. Download the IIS from [www.microsoft.com](http://www.microsoft.com)
2. Do one of the following:
  - To start the installation immediately, click **Open** or **Run this program from its current location**.
  - To copy the download to your computer for installation at a later time, click **Save** or **Save this program to disk**.

#### To run this tool:

Click Start > Control Panel > Administrative Tools > Internet Information Services (IIS6) Manager.

You can configure your Start Menu to show the Administrative Tools folder (including the IIS6 Manager) on your Start menu or in the All Programs section of the Start menu by selecting your choice of display options in the Advanced tab of the Customization section for the Start Menu.

### 4.1.3. Purpose

Internet Information Services (IIS) turns a computer into a Web server that can provide World Wide Web publishing services, File Transfer Protocol (FTP) services, Simple Mail Transport Protocol (SMTP) services, and Network News Transfer Protocol (NNTP) services. You can use IIS to host and manage Web sites and other Internet content once you obtain an IP address, register your domain on a DNS server, and configure your network appropriately. IIS is a component of the Microsoft® Windows® operating system.

The IIS Software Developer Kit (SDK) is a resource for developers who want to create applications that manage an IIS server, or Web applications that run on an IIS server.

#### **4.1.4. Where Applicable**

IIS 6.0 is included with Windows Server™ 2003 and is installable via the Add or Remove Programs item in the Control Panel. IIS 6.0 installs in a highly secure state, serving only static HTML content until other features and file types (such as ASP and ISAPI) are enabled.

IIS 5.1 comes with Windows XP Professional and is installable via the Add or Remove Programs item in the Control Panel.

IIS 5.0 comes with Windows 2000 Server and is installed by default. It also comes with Windows 2000 Professional and is installable via the Add or Remove Programs item in the Control Panel.

IIS is also available as a separate product for previous versions of the Windows operating systems, but this SDK covers only versions 5.0, 5.1, and 6.0, with some limited information for IIS 4.0.

#### **4.1.5. Developer Audience**

Please see this section in "IIS Administration SDK" and "IIS Web Development SDK" for a list of available technologies and their prerequisites.

#### **4.1.6. Run-Time Requirements**

Please see this section in "IIS Administration SDK" and "IIS Web Development SDK" for a list of run-time requirements.

#### **4.1.7. IIS Architecture**

This section briefly describes the internal architecture of different versions of IIS, how IIS processes requests from clients, how IIS applications are isolated from one another, and the security identities of IIS processes and threads.

Use this information to understand what resources are available to your IIS application, how IIS handles content files of different types, such as static files, ASP files, or ISAPI files, and how IIS groups content files into applications. An introduction to the client/server relationship is included for first time readers who are unfamiliar with Web servers.

For more detailed information about IIS architecture, see the section titled "IIS 6.0 Architecture" in the IIS User Documentation that is included with IIS. For information about how IIS stores configuration information, see IIS Configuration Storage. For information about the features of IIS, see IIS Administration Technologies, IIS Development Technologies, and IIS Logging.

#### **4.1.8 The Role of IIS in the Client/Server Relationship**

Before delving into the details of building a Web-based application, it might be helpful to review the architectural model of the Web, and the roles of the browser and server in that model.

##### **4.1.8.1. The User Experience**

Sharing information on the Internet is a simple process of a user (or client) using a Web browser such as Internet Explorer (IE) to request a file from a Web server such as IIS.

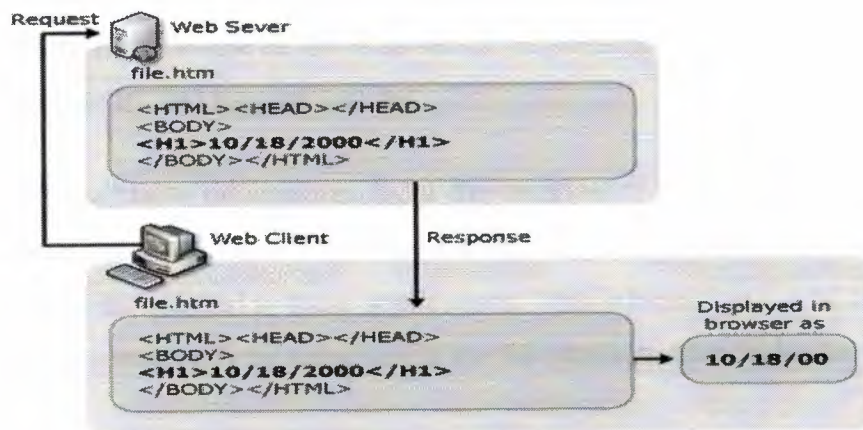
The Web server sends the browser a response that contains the requested file as well as headers that contain connection information. The Web browser uses the HTML tags in the file to properly format and display the data in the file. A Web browser that displays HTML has the capacity to mimic any user interface.

##### **4.1.8.2 Static Files Compared to Dynamic Files**

If the file that the Web browser receives looks the same as the file that is stored on the Web server, the file is considered to be static content. Static content does not allow for changes based on variables like time or individual user data that is stored in a database.



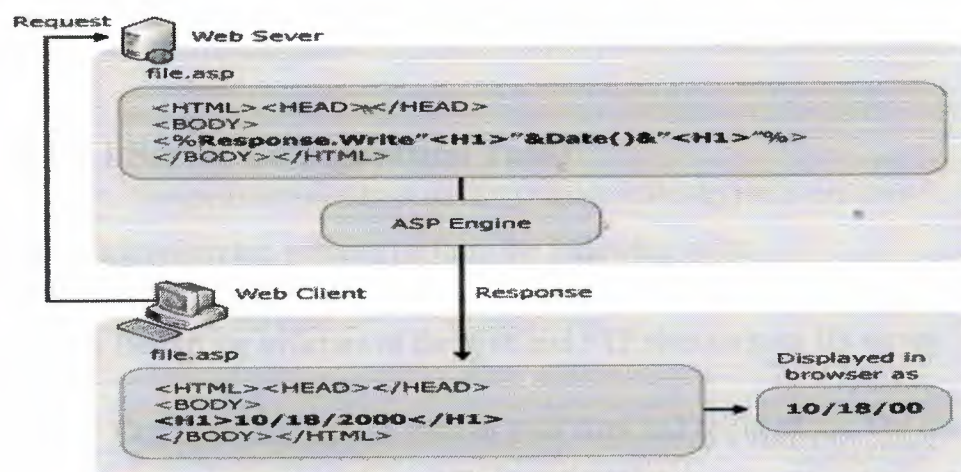
The following illustration shows the transmission of a static file where the displayed date will never change.



**Figure 4.1** HTML codes

Content can be generated dynamically, either on the side of the Web client (using client-side scripting, DHTML, XML, or other client applications) or on the side of the Web server (using ASP, ASP.NET, COM components, ISAPI, or other server interfaces).

The following illustration shows the transmission of dynamically generated content where the displayed date reflects the date at the time of the request.



**Figure 4.2** ASP codes

### **4.1.8.3. The Role of IIS**

IIS fulfills the role of the Web server, responding to requests for files from Web clients such as IE, and logging activity.

IIS maintains information about the location of content files, what security identities have access to those files, how content files are separated into applications, and what URLs are mapped to those applications. This information can be configured manually or programmatically by using one of the IIS administration technologies.

IIS can communicate with software such as Microsoft SharePoint, Microsoft Visual Studio.NET, and Web Distributed Authoring and Versioning (WebDAV) to make Web content creation fast and easy. Web content can be created to take advantage of one of the IIS development technologies.

### **4.1.9. IIS Core Functionality**

IIS contains basic functionality that you can use to build Web applications. The core functionality of IIS includes solutions for server administration tasks, Web application development tasks, as well as internal support for the IIS services.

#### **4.1.9.1 Server Configuration Tasks**

As an administrator, you can perform the following tasks:

- Design the structure of the Web and FTP sites on your IIS server.
- Configure settings for each of your sites and applications. For example, allow or deny users access to sites or files by altering security settings.
- Enable and disable sites, services, or applications.

#### **4.1.9.2 Content Development Tasks**

As a Web application developer, you can perform the following tasks:

- Write an ISAPI filter and, with the appropriate security permissions, install it on the IIS server. An ISAPI filter is the first to process every client request. Once an ISAPI filter is done processing the request, it can send the request body to the next destination, which might be the Web page that was originally requested.
- Write an ISAPI extension to process a client request and build a response. An ISAPI extension is requested just like an ASP page, by file name.
- Write a Web page to process a client request and build a response. It may be an HTML page, an ASP or ASP.NET page, an STM page, or any extension that is mapped to a DLL on your server.
- Write a COM+ component to process a client request and build a response. A COM+ component must be called from an ASP page or an ISAPI application.

#### **4.1.10 Internal Support for IIS Services**

The IIS server, along with the HTTP Listener (HTTP.sys) (or Inetinfo.exe in IIS versions 5.1 and earlier) handles the following tasks:

- Establishes and maintains HTTP connections. Manages asynchronous connections.
- Populates instances of the ASP and ASP.NET built-in objects with available data from each HTTP request, such as session state information, error information, and client certificate information.
- Populates an instance of the Response Object as a response is built during the processing of each request.
- Modifies HTTP headers in a response according to configuration settings set by the administrator or page-level settings written by the application developer.



- Sends HTTP responses back to clients.
- Loads the IIS server configuration settings set by the administrator into memory for fast performance.

#### **4.1.11. About IIS Configuration**

IIS stores its configuration settings in a file called the metabase and in the registry. When you create a Web or FTP site, create virtual directories, set properties that configure IIS applications or govern how IIS operates, change performance and security settings, install ISAPI DLLs, or make choices about what information is written to the IIS log files, you are configuring IIS. By default, only system administrators have permission to configure the registry or the metabase.

##### **4.1.11.1 Configuration Data Stored in the Registry**

In the first three versions of IIS, all configuration data was stored in the registry. In IIS 4.0, most of the configuration data in the registry was migrated to the metabase in the form of properties. The properties that remain in the registry are used to initiate IIS services, are specific to a service, or are global to IIS and all services.

Registry entries that exist to enable backward compatibility with previous versions of IIS are duplicated in the metabase. You can set them in either location and the registry entries in both locations will be updated. In IIS 6.0, very few registry entries remain.

##### **4.1.11.2 Content Storage Compared to Configuration Storage**

Content storage is different than configuration storage. All the Web files, FTP files, ISAPI DLLs, COM components, and other files in an IIS application make up the content of your application. Content is stored in the file system of your computer. If you want to create an IIS application on a temporary IIS server and then move it to a live IIS server, you must move the content as well as the configuration information.

#### **4.1.12 IIS Internet Database Connector**

The Internet Database Connector (IDC) is a tool you can use to send queries to a database, format the returned data in an HTML page, and return the page to a browser. IDC can be used to display log data from the IIS ODBC logs in an HTML page.

However, IDC has been deprecated because it does not provide enough security for data connections. IIS 6.0 will be the last version to include IDC.

If your Web application needs to obtain or display data from a database or other data source, you can use one of the following more secure methods. If you still want to use IDC in an HTML page, you can find more information at [Viewing ODBC Log Data Using the Internet Database Connector](#). The Internet Database Connector requires 32-bit ODBC drivers.

##### **4.1.12.1 Displaying Data in ASP Pages**

With ASP, you can use ActiveX Data Objects (ADO) to display and manipulate data from a SQL, Access, Excel, or other supported database.

#### **4.1.13. Dynamic HTML in IIS**

Dynamic HTML (DHTML), which Microsoft introduced with Internet Explorer 4.0, allows you to create much richer HTML that responds to events on the client. By upgrading your HTML pages to take advantage of DHTML, you will not only enhance the user experience, you will also build Web applications that use server resources more efficiently.

DHTML controls the appearance of HTML pages by setting properties in the document object model (DOM), a model which Microsoft has proposed to the World Wide Web Consortium (W3C) as a standard.

#### **4.1.14. IIS on 64-bit Microsoft Windows Server 2003**

On the 64-bit Windows Server 2003 family of operating systems, IIS runs as a 64-bit application. This means that 32-bit applications cannot be called from IIS on 64-bit

Windows Server 2003 servers. For example, the Jet database engine will not convert to a 64-bit application, so you cannot use ADO to open an Access database from an ASP page. However, you can still use ADO to access other drivers like SQL and Exchange.

#### **4.1.15. Creating Virtual Directories**

After you have installed the web-server, you can create virtual directories as follows:

- Right-click on the folder that you wish to add as a virtual directory.
- Select "Properties" from the context-menu.
- In the second tab titled "Web Sharing" click "Share this folder", then "Add Alias".(If you do not see these options enabled, your web-server is not properly running. Please see the steps above under "Installation").

#### **4.1.16 Accessing your Webpages**

Now that your server is completely configured and ready to use. Start your web-browser, and enter the following address into the address-bar. <http://localhost/> you should see a page come up that tells you more about Microsoft IIS (or PWS, as the case may be).

##### **4.1.16.1 Localhost**

Let us first see, what we mean by a hostname. Whenever you connect to a remote computer using its URL, you are in effect calling it by its hostname. For example when you type in;

<http://www.google.com/>

you are really asking the network to connect to a computer named [www.google.com](http://www.google.com/). It is called the "hostname" of that computer. Localhost is a special hostname. It always references your own machine. So what you just did, was to try to access a web page on your own machine (which is what you wanted to do anyway). For testing all your pages, you will need to use localhost as the hostname. By the way, there is also special IP



address associated with local host, that is 127.0.0.1 so you could as well have typed: <http://127.0.0.1/> and would have received the same page. To access pages in a virtual directory called `myscripts` for example, you should type in; <http://localhost/myscripts/> in the address bar.

## **4.2. WHAT IS VBSCRIPT?**

Microsoft Visual Basic Scripting Edition brings active scripting to a wide variety of environments, including Web client scripting in Microsoft Internet Explorer and Web server scripting in Microsoft Internet Information Service.

### **4.2.1. Easy to Use and Learn**

If you already know Visual Basic or Visual Basic for Applications (VBA), VBScript will be very familiar. Even if you do not know Visual Basic, once you learn VBScript, you are on your way to programming with the whole family of Visual Basic languages. Although you can learn about VBScript in just these few Web pages, they do not teach you how to program. To learn programming, take a look at *Step by Step* books available from Microsoft Press.

### **4.2.2. Windows Script**

VBScript talks to host applications using Windows Script. With Windows Script, browsers and other host applications do not require special integration code for each scripting component. Windows Script enables a host to compile scripts, obtain and call entry points, and manage the namespace available to the developer. With Windows Script, language vendors can create standard language run times for scripting. Microsoft will provide run-time support for VBScript. Microsoft is working with various Internet groups to define the Windows Script standard so that scripting engines can be interchangeable. Windows Script is used in Microsoft® Internet Explorer and in Microsoft® Internet Information Service.

### 4.2.3. VBScript in Other Applications and Browsers

As a developer, you can license VBScript source implementation at no charge for use in your products. Microsoft provides binary implementations of VBScript for the 32-bit Windows® API, the 16-bit Windows API, and the Macintosh®. VBScript is integrated with World Wide Web browsers. VBScript and Windows Script can also be used as a general scripting language in other applications.

### 4.2.4. Adding VBScript Code to an HTML Page

You can use the SCRIPT element to add VBScript code to an HTML page.

#### 4.2.4.1. The <SCRIPT> Tag

VBScript code is written within paired <SCRIPT> tags. For example, a procedure to test a delivery date might appear as follows:

```
<SCRIPT LANGUAGE="VBScript">
```

```
<!--
```

```
Function CanDeliver(Dt)
```

```
    CanDeliver = (CDate(Dt) - Now()) > 2
```

```
End Function
```

```
-->
```

```
</SCRIPT>
```

Beginning and ending <SCRIPT> tags surround the code. The LANGUAGE attribute indicates the scripting language. You must specify the language because browsers can use other scripting languages. Notice that the CanDeliver function is embedded in comment tags (<!-- and -->). This prevents browsers that don't understand the <SCRIPT> tag from displaying the code.

Since the example is a general function — it is not tied to any particular form control — you can include it in the HEAD section of the page:



```

<HTML>

<HEAD>

<TITLE>Place Your Order</TITLE>

<SCRIPT LANGUAGE="VBScript">

<!--

Function CanDeliver(Dt)

    CanDeliver = (CDate(Dt) - Now()) > 2

End Function

-->

</SCRIPT>

</HEAD>

<BODY>

...

```

You can use SCRIPT blocks anywhere in an HTML page. You can put them in both the BODY and HEAD sections. However, you will probably want to put all general-purpose scripting code in the HEAD section in order to keep all the code together. Keeping your code in the HEAD section ensures that all code is read and decoded before it is called from within the BODY section.

One notable exception to this rule is that you may want to provide inline scripting code within forms to respond to the events of objects in your form. For example, you can embed scripting code to respond to a button click in a form:

```

<HTML>

<HEAD>

<TITLE>Test Button Events</TITLE>

</HEAD>

<BODY>

```



```
<FORM NAME="Form1">

  <INPUT TYPE="Button" NAME="Button1" VALUE="Click">

  <SCRIPT FOR="Button1" EVENT="onClick" LANGUAGE="VBScript">

    MsgBox "Button Pressed!"

  </SCRIPT>

</FORM>

</BODY>

</HTML>
```

Most of your code will appear in either **Sub** or **Function** procedures and will be called only when specified by your code. However, you can write VBScript code outside procedures, but still within a SCRIPT block. This code is executed only once, when the HTML page loads. This allows you to initialize data or dynamically change the look of your Web page when it loads.

#### 4.2.5. VBScript Data Types

VBScript has only one data type called a **Variant**. A **Variant** is a special kind of data type that can contain different kinds of information, depending on how it is used. Because **Variant** is the only data type in VBScript, it is also the data type returned by all functions in VBScript.

At its simplest, a **Variant** can contain either numeric or string information. A **Variant** behaves as a number when you use it in a numeric context and as a string when you use it in a string context. That is, if you are working with data that looks like numbers, VBScript assumes that it is numbers and does what is most appropriate for numbers. Similarly, if you're working with data that can only be string data, VBScript treats it as string data. You can always make numbers behave as strings by enclosing them in quotation marks (" ").

##### 4.2.5.1. Variant Subtypes

Beyond the simple numeric or string classifications, a **Variant** can make further distinctions about the specific nature of numeric information. For example, you can have numeric information that represents a date or a time. When used with other date or

time data, the result is always expressed as a date or a time. You can also have a rich variety of numeric information ranging in size from Boolean values to huge floating-point numbers. These different categories of information that can be contained in a **Variant** are called subtypes. Most of the time, you can just put the kind of data you want in a **Variant**, and the **Variant** behaves in a way that is most appropriate for the data it contains.

The following table shows subtypes of data that a **Variant** can contain.

Subtype	Description
Empty	<b>Variant</b> is uninitialized. Value is 0 for numeric variables or a zero-length string ("") for string variables.
Null	<b>Variant</b> intentionally contains no valid data.
Boolean	Contains either True or False.
Byte	Contains integer in the range 0 to 255.
Integer	Contains integer in the range -32,768 to 32,767.
Currency	-922,337,203,685,477.5808 to 922,337,203,685,477.5807.
Long	Contains integer in the range -2,147,483,648 to 2,147,483,647.
Single	Contains a single-precision, floating-point number in the range -3.402823E38 to -1.401298E-45 for negative values; 1.401298E-45 to 3.402823E38 for positive values.
Double	Contains a double-precision, floating-point number in the range -1.79769313486232E308 to -4.94065645841247E-324 for negative values; 4.94065645841247E-324 to 1.79769313486232E308 for



	positive values.
Date (Time)	Contains a number that represents a date between January 1, 100 to December 31, 9999.
String	Contains a variable-length string that can be up to approximately 2 billion characters in length.
Object	Contains an object.
Error	Contains an error number.

**Table 4.1.** Variant Subtypes

You can use conversion functions to convert data from one subtype to another. In addition, the VarType function returns information about how your data is stored within a Variant.

#### **4.2.6. VBScript Variables**

A variable is a convenient placeholder that refers to a computer memory location where you can store program information that may change during the time your script is running. For example, you might create a variable called ClickCount to store the number of times a user clicks an object on a particular Web page. Where the variable is stored in computer memory is unimportant. What is important is that you only have to refer to a variable by name to see or change its value. In VBScript, variables are always of one fundamental data type, Variant.

##### **4.2.6.1. Declaring Variables**

You declare variables explicitly in your script using the Dim statement, the Public statement, and the Private statement. For example:

```
Dim DegreesFahrenheit
```



You declare multiple variables by separating each variable name with a comma. For example:

```
Dim Top, Bottom, Left, Right
```

You can also declare a variable implicitly by simply using its name in your script. That is not generally a good practice because you could misspell the variable name in one or more places, causing unexpected results when your script is run. For that reason, the `Option Explicit` statement is available to require explicit declaration of all variables. The **Option Explicit** statement should be the first statement in your script.

#### 4.2.6.2. Naming Restrictions

Variable names follow the standard rules for naming anything in VBScript. A variable name:

- Must begin with an alphabetic character.
- Cannot contain an embedded period.
- Must not exceed 255 characters.
- Must be unique in the scope in which it is declared.

#### 4.2.6.3. Scope and Lifetime of Variables

A variable's scope is determined by where you declare it. When you declare a variable within a procedure, only code within that procedure can access or change the value of that variable. It has local scope and is a procedure-level variable. If you declare a variable outside a procedure, you make it recognizable to all the procedures in your script. This is a script-level variable, and it has script-level scope.

The lifetime of a variable depends on how long it exists. The lifetime of a script-level variable extends from the time it is declared until the time the script is finished running. At procedure level, a variable exists only as long as you are in the procedure. When the procedure exits, the variable is destroyed. Local variables are ideal as temporary storage

space when a procedure is executing. You can have local variables of the same name in several different procedures because each is recognized only by the procedure in which it is declared.

#### **4.2.6.4. Assigning Values to Variables**

Values are assigned to variables creating an expression as follows: the variable is on the left side of the expression and the value you want to assign to the variable is on the right. For example:

```
B = 200
```

#### **4.2.6.5. Scalar Variables and Array Variables**

Much of the time, you only want to assign a single value to a variable you have declared. A variable containing a single value is a scalar variable. Other times, it is convenient to assign more than one related value to a single variable. Then you can create a variable that can contain a series of values. This is called an array variable. Array variables and scalar variables are declared in the same way, except that the declaration of an array variable uses parentheses ( ) following the variable name. In the following example, a single-dimension array containing 11 elements is declared:

```
Dim A(10)
```

Although the number shown in the parentheses is 10, all arrays in VBScript are zero-based, so this array actually contains 11 elements. In a zero-based array, the number of array elements is always the number shown in parentheses plus one. This kind of array is called a fixed-size array.

You assign data to each of the elements of the array using an index into the array. Beginning at zero and ending at 10, data can be assigned to the elements of an array as follows:

```
A(0) = 256
```

```
A(1) = 324
```

```
A(2) = 100
```



```
...
```

```
A(10) = 55
```

Similarly, the data can be retrieved from any element using an index into the particular array element you want. For example:

```
...
```

```
SomeVariable = A(8)
```

```
...
```

Arrays aren't limited to a single dimension. You can have as many as 60 dimensions, although most people can't comprehend more than three or four dimensions. You can declare multiple dimensions by separating an array's size numbers in the parentheses with commas. In the following example, the `MyTable` variable is a two-dimensional array consisting of 6 rows and 11 columns:

```
Dim MyTable(5, 10)
```

In a two-dimensional array, the first number is always the number of rows; the second number is the number of columns.

You can also declare an array whose size changes during the time your script is running. This is called a dynamic array. The array is initially declared within a procedure using either the **Dim** statement or using the ReDim statement. However, for a dynamic array, no size or number of dimensions is placed inside the parentheses. For example:

```
Dim MyArray()
```

```
ReDim AnotherArray()
```

To use a dynamic array, you must subsequently use **ReDim** to determine the number of dimensions and the size of each dimension. In the following example, **ReDim** sets the initial size of the dynamic array to 25. A subsequent **ReDim** statement resizes the array to 30, but uses the **Preserve** keyword to preserve the contents of the array as the resizing takes place.

```
ReDim MyArray(25)
```

```
...
```

```
ReDim Preserve MyArray(30)
```



There is no limit to the number of times you can resize a dynamic array, although if you make an array smaller, you lose the data in the eliminated elements.

### 4.2.7. VBScript Operators

VBScript has a full range of operators, including arithmetic operators, comparison operators, concatenation operators, and logical operators.

#### 4.2.7.1. Operator Precedence

When several operations occur in an expression, each part is evaluated and resolved in a predetermined order called operator precedence. You can use parentheses to override the order of precedence and force some parts of an expression to be evaluated before others. Operations within parentheses are always performed before those outside. Within parentheses, however, standard operator precedence is maintained.

When expressions contain operators from more than one category, arithmetic operators are evaluated first, comparison operators are evaluated next, and logical operators are evaluated last. Comparison operators all have equal precedence; that is, they are evaluated in the left-to-right order in which they appear. Arithmetic and logical operators are evaluated in the following order of precedence.

#### 4.2.7.2. Arithmetic

Description	Symbol
Exponentiation	^
Unary negation	-
Multiplication	*
Division	/
Integer division	\

Modulus arithmetic	Mod
Addition	+
Subtraction	-
String concatenation	&

**Table 4.2.** Arithmetic

#### 4.2.7.3. Comparison

Description	Symbol
Equality	=
Inequality	◇
Less than	<
Greater than	>
Less than or equal to	<=
Greater than or equal to	>=
Object equivalence	Is

**Table 4.3.** Comparison



#### 4.2.7.4. Logical

Description	Symbol
Logical negation	Not
Logical conjunction	And
Logical disjunction	Or
Logical exclusion	Xor
Logical equivalence	Eqv
Logical implication	Imp

**Table 4.4.** Logical

When multiplication and division occur together in an expression, each operation is evaluated as it occurs from left to right. Likewise, when addition and subtraction occur together in an expression, each operation is evaluated in order of appearance from left to right.

The string concatenation (&) operator is not an arithmetic operator, but in precedence it falls after all arithmetic operators and before all comparison operators. The **Is** operator is an object reference comparison operator. It does not compare objects or their values; it checks only to determine if two object references refer to the same object.



## 4.2.8. VBScript in Internet Explorer

### 4.2.8.1. A Simple VBScript Page

With Microsoft® Internet Explorer, you can view the page produced by the following HTML code. If you click the button on the page, you see VBScript in action.

```
<HTML>

<HEAD><TITLE>A Simple First Page</TITLE>

<SCRIPT LANGUAGE="VBScript">

<!--

Sub Button1_OnClick

    MsgBox "Mirabile visu."

End Sub

-->

</SCRIPT>

</HEAD>

<BODY>

<H3>A Simple First Page</H3><HR>

<FORM><INPUT    NAME="Button1"    TYPE="BUTTON"    VALUE="Click
Here"></FORM>

</BODY>

</HTML>
```

The result is a little underwhelming: a dialog box displays a Latin phrase ("Wonderful to behold"). However, there's quite a bit going on.

When Internet Explorer reads the page, it finds the <SCRIPT> tags, recognizes there is a piece of VBScript code, and saves the code. When you click the button, Internet Explorer makes the connection between the button and the code, and runs the procedure.

The **Sub** procedure in the <SCRIPT> tags is an event procedure. There are two parts to the procedure name: the name of the button, `Button1` (from the NAME attribute in the <INPUT> tag), and an event name, `OnClick`. The two names are joined by an underscore(\_). Any time the button is clicked, Internet Explorer looks for and runs the corresponding event procedure, `Button1_OnClick`.

Internet Explorer defines the events available for form controls in the Internet Explorer Scripting Object Model documentation, which can be found on the Microsoft® Web site (<http://www.microsoft.com>).

Pages can use combinations of controls and procedures, too. VBScript and Forms shows some simple interactions between controls.

#### 4.2.8.2. Other Ways to Attach Code to Events

Although the preceding way is probably the simplest and most general, you can attach VBScript code to events in two other ways. Internet Explorer allows you to add short sections of inline code in the tag defining the control. For example, the following <INPUT> tag performs the same action as the previous code example when you click the button:

```
<INPUT NAME="Button1" TYPE="BUTTON"
VALUE="Click Here" OnClick='MsgBox "Mirabile visu.">
```

Notice that the function call itself is enclosed in single quotation marks, and the string for the **MsgBox** function is enclosed in double quotation marks. You can use multiple statements as long as you separate the statements with colons (:).



You can also write a `<SCRIPT>` tag so that it applies only to a particular event for a specific control:

```
<SCRIPT LANGUAGE="VBScript" EVENT="OnClick" FOR="Button1">  
  
<!--  
    MsgBox "Mirabile visu."  
-->  
  
</SCRIPT>
```

Because the `<SCRIPT>` tag already specifies the event and the control, you don't use **Sub** and **End Sub** statements.

#### 4.2.8.3. Using VBScript with Objects

Whether you use an ActiveX® control (formerly called an OLE control) or a Java object, Microsoft Visual Basic Scripting Edition and Microsoft® Internet Explorer handle it the same way.

You include an object using the `<OBJECT>` tags and set its initial property values using `<PARAM>` tags. If you're a Visual Basic programmer, you'll recognize that using the `<PARAM>` tags is just like setting initial properties for a control on a form.

For example, the following set of `<OBJECT>` and `<PARAM>` tags adds an ActiveX control, called Label, to a page. This code is for illustrative purposes — for your script to work, the control or object you are using has to be installed on the client computer.

```
<OBJECT  
    classid="clsid:99B42120-6EC7-11CF-A6C7-00AA00A47DD2"  
    id=lblActiveLbl  
    width=250
```



```

height=250
align=left
hspace=20
vspace=0
>
<PARAM NAME="Angle" VALUE="90">
<PARAM NAME="Alignment" VALUE="4">
<PARAM NAME="BackStyle" VALUE="0">
<PARAM NAME="Caption" VALUE="A Simple Label">
<PARAM NAME="FontName" VALUE="Verdana, Arial, Helvetica">
<PARAM NAME="FontSize" VALUE="20">
<PARAM NAME="FontBold" VALUE="1">
<PARAM NAME="FrColor" VALUE="0">
</OBJECT>

```

You can get properties, set properties, and invoke methods just as with any of the form controls. The following code, for example, includes `<FORM>` controls you can use to manipulate two properties of the Label control:

```

<FORM NAME="LabelControls">
<INPUT TYPE="TEXT" NAME="txtNewText" SIZE=25>
<INPUT TYPE="BUTTON" NAME="cmdChangeIt" VALUE="Change Text">
<INPUT TYPE="BUTTON" NAME="cmdRotate" VALUE="Rotate Label">
</FORM>

```

With the form defined, an event procedure for the cmdChangeIt button changes the label text:

```
<SCRIPT LANGUAGE="VBScript">

<!--

Sub cmdChangeIt_onClick

    Dim TheForm

    Set TheForm = Document.LabelControls

    lblActiveLbl.Caption = TheForm.txtNewText.Value

End Sub

-->

</SCRIPT>
```

The code qualifies references to controls and values inside the forms just as in the Simple Validation example.

Several ActiveX controls are available for use with Internet Explorer. You can find information about the properties, methods, events, and class identifiers (CLSID) for several controls on the Microsoft® Web site (<http://activex.microsoft.com>). You can find more information about the <OBJECT> tag by searching for "OBJECT element" at <http://msdn.microsoft.com>.

**Note** Internet Explorer version 3 and earlier required braces ({} ) around the classid attribute and did not conform to the W3C specification. Using braces with Internet Explorer version 4 and later generates a "This page uses an outdated version of the <OBJECT> tag" message.



## 4.2.9. VBScript and Forms

### 4.2.9.1. Simple Validation

You can use Visual Basic Scripting Edition to do much of the form processing that you'd usually have to do on a server. You can also do things that just can't be done on the server.

Here's an example of simple client-side validation. The HTML code is for a text box and a button. If you use Microsoft® Internet Explorer to view the page produced by the following code, you'll see a small text box with a button next to it.

```
<HTML>

<HEAD><TITLE>Simple Validation</TITLE>

<SCRIPT LANGUAGE="VBScript">

<!--

Sub Validate

    Dim TheForm

    Set TheForm = Document.forms("ValidForm")

    If IsNumeric(TheForm.Text1.Value) Then

        If TheForm.Text1.Value < 1 Or TheForm.Text1.Value > 10 Then

            MsgBox "Please enter a number between 1 and 10."

        Else

            MsgBox "Thank you."

        End If

    Else

        MsgBox "Please enter a numeric value."

    End If

End Sub-->
```



```

</SCRIPT>

</HEAD>

<BODY>

<H3>Simple Validation</H3><HR>

<form id="ValidForm" action="nothing.asp" onsubmit="Validate(); return false;"
language="javascript">

Enter a value between 1 and 10:

<input name="Text1" TYPE="TEXT" SIZE="2">

<input name="Submit" TYPE="Submit" VALUE="Submit">

</form>

</BODY>

</HTML>

```

The difference between this text box and the examples on A Simple VBScript Page is that the **Value** property of the text box is used to check the entered value. To get the **Value** property, the code has to qualify the reference to the name of the text box.

You can always write out the full reference `Document.ValidForm.Text1`. However, where you have multiple references to form controls, you'll want to do what was done here. First declare a variable. Then use the `Set` statement to assign the form to the variable `TheForm`. A regular assignment statement, such as `Dim`, doesn't work here; you must use **Set** to preserve the reference to an object.

#### 4.2.9.2 Using Numeric Values

Notice that the example directly tests the value against a number: it uses the `IsNumeric` Function function to make sure the string in the text box is a number. Although VBScript automatically converts strings and numbers, it's always a good practice to test a user-entered value for its data subtype and to use conversion functions as necessary. When doing addition with text box values, convert the values explicitly to numbers

because the plus sign (+) operator represents both addition and string concatenation. For example, if Text1 contains "1" and Text2 contains "2", you see the following results:

```
A = Text1.Value + Text2.Value ' A is "12"
```

```
A = CDBl(Text1.Value) + Text2.Value ' A is 3
```

## **CHAPTER FIVE**

### **NEAR EAST UNIVERSITY FITNESS CENTER**

#### **5.1. The Mission Of The Wellness Center of Near East University**

The mission of the Wellness Center is to offer services and facilities necessary to provide a quality wellness and fitness program for Near East University students, employees and community members.



**Figure 5.1.** NEU Health & Wellness Center

#### **5.2. Why we need the Fitness?**

Of course because of its benefits.

##### **5.2.1. The Benefits of Fitness**

Exercise is good for your body, but did you know that exercise is also good for your mind? Research has shown that regular exercise delivers a mental and emotional boost. It improves your mood, bolsters your self-esteem and gives you the confidence to handle whatever comes your way. Some studies hint that it also enhances the functioning of your brain.



### **5.2.1.1 Your Body's Medicine Cabinet**

When you are physically active your body releases chemicals known as endorphins. These are your body's natural painkillers and stress reducers. They diminish anxiety and depression and produce a sense of well being known as the exercise "high."

Just one workout can release another cache of natural antidepressant chemicals from your body's medicine cabinet, such as dopamine, serotonin and norepinephrine.

A study at Duke University found that intense bouts of exercise are every effective in reducing feelings of depression, tension, anger and confusion.

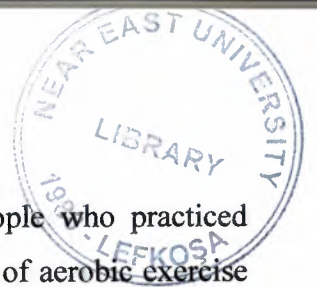
Meanwhile, a host of other studies have shown that even short spurts of moderate exercise can improve your outlook on life and make you less anxious. Whether you take a brisk ten-minute walk, do a few jumping jacks, or bicycle around the block, you will feel the benefit both physically and emotionally.

### **5.2.1.2. Stress Buster**

Chronic stress releases a number of different chemicals and hormones into your body that raise blood pressure, weaken your immunity to colds and illness, impair your memory, increase fat cell storage, and lead to depression.

Regular physical activity has been shown to be an effective stress buster and successful weapon against its debilitating effects. The set of beneficial chemicals and hormones released during exercise are an important arsenal that can defeat the negative chemicals created by stress.

Canadian researchers discovered that depressed people experienced significantly less depression after exercising for anywhere from 20 minutes to an hour, three times a week for five weeks. In some cases the benefits lasted up to one year. It is important to note however, that severe cases of depression require medical review and a combination of treatments.



In another study, a team of Australian researchers compared people who practiced progressive-relaxation techniques with a group who did 30 minutes of aerobic exercise three times a week. It was the exercise group that had lower blood pressure and responded best to acute stress.

### **5.2.1.3. A Boost to Self-esteem**

How we feel directly affects how we use our bodies and how we look. Feelings of distress or doubt can cause us to hunch our bodies in an effort at self-protection. As a result our spines are compressed and our breathing is shallow. We limit ourselves to small movements leading our muscles and joints to stiffen and weaken. It is no wonder that our spirits might sag and our sense of self-esteem drop through the floor.

Often just starting out on a new exercise program can boost your sense of self-worth. As you find yourself progressing, you'll also find your confidence growing. Choose physical activities that stretch and strengthen. They will help you to physically stand taller, feel better, and face the world with a positive outlook.

Yoga poses such as the *Sun Breath*, *Mountain*, and *Warrior One*, can help build confidence and self-esteem. They strengthen your legs, joints, and spine so that you can feel grounded and stable. The postures create good spinal alignment to help you stand tall and increase your range of movement. They open your chest for deep regular breathing that can calm your nerves and mind.

### **5.2.1.4. Time Out**

Like many leisure activities such as meditation or your favorite hobby, exercise gives your mind needed time out from everyday thoughts, worries and responsibilities. You return to your life refreshed, invigorated, and perhaps even mentally sharper.

By improving the flow of blood and consequently of oxygen and nutrients to your brain, it may be that aerobic exercise helps you to think better.

Regular weight training and aerobic exercise have been shown in several studies to impart an additional benefit. They can improve the quality and duration of sleep. A good night's rest can make you less fatigued and better able to function in your daily life.

#### **5.2.1.5. A Little Bit Can Go a Long Way**

A great deal of research continues to be done on the mental and emotional effects of physical activity. A recent study found that after several subjects spent 30 minutes on a treadmill, they scored 25 percent lower on tests that measure anxiety as well as demonstrated positive changes in their brain activity.

A brisk walk, a short jog, or even just several stretches during your day can help relieve stress and improve your outlook on life. Regular physical exercise releases a host of beneficial chemicals that can help you feel physically fit, mentally sharp, and emotionally positive. Find a physical activity you enjoy and give yourself a dose of good health every day. Stay fit and stay happy.

### **5.3. General Health Information**

Physical activity is one of the most important factors in maintaining optimal health and preventing or slowing degenerative illness. Running, swimming, walking, lifting weights, and cycling are all excellent forms of physical activity that can help to ensure excellent health, improve our outward appearance, and raise our self-esteem.

Physical exertion has many beneficial effects on the body. Aerobic exercise, such as running for example, increases circulation resulting in more oxygen and nutrient flow throughout the body. The result is more energy and stamina as well as an increased sense of well being. Anaerobic exercise, like lifting weights, adds tone and strength to the muscles and bones. Professional athletes, those who exercise regularly, and even the "weekend warrior" all reap similar health benefits.



Physically active people require additional energy and have increased nutritional demands; therefore, dietary supplementation should be considered. First of all, athletes should be on a wellness program that includes high quality multivitamins and minerals, essential fatty acids, and antioxidant supplements. Essential fatty acids are the “good fats”, such as fish oils, the body needs to function at peak levels. Antioxidants protect against the damaging effects of free radicals, highly reactive oxygen molecules that can damage DNA or other cellular components. These nutrients provide the core of supplemental requirements needed for athletes.

Other beneficial nutrients include amino acids; the building blocks of protein that make up our muscles. Supplementing with high quality amino acids as well as taking protein supplements, such as whey protein, can help build muscle mass. Creatine is an amino acid that can both build muscle mass and enhance performance. Chromium, a trace mineral, and Garcinia cambogia, an herb, can help to trim down our body fat by a process known as thermogenesis. Chitosan is beneficial in pulling out excess fat from our systems. L-carnitine is helpful in releasing energy to enhance athletic performance.

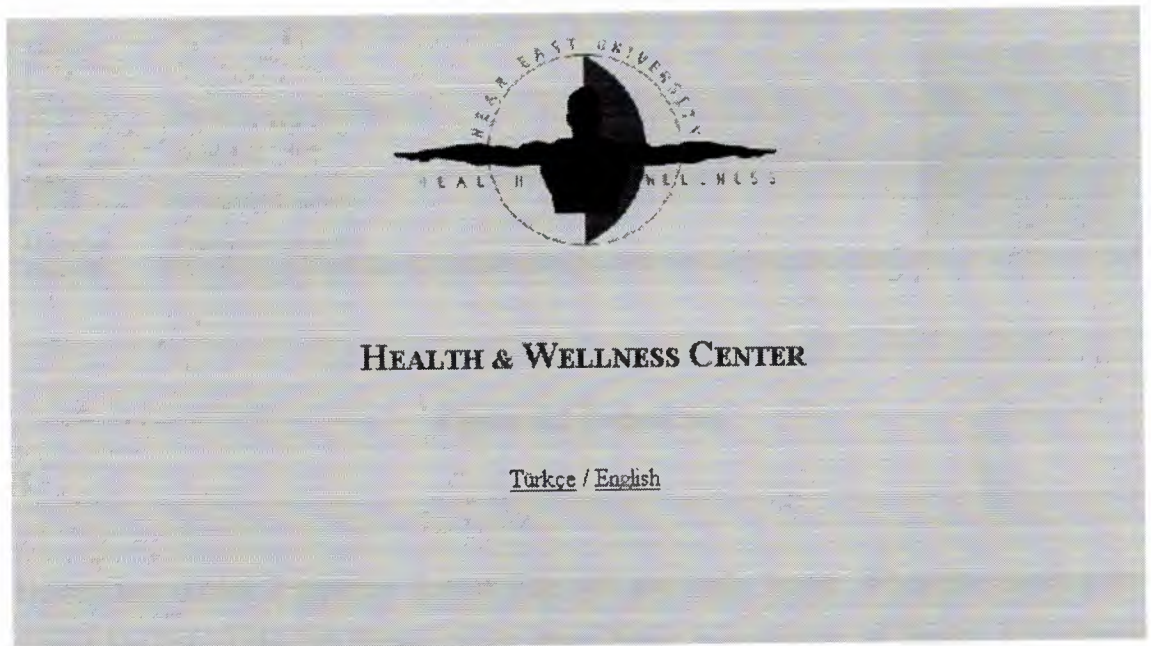
Other nutritional and herbal supplements may be beneficial. Ginseng helps increase energy and endurance. Glucosamine promotes proper joint function because it helps reduce the wear-and-tear of joints due to overuse, pumping iron, or aging. Carbohydrate loading with specially designed carbohydrate supplements can help provide just the right amount of easily accessible energy to enhance performance. There are also specially designed electrolyte sports drinks available to help replace lost fluids, prevent dehydration, and speed recovery.

Adapting a fitness and sports lifestyle can make us feel good, look good, and improve our overall health. A healthy balanced diet, with plenty of rest, and a wellness program of dietary supplements will help achieve this healthy lifestyle.

## CHAPTER SIX

### WELLNESS CENTER PROJECT WITH ASP


The aim of this Web page introduce the Health & Wellness Center of NEU and calculations the Ideal weight of person and Basal Metabolic Rate who want to learn.



**Figure 5.1** Index (Homepage) Page

The above web page (Figure 5.1) is entrance of the “Health and Wellness Center” web site. It is also language choosing page, Turkish or English. When the choosing any language, the default page opens. We will choose English.





## HEALTH & WELLNESS CENTER

[Turkish/English](#)

---

[About us..](#)  
[New System..](#)

[Performance Laboratory](#)  
 [Wellness Center](#)  
 [Possibilities](#)  
 [Health Unit](#)  
 [Membership Options](#)

**To learn your Ideal Weight and your Basal Metabolism Rate, Please fill the membership form**

**Membership**

User name:


Password:  
  
\*Max 6 character

**I forgot my password!**

**How can we benefit from this center?**

In order to benefit from this center a health report must be obtained from the Health and Wellness center. This can be issued following the scientific evaluation of a doctor's medical examination together with results of physical suitability tests taken in the Performance Laboratory.

Prior to the commencement of activities in the center, all applications are examined to ensure that exercise would not constitute any health risk. Wellness level and body composition are determined with objective data and subsequent progress made is observed.




Available in a wide area of 2000 m2;

- \* Fitness Hall
- \* Performance Laboratory
- \* Multi-purpose Sports Hall

**Figure 5.2 Default.asp**

Default.asp occurs 3 separate frames. Top, left and main frame. When the clicking the About Us link at the left frame, at the main frame introduction of Health & Wellness Center of Near East University will be seen. It contains 5 titles. Each titles are connected to link which show their descriptions. Performance Laboratory, Wellness Center, Possibilities, Health Unit and Membership Options. When the click that links it goes its own description, like **Figure 5.2**.





## HEALTH & WELLNESS CENTER

[Turkish/English](#)

[About us.](#)

**To learn your Ideal Weight and your Basal Metabolism Rate, Please fill the membership form**

**Membership**

☒ Individual physical suitability test

☒ Nutritional programs

☒ Cardiovascular (aerobic) training

User name:

Password:

\*Max 6 character

[Iforgot my password!](#)




Figure 5.3 Default.asp

And when you click Array button it turns top of the page. Each link runs like this.

Under the [New System](#) link there are some explanation about news the Wellness Center.

### TOWARDS THE NEW AT

#### THE EXERCISE APPLICATIONS

Hepimiz, egzersizin sagligimiz için nedeni önemli olduğunu bilmekteyiz. Ancak, toplumumuzda egzersize olan ilgi ve onun uygulaması ne kadar verimli ve bilimseldir! Yaklaşık bir yılı aşkın süredir halkımızın hizmetine verilen Yakın Doğu Üniversitesi Health and Wellness Center (YDÜ Sağlık ve Kondisyon Merkezi), planlama yaparak bu yılın Ocak 2005'ten itibaren yeni çalışma sistemine başlamıştır. Söz konusu sistem, Dünya Spor Bilimleri Derneği tarafından da kabul edilen prensipe dayanmaktadır.

Egzersiz yapan tüm bireyler, egzersiz öncesi yapılan testlere dayanarak dört gruba bölünmektedir. Birinci gruba art olan kişiler, belli rahatsızlık veya yaşlılıktan dolayı testleri ya yarıda bırakır ya da hiç istirak etmezler. Bu kişilerin günlük aktivitesi genellikle ev çalışmalarıyla sınırlıdır. İkinci veya üçüncü gruba ise sürekli egzersiz yapan veya isicabı aktif hayat süren kişilerdir. Sonuncusu ise 4. gruba dahil edilenler yani aktif sporculardır.

YDÜ Sağlık ve Kondisyon Merkezi yeni yönetimi 2005 Ocak ayında bu durumu değerlendirmesini hedef olarak merkeze üyelik için başvuran kişilerin performans laboratuvarındaki verileri analize ederek aşağıdaki sonuçları vermiştir:

YDÜ Sağlık ve Kondisyon Merkezi'nden yararlanmak amacıyla istirak yukarıda 2. ve 3. grupları oluşturan bireylerdendir. Böyle ki kuvvet, dayanıklılık, vücut kompozisyonu, esneklik ve denge testlerinden alınan değerlerin yaş ve cinsiyete göre ortalama 2. ve 3. grupları arasında olmaktadır. Oysa söz edilen testlerde ortalama sonuçlar, sürekli egzersiz yapanlarda yani 3. grup bireylerde tespit edilmiştir. Testlerde ortalama üstü sonuç gösteren ve sporcu olarak 4. grubu oluşturanların 2. ve 3. gruplara nazaran az olması da, bu kişilerin belli egzersiz programlarıyla çalıştığı ortaya çıkmaktadır.

Sonuç olarak YDÜ Sağlık ve Kondisyon Merkezi'nden yararlanmak isteyenlerin yaklaşık %80'i sedanter ve %20'si de aktif egzersiz veya spor yapmaktadır. Alınan rakamlar çalışma sisteminde değişimlerin yapma ihtiyacını ortaya koymaktadır. Önceki dönemlerde üyelik için başvuranlar, özel egzersiz programıyla eğitmen nezaretinde mi, tek başına mı çalışmak istediklerini kendileri belirtmekteydi. Yeni yaklaşımda ise, kişinin fiziksel olarak ortalama 2. ve 3. grupları arasında olmasını hedef olarak belirlemektedir. Bu, aynı evinize takacağınız klimanın kaç BTU olması gerektiği gibidir: fiyatından önce takılacak klimanın metre kare ortamla uyum sağlaması gerekir.

Eğitmen eşliğinde çalışanların çeşitli avantajların yanında her ay ücretsiz performans laboratuvarından yararlanarak yaptıkları egzersizin etkili olduğunu objektif değeri görebilir ve gerekirse egzersiz programında değişiklikler yapılabilir.

Yeni getirilen egzersiz programının başka bir özelliği de, programlı üyelere uygulanan egzersizin dozajıdır. YDÜ Sağlık ve Kondisyon Merkezi egzersizi bir nevi ilaç olarak görmektedir. Tıpta kullanılan ilaçların dozu 0'dan itibaren artarak tedavi için yeterli olan etken doza varmaktadır. Bundan sonraki doz artışı belli yere kadar ilacın etken gücünü artırır ve belli rakama ulaştığında ilaç vücut için tehlike oluşturmaktadır. Bu anlamda söz konusu dozaj artışı alanı geniş olan ilaçlar güvenli verilebilir. Oysa yukarıda gösterilen dozaj artışı alanı dar olan ilaçlar her zaman tehlike içerir ve bu nedenle kullanımı hafif etkisi olan dozdan başlatılmaktadır. YDÜ Sağlık ve Kondisyon Merkezi, egzersizi etki alanı dar olan ilaç görmekte ve bu nedenle

Figure 5.4 New\_system.htm

To learn Ideal weight and Basal Metabolic Rate you must register. To register it must be pressed Membership link. When clicking it, Membership form opens.

**MEMBERSHIP**

To learn your **Basal Metabolizm and Ideal weight**  
please fill the Membership form below

User name :	<input type="text"/>
Name :	<input type="text"/>
Surname :	<input type="text"/>
Mother name :	<input type="text"/>
Password :	<input type="password"/>
Confirm Password:	<input type="password"/>
Gender :	<input type="radio"/> Female <input type="radio"/> Male
	<input type="button" value="Submit"/> <input type="button" value="Clear"/>

Please do not use Turkish character!

**Figure 5.5** New\_rec.htm

Who want to learn own calculations must be fill this form and register the database. If will be any skipping, turns same page with caution message 'You can not skip any data!' top of the page. Like **Figure 5.6** below.



**MEMBERSHIP**

To learn your **Basal Metabolism and Ideal weight**

please fill the Membership form below

You cannot skip any data!!

<b>User name :</b>	<input type="text"/>
<b>Name :</b>	<input type="text"/>
<b>Surname :</b>	<input type="text"/>
<b>Mother name :</b>	<input type="text"/>
<b>Password :</b>	<input type="password"/>
<b>Confirm Password:</b>	<input type="password"/>
<b>Gender :</b>	<input type="radio"/> Female <input type="radio"/> Male
	<input type="button" value="Submit"/> <input type="button" value="Clear"/>

Please do not use Turkish character!

**Figure 5.6** New\_rec.htm

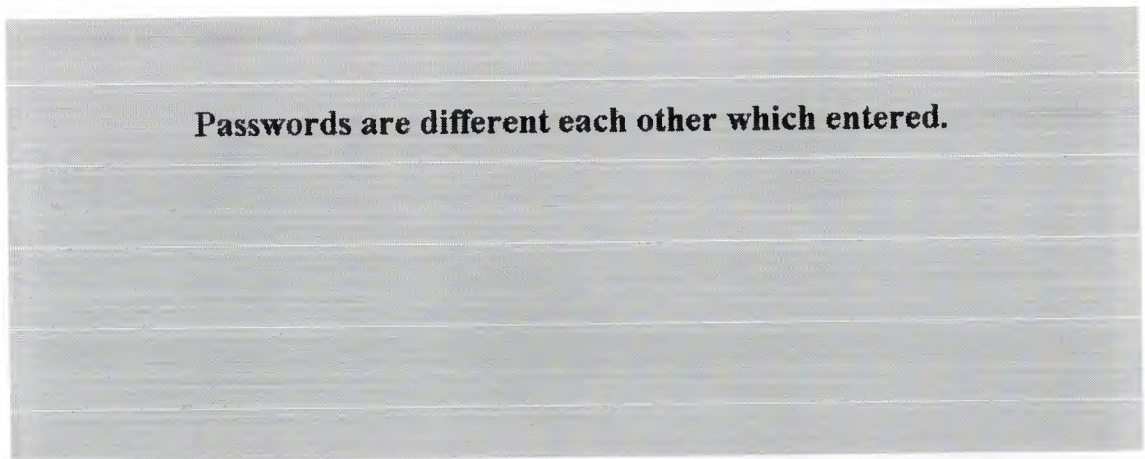
If the user choose used username before this caution message comes.

**The Username was used, Please choose another Username**

**Figure 5.7** Membership.asp

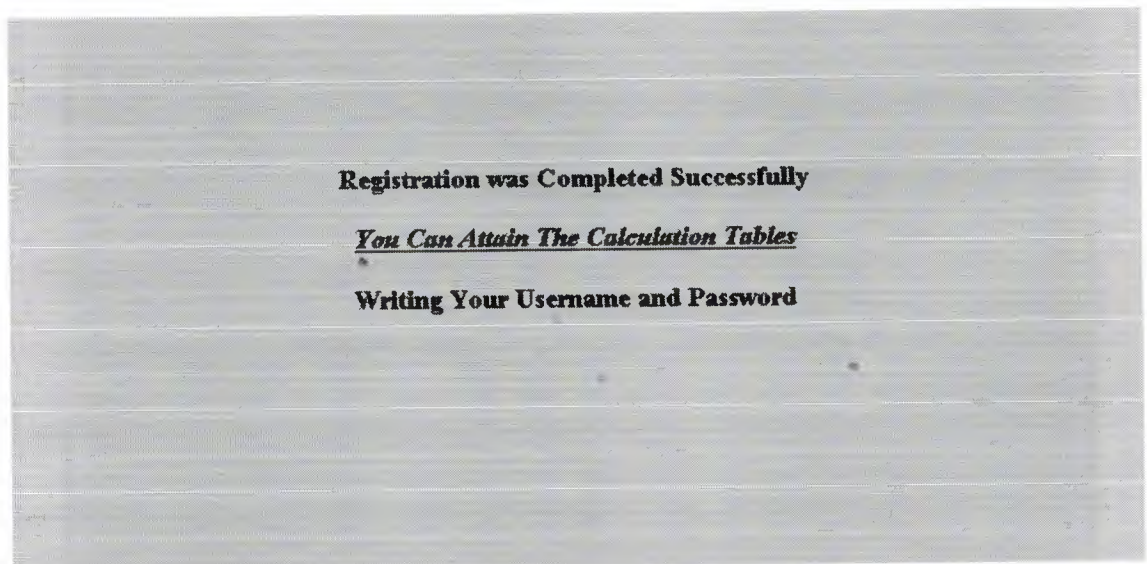


If passwords are different each other this message comes.



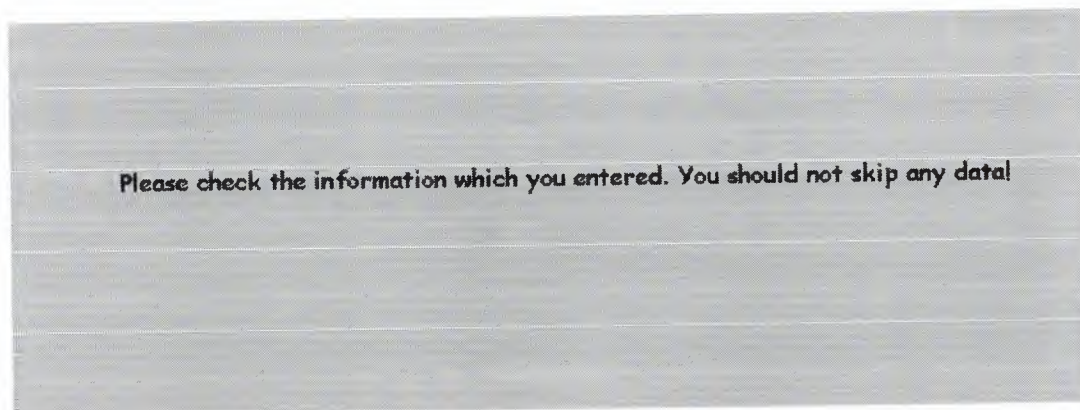
**Figure 5.8** Membership.asp

If user is successful, congratulation message comes at the main frame.



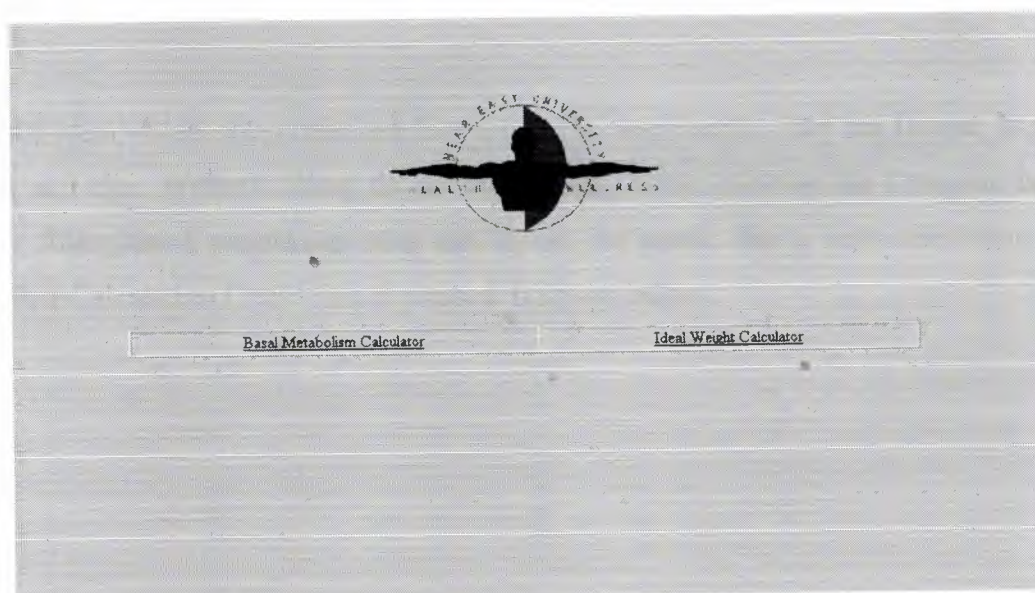
**Figure 5.9** Membership.asp

When the registration is successful calculations can be made writing username and password at the left frame in the home page. Like **Figure 5.2**. If user type wrong username or Password, caution message page comes.



**Figure 5.10** Search-memb.asp

And when the writing username and password correctly the Choosing page opens.



**Figure 5.11** Choosing.asp



At the Choosing.asp page Ideal Weight Calculator link goes I\_wght\_frm.asp.

IDEAL WEIGHT CALCULATOR		Basal Metabolism Calculator
		<a href="#">HomePage</a>
Please fill all sections!		
Height	174 (cm)	
Weight	67 (kg)	
Age	25	
Sex	Female ▾	
Compute		
Your ideal weight	(kg)	
Difference		
Clear		

**Figure 5.12** I\_wght\_frm.asp

At the ideal weight form there are four request to want to fill. They are Height, Weight, Age and Sex. Without filling do not calculation. When clicking the Compute button after filling the I\_weight.asp runs and shows the result. For a new calculation 'For another Calculation Click' link is pressed. It shown below.



IDEAL WEIGHT CALCULATOR		<a href="#">Basal Metabolism Calculator</a>
<a href="#">For another Calculation Click</a>		<a href="#">HomePage</a>
Height	<input type="text"/> (cm)	
Weight	<input type="text"/> (kg)	
Age	<input type="text"/>	
Sex	<input type="text" value="Female"/>	
<input type="button" value="Compute"/>		
Your ideal weight	68 (kg)	
Difference	-1	
<input type="button" value="Clear"/>		
You must gain 1 kilo		

Figure 5.13 I\_wght.asp

In the Choosing page when the click to Basal Metabolic Rate link Calori\_frm.asp opens. It runs like Ideal Weight Calculator.


Basal Metabolism Calculator		<a href="#">Ideal weight Calculator</a>
		<a href="#">HomePage</a>
<b>Basal Metabolism Rate:</b> is not amount of calories your body should spend each day! It is the amount of calories your body burns in 1 day!		
Please fill all sections!		
Age	<input type="text" value="25"/>	
Height	<input type="text" value="174"/>	
Weight	<input type="text" value="67"/>	
Sex	<input type="text" value="Female"/>	
<input type="button" value="Compute"/>	<input type="button" value="Clear"/>	
Calorie/Day	<input type="text"/>	
The overall calories your body burns each day = Basal Metabolic Rate + Lifestyle Calorie <i>Lifestyle Calories are calories spend while performing your daily ordinaries (housework, walking, etc.)</i>		
<small>Calculations are taken from named Dietetics book written by Anna Rogers</small>		

Figure 5.14 cal\_frm.asp

After filling all required details compute button is pressed. And cal.asp runs and result is shown.

**Basal Metabolism Calculator** [Ideal weight Calculator](#) [HomePage](#)

**Basal Metabolism Rate:** is not amount of calories your body should spend each day! It is the amount of calories yor body burns in 1 day!

For another calculation please *Click!*

Age

Height

Weight

Sex

Calorie/Day

The overall calories your body burns **each day**=*Basal Metabolic Rate + Lifestyle Calorie*

*Lifestyle Calories* are calories spend while performing your daily ordinaries (housework, walking, etc.)

Calculations are taken from named Baschuma book written by Ayaz Bayral

**Figure 5.15** I\_wght.asp

If user forget own username or password, can be pass to 'I forget my password' link on the home page. Filling all required blank correctly, can be access to the Choosing page.



You cannot skip any datall

Name:	<input type="text"/>
Surname :	<input type="text"/>
Mother name:	<input type="text"/>
Gender :	<input type="radio"/> Female <input type="radio"/> Male
	<input type="button" value="Submit"/> <input type="button" value="Clear"/>

**Figure 5.16** Iforget\_frm.asp

If there is one or more incorrect entry Iforget.asp runs and shows couction message

**There is no record  
Or  
One or more entry incorrect!**

**Figure 5.17** Iforget.asp



## **CONCLUSION**

ASP technology is used in order to accomplish this project. The most important aspect of ASP in database management. All the information and transactions of the member users have been saved to a database for later processes and references.

While designing web interfaces with parth program DreamweaverMX that necessarily do not need programming background, but integrating ASP to HTML codes requires a scripting and background knowledge.

The most important reason that ASP appealed that it is a key to the future while internet is spreading in every segment of life and millions of people are getting online everyday.

## REFERENCES

Ray West and Tom Muck , DreamweaverMX Alfa Yayıncılık, 2002

Thomas A.Powel, HTML Alfa Yayıncılık, 2000

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[www.w3schools.com/asp/default.asp](http://www.w3schools.com/asp/default.asp),

[www.asptutorial.info](http://www.asptutorial.info)

**Html tutorials** from <http://www.w3schools.com/html>,

<http://www.utoronto.ca/webdocs/HTMLdocs>

**Microsoft Access Database tutorials** from [www.functionx.com/access](http://www.functionx.com/access),

<http://cisnet.baruch.cuny.edu>

**Web Security tutorials** from [www.w3schools.com/site/site\\_security.asp](http://www.w3schools.com/site/site_security.asp)

[www.w3j.com](http://www.w3j.com), [www.w3.org/Security](http://www.w3.org/Security)

**IIS tutorials** from [www.microsoft.com](http://www.microsoft.com)

**VBScript tutorials** from [www.microsoft.com](http://www.microsoft.com)



## APPENDIX A: PROGRAM CODES

### Index.htm

```
<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.01 Transitional//EN">
<html>
<head>
<title>Index.htm</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#FFFFFF">
<div align="center">
  <p></p>
  <p><strong><font color="#990000" size="5">H</font><font color="#990000"
size="4">EALTH &amp; <font size="5">W</font>ELLNESS
  <font size="5">C</font>ENTER</font></strong></p>
  <p>&nbsp;</p>
  <p><a href="Default_t.htm"><font
color="#000066">T&uuml;rk&ccedil;e</font></a><font color="#000066">
/ <a href="default_e.htm">English</a></font></p>
</div>
</body>
</html>
```

### Default-top.htm

```
<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.01 Transitional//EN">
<html>
<head>
<title>Untitled Document</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
```

```

<body>
<div id="Layer3" style="position:absolute; left:924px; top:100px; width:100; height:25;
z-index:3"><a href="Default_t.htm"
target="_parent"><strong>Turkish</strong></a>/English</div>
<div align="center" id="Layer4" style="position:absolute; left:353px; top:105px;
width:301px; height:31px; z-index:4">
  <div align="center"><strong><font size="5">H</font><font size="4">EALTH
&amp;
  <font size="5">W</font>ELLNESS <font
size="5">C</font>ENTER</font></strong></div>
</div>
<div align="center" id="Layer1" style="position:absolute; left:395px; top:-4px;
width:205px; height:106px; z-index:5"></div>
<p align="center">&nbsp;</p>
<p align="center">&nbsp;</p>
<p align="center"><strong><font size="5"> </font></strong></p>
<p align="center">&nbsp;</p>
<p align="center"></p>
</body>
</html>

```

### **Default-left.htm**

```

<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.01 Transitional//EN">
<%@ LANGUAGE="VBSCRIPT"%>
<html>
<head>
<title>Untitled Document</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#ffffff">
<p><a target="mainFrame" href="default_eM.htm">Abaut us..</a> </p>

```

```

<div id="Layer1" style="position:absolute; left:3px; top:61px; width:136px;
height:113px; z-index:1; overflow: hidden;">
  <p><font color="#000033" size="2" face="Comic Sans MS"><strong> To learn your
    <font color="#CC0000">Ideal Weight</font> and your <font
color="#FF9933">Basal
    Metabolism Rate</font>,Please fill the membership form</strong></font></p>
  <p>&nbsp;</p>
</div>
<p>&nbsp;</p>
<p>&nbsp;</p>
<p>&nbsp;</p>
<p><a href="new_rec.htm" target="mainFrame"><font face="Comic Sans
MS">Membership</font></a></p>
<form action="search_memb.asp" method="post" target="mainFrame">
<table>
<tr>
  <td width="110" height="15"><font face="Times New Roman">User
name:</font></td>
</tr>
<tr><td width="110" height="15">
<p>
<input name="uname" type="text" value="" size="10" maxlength="15">
</p>
</td></tr>
<tr>
  <td width="110" height="15"><font face="Times New
Roman">Password:</font></td>
</tr>
<tr><td width="110" height="15">
<p>
<input name="pass" type="password" size="2" maxlength="6"><br>
    <font color="#FF0000" size="2" face="Arial, Helvetica, sans-serif">*Max

```



```

        6 character</font> </p>
</td></tr>
<tr><td width="110" height="15">
<p>
        <input name="Giris" type="submit" id="Giris" value="Enter">
</p>
</td></tr>
</table>
</form>
<p><a href="Iforget_frm.asp" target="mainFrame"><font face="Comic Sans
MS">Iforgot
        my password!</font></a></p>
</body>
</html>

```

### **Default-main.htm**

```

<!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.01 Transitional//EN">
<html>
<head>
<title>Abaut_us</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body>
<div id="Layer1" style="position:absolute; left:683; top:1676; width:223; height:166; z-
index:1">
        </div>
<div id="Layer2" style="position:absolute; left:691; top:247; width:235; height:179; z-
index:2">
        </div>
<div id="Layer3" style="position:absolute; left:503; top:1028; width:274; height:203; z-
index:3">
        </div>

```

```


<div id="Layer4" style="position:absolute; left:497px; top:806px; width:0px;
height:1px; z-index:4"></div>
<div id="Layer5" style="position:absolute; left:681; top:635; width:187; height:246; z-
index:5"></div>
<div id="Layer6" style="position:absolute; left:600px; top:2585px; width:268px;
height:207px; z-index:6">
  <p align="center"></p>
</div>
<div id="Layer8" style="position:absolute; left:793px; top:1030px; width:135px;
height:190px; z-index:8"></div>
<div id="Layer9" style="position:absolute; left:660; top:426; width:150; height:113; z-
index:9">
  </div>
<div id="Layer10" style="position:absolute; left:480; top:1812; width:184; height:143;
z-index:10">
  </div>
<div id="Layer11" style="position:absolute; left:503; top:427; width:160; height:122; z-
index:11">
  </div>
<div align="center"><a href="#document"><a name="#top"></a></a>
  <table width="90%" border="0">
    <tr>
      <td width="28%"><a href="#perform">Performance Laboratory</a></td>
      <td width="19%"><a href="#wellnes">Wellness Center</a></td>
      <td width="15%"><a href="#possib">Possibilities</a></td>
      <td width="15%"><a href="#health">Health Unit</a></td>
      <td width="23%"><a href="#member">MembershipOptions</a></td>
    </tr>
  </table>
  <p>&nbsp;</p>
  <p align="left"><strong><font size="3">How can we benefit from this
center?</font></strong></p>


```


**In order to benefit from this center a health report must be obtained from the Health and Wellness center. This can be issued following the scientific evaluation of a doctor's medical examination together with results of physical suitability tests taken in the Performance Laboratory.**


**Prior to the commencement of activities in the center, all applications are examined to ensure that exercise would not constitute any health risk. Wellness level and body composition are determined with objective data and subsequent progress made is observed.**


**Available in a wide area of 2000 m2;**


** Fitness Hall**

** Performance Laboratory**

** Multi-purpose Sports Hall**

** Private Training Room**


** Dance-Aerobic Hall**

** Vitamin Bar & Cafe**


**In the "Health Unit", sports activities are available under the supervision of doctors and experts in physical education.**

**[#document](#) < a name="#perform"> </a> </a>**

**Performance Laboratory ;**

** Individual physical**

**suitability test**

** Nutritional programs**



<p align="left"> Cardiovascular  
 (aerobic) training.</p>
 <p align="left">&nbsp;</p>
 <p align="left">&nbsp;</p>
 <p align="center"><a href="#top"></a></p>
 <a href="#document"><a name="#wellnes"></a></a> <p align="left">&nbsp;</p>
 <p align="left"><strong>Wellness Center</strong></p>
 <p align="left">Computer aided individual programs for;</p>
 <p align="left">Losing weight,</p>
 <p align="left">Gaining weight,</p>
 <p align="left">Maintainig wellness,</p>
 <p align="left">Body-building developed by doctors and specialist.</p>
 <p align="center">&nbsp;</p>
 <p align="center"><a href="#top"></a></p>
 <a href="#document"><a name="#possib"></a></a> <p align="left">&nbsp;</p>
 <p align="left"><strong>Available Services and Units</strong></p>
 <p align="left"><strong>
 </strong>Determination  
 and improvement of individual health and physical suitability,</p>
 <p align="left"><strong>
 </strong>Guidance  
 concerning performance of athletes<strong> </strong>and sports teams,</p>
 <p align="left"><strong></strong>
 Physical suitability tests(body fat percentage, ideal height-weight ratio  
 balance,flexibility, stamina, heart and vein examination),</p>
 <p align="left"><strong>
 </strong>Exercise  
 under medical supervision,</p>
 <p align="left"><strong>
 </strong>Tests

of endurance, stamina, speed, flexibility, reaction etc.conducted by specialists,</p>  
<p align="left"><strong>  
</strong>Individual  
or team training programs,</p>  
<p align="left"><strong></strong>  
Team &quot; Endurance and Performance control&quot; and follow-up tests.</p>  
<p align="left">&nbsp;</p>  
<p align="center"><a href="#top"></a></p>  
<a href="#document"><a name="#health"></a></a>  
<p align="left">&nbsp;</p>  
<p align="left"><strong>Health Unit;</strong></p>  
<p align="left"> <em> Medical  
Consultant</em></p>  
<p align="left"><strong></strong> <em>  
Ortopedist</em></p>  
<p align="left"> <em>  
Cardiologist</em></p>  
<p align="left"><strong></strong> <em>  
General practitioner </em></p>  
<p align="left"> <em> Nursing  
staff</em></p>  
<p align="left">This unit also supplies medical examination and treatment, emergency  
treatment, ECG, effort test, sugar, blood and cholesterol test free of charge  
for Near East University students, personel and staff. A fully equipped ambulance  
is on hand.</p>  
<p align="center"><a href="#top"></a></p>  
<a href="#document"><a name="#member"></a></a>  
<p align="left">&nbsp;</p>

<p align="left"><strong>MEMBERSHIP OPTIONS</strong></p>  
 <p align="left"><strong><em><font size="5">&middot;</font> Regular  
 Card</em></strong></p>  
 <p align="left">Includes wellness hall training under the supervision of an  
 instructors.</p>  
 <p align="left"><font size="5">&middot;</font> <em><strong>Gold Card  
 </strong></em>(Programmed  
 Membership)</p>  
 <p align="left">Individual exercise and nutrition programs for losing/gaining  
 weight, keeping fit and body-building under the supervision of an instructors.Monthle  
 control and guidance. Gold Card members can also benefit from weekly activities  
 such as step or aerobics.</p>  
 <p align="left"><font size="5">&middot;</font><em><strong> Private Card  
 </strong></em>(For  
 private Training Room)</p>  
 <p align="left">Gold Card benefits plus training private rooms under supervision.</p>  
 <p align="left"><font size="5">&middot;</font><em><strong> Step-Aerobic  
 Card</strong></em></p>  
 <p align="left">Three times a week under supervision.</p>  
 <p align="left"><font size="5">&middot;</font><em><strong> Dance  
 Card</strong></em></p>  
 <p align="left">Weekly, under the supervision of dance instructors.</p>  
 <p align="left"><font size="5">&middot;</font><em><strong> Tai-Chi-Chuan  
 Card</strong></em></p>  
 <p align="left">Chinese exercise for power and balance</p>  
 <p align="center">&nbsp;</p>  
 <p align="center">&nbsp;</p>  
 <p align="center">&nbsp;</p>  
 <p align="center"><a href="#top"></a></p>  
 <p align="left">&nbsp;</p>  
 <p align="center"></p>  
 <p><font size="-1"><strong>NEAR EAST UNIVERSITY</strong></font></p>



```

<p><font size="-2"><strong>STUDENT REGISTROTION
OFFICE</strong></font></p>
<p><font size="2">TRNC,Mersin 10/TURKEY
<strong>Tel:</strong>03922236464<strong>Fax:</strong>03922236461</font></p>
<p><strong>e-mail:</strong> <a
href="mailto:info@neu.edu.tr">info@neu.edu.tr</a></p>
<p><font size="4"><strong>www.neu.edu.tr</strong></font></p>
<p><strong><font size="2"><em>Copyright by</em> <strong><a
href="mailto:sule_ak@yahoo.com">Sule
AKKURT</a></strong></font></strong></p>
</div>
</body>
</html>

```

### **New-rec.htm**

```

<%@LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
<html>
<head>
<title>yeni_kayit1.asp</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#FFFFFF" topmargin="0" leftmargin="0">
<p align="center"></p>
<p></p>
<p align="center"><font color="#000055" size="5">
<strong>MEMBERSHIP</strong></font></p>
<p align="center"><font color="#000055" size="3"> To learn your<font face="Comic
Sans MS">
</font></font><font color="#000055" size="3" face="Comic Sans MS">Basal
Metabolizm
</font><font color="#000055" size="3"> <em>and</em> <font face="Comic Sans
MS">Ideal

```

```

weight</font></font></p>
<p align="center"><font color="#000055" size="3">please fill the Membership form
below </font></p>
<form name="form" method="post" action="membership.asp">
<%if Request.QueryString("donus")=1 then %>
<p align="center"><font size="4" color="#FF0000"><font color="#990000" size="3"
face="Comic Sans MS">You
        cannot skip any data!!</font></font></p>
<%end if%>
<TABLE width="529" height="429" border="2" align="center" cellpadding="20"
cellspacing="10" bordercolor="#820000" >
    <TR>
    <TD>
        <TABLE width="448" height="310" border="0" align="center">
            <TR bgcolor="#BBD1D7" >
                <TH width="160" align="center"> <div align="justify"><font color="#333333"
size="4">User
                    name :</font></div></TH>
                <TD colspan="2" align="left"> <input type="text" maxlength="8" size="25"
name="uname">
                </TD>
            <TR bgcolor="#BBD1D7">
                <TH align="center"> <div align="justify"><font color="#333333"
size="4">Name
                    :</font></div></TH>
                <TD colspan="2" align="left"> <input type="text" maxlength="8" size="25"
name="nam"></TD>
            </TR>
            <TR bgcolor="#BBD1D7">
                <TH align="center"> <div align="justify"><font color="#333333"
size="4">Surname
                    :</font></div></TH>

```





```

        <TR bgcolor="#BBD1D7">
            <TD> <div align="justify"></div></TD>
            <TD rowspan="2" align="left"> <input name="submit" type="submit"
value="Submit">
                <br> </TD>
            <TD rowspan="2" align="left"> <input name="RESET" type="RESET"
value="Clear"></TD>
        </TR>
        <TR bgcolor="#BBD1D7">
            <TD> <div align="justify"></div></TD>
        </TR>
    </TABLE>
    <p align="center"><font color="#990000">Please do not use Turkish
character!</font></p></TD></TR>
</TABLE>
</form>
</body>
</html>

```

### **Membership.asp**

```

<%@ LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
<% response.Buffer=true %>
<html>
<head>
<title>searchap.asp</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>

<body bgcolor="#FFFFFF" topmargin="0" leftmargin="0">
<br>
<%
uname=request.form("uname")

```

```

nam=request.form("nam")
sname=request.form("sname")
mname=request.Form("mname")
sex=request.Form("sex")
pass=request.Form("pass")
pass2=request.Form("pass2")
if uname="" or nam="" or sname="" or mname="" or sex="" or pass="" or pass2=""
then %>
<% response.Redirect"new_rec.htm?donus=1"%>
<% end if %>
<%
if pass=pass2 then
set db=server.createobject("ADODB.connection")
db.open "driver={Microsoft Access Driver (*.mdb)};DBQ="&_
server.MapPath("data/member.mdb")
SSQL="SELECT * from memdetail where uname= "&uname&""
set det=db.execute(SSQL)
if det.eof then
SQL="INSERT into memdetail(uname,nam,sname,mname,sex,pass,pass2)
values("&uname&","&nam&","&sname&","&mname&","&sex&","&pass&","&
pass2&")"
db.execute(SQL)
%>
<center><font color="#CC0099"><% sex=request.Form("sex")
        select case sex
        case "F"
        response.write "Wellcome Ms" %>&nbsp;<% =nam %>
        <% case "M"
        response.write "Wellcome Mr" %>&nbsp;<% =nam %>
        <% end select %>
</font>
</center>
<br>

```

```

<hr>
<H4 align="center"><font color="#000066">Registration was Completed
Successfully</font><br>
<br>
<i><u><font color="#660033">You Can Attain The Calculation
Tables</font></u></i>
<br><BR>
<font color="#000066">Writing Your Username and Password</font></H4>
<%
db.close
set db=nothing
else
%>
<h4 align="center">The Username was used, Please choose another Username</h4>
<%
end if
else
%>
<h4 align="center">Passwords are different each other which entered.</h4>
<% end if%>
%>
</body>
</html>

```

### **Choosing.asp**

```

<%@ LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
<html>
<head>
<title>Untitled Document</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#FFFFFF">

```



```
<div id="Layer1" style="position:absolute; left:235px; top:13px; width:323px;
height:188px; z-index:1"></div>
```

```
<p>&nbsp;</p>
```

```
<p>&nbsp;</p>
```

```
<p>&nbsp;</p>
```

```
<p>&nbsp;</p>
```

```
<p>&nbsp;</p>
```

```
<table width="77%" border="1" align="center">
```

```
<tr>
```

```
<td width="52%"><div align="center"><a href="calori_frm.asp">Basal
```

```
Metabolism
```

```
Calculator</a></div></td>
```

```
<td width="48%"><div align="center"><a href="i_wght_frm.asp">Ideal Weight
```

```
Calculator </a> </div></td>
```

```
</tr>
```

```
</table>
```

```
</div>
```

```
</body>
```

```
</html>
```

### **i-wght\_frm.asp**

```
<%@ LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
```

```
<% response.Buffer=true %>
```

```
<html>
```

```
<head>
```

```
<title>ideal_weight</title>
```

```
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
```

```
</head>
```

```
<body bgcolor="#d8dce8" text="#660099">
```



```

</tr>
<tr>
  <td height="31" bgcolor="#FFCCFF">Age</td>
  <td bgcolor="#D4D4D4"> <input name=yas type="text" size="1">
    <font color="#000000">Minimum age is 15</font></td>
</tr>
<tr>
  <td height="28" bgcolor="#FFCCFF">Sex</td>
  <td bgcolor="#D4D4D4"> <select name="sex" size="1">
    <option value="byn" selected>Female</option>
    <option value="bay">Male</option>
  </select> </td>
<tr>
  <td colspan="2" bgcolor="#B3E7FF"><p align="center" >
    <input type="submit" name="hesap" value="Compute">
  </p></td>
</tr>
<%ikilo=Request.QueryString("i_kilo")%>
<%response.write(ikilo)%>
<tr>
  <td bgcolor="#FFCCFF">Your ideal weight</td>
  <td bgcolor="#D4D4D4"><input type="text" size="8" name="i_kilo" value= >
<font color="#000000">(kg)</font></td>
</tr>
<tr>
  <td bgcolor="#FFCCFF">Difference</td>
  <td bgcolor="#D4D4D4"><input type="text" size="8" name=fark ></td>
</tr>
<tr>
  <td colspan="2" bgcolor="#B3E7FF"><p align="center" >
    <input type="reset" name=reset value="Clear">
  </p></td>
</tr>

```



```

        </table>
    </form>
    <p>&nbsp;</p>
    <p>&nbsp;</p>
    <p><font color="#660099" size="1">Calculations are taken from named Beslenme
        book written by Ayse Baysal</font></p>
</div>
</body>
</html>

```

### **i-wght.asp**

```

<%@ LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
<% response.Buffer=true %>
<html>
<head>
<title>Untitled Document</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#D8DCE8">
<%
boy=request.form("boy")
kilo=request.form("kilo")
yas=request.form("yas")
sex=request.form("sex")
if boy="" or kilo="" or yas="" or sex="" then %>
<% response.Redirect"i_wght_frm.asp?donus=1"%>
<% end if %>
<% if sex="byn" then
    if (yas>"15") and (yas<"25") then
        i_kilo=(21.5*cdbl(boy)*cdbl(boy)/10000)
    elseif (yas>"24") and (yas<"35") then
        i_kilo=(22.5*cdbl(boy)*cdbl(boy)/10000)

```







```

        <input type="submit" name="hesap" value="Compute">
    </p></td>
</tr>
<tr>

    <td bgcolor="#FFCCFF"><font color="#660099">Your ideal weight</font></td>
    <td bgcolor="#D4D4D4"><input type="text" size="8" name="i_kilo"
value="<%response.write(round(i_kilo))%>" > <font
color="#000000">(kg)</font></td>
    </tr>
    <tr>
        <td bgcolor="#FFCCFF"><font color="#660099">Difference</font></td>
        <td bgcolor="#D4D4D4"><input type="text" size="8" name="fark"
value="<%response.Write(round(kilo)-round(i_kilo))%>" ></td>
    </tr>
    <tr>
        <td colspan="2" bgcolor="#B3E7FF"><p align="center" >
        <input type="reset" name="reset" value="Clear">
        </p></td>
    </tr>
</table>
</center>
<center>
<table width="50%" border="1" bordercolor="#666666">
<tr>
    <td width="16%" height="29" bgcolor="#FFCCFF" align="center">
    <% if round(cdbl(kilo)-cdbl(i_kilo))="0" then response.Write("Congratulations.. Your
weight is ideal")%>
    <% if round(cdbl(kilo)-cdbl(i_kilo))>"0" then response.Write("You must lose kilo(s)")
+ response.Write(round(cdbl(kilo)-cdbl(i_kilo)))%>
    <% if round(cdbl(kilo)-cdbl(i_kilo))<"0" then response.Write("You must gain kilo(s)")
+ response.Write(abs(round(cdbl(kilo)-cdbl(i_kilo))))%>
    </td></tr>

```

</table>

<p>&nbsp;</p>

<p>&nbsp;</p>

<p><font color="#660099" size="1">Calculations are taken from Beslenme named  
book written

by Ayse Baysal</font></p>

</center>

</body>

</html>

### **Calori-frm.asp**

<%@LANGUAGE="VBSCRIPT"%>

<% response.Buffer=true %>

<html>

<head>

<title>Untitled Document</title>

<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">

</head>

<body bgcolor="#FFECFF">

<div id="Layer1" style="position:absolute; left:179px; top:47px; width:412px;  
height:110px; z-index:1; background-color: #ffecff; layer-background-color: #ffecff;  
border: 1px none #000000;">

<h3 align="center"><font color="#660099" size="6">B</font><font color="#660099"  
size="5">asal

<font size="6"> M</font>etabolism<font size="6"> C</font>alculator</font></h3>

<p align="justify"><font color="#660099"><strong><font size="3"  
face="Arial">Basal

Metabolism Rate:</font></strong><font size="2" face="Arial"> is not amount  
of calories your body should spend each day! It is the amount of calories  
yor body burns in 1 day!</font></font></p>

</div>

<div id="Layer2" style="position:absolute; left:11px; top:47px; width:145px;  
height:114px; z-index:2"></div>

```

<div id="Layer3" style="position:absolute; left:574px; top:171px; width:191px;
height:26px; z-index:3"><a href="i_wght_frm.asp" target="_self">Ideal
weight Calculator</a></div>
<div id="Layer4" style="position:absolute; left:670px; top:133px; width:91px;
height:31px; z-index:4">
  <div align="center"><a href="default_eM.htm" target="_self">HomePage</a></div>
</div>
<p>&nbsp;</p>
<p>&nbsp;</p>
<p>&nbsp;</p>
<p>&nbsp;</p>
<center>
<form action="calori.asp" method="post">
<%if Request.QueryString("donus")=1 then %>
  <p align="center"><font size="4" color="#FF0099"><font color="#990000" size="3"
face="Comic Sans MS">Please fill all sections!</font></font></p>
<%end if%>
  <table width="382">
    <tr><td width="136" height="30"><p>Age</p>
</td>
<td><input type="text" name="yas" size="15" height="20" ></td>
</tr>
<tr>
  <td width="136" height="37">
    <p>Height</p></td>
<td><input type="text" name="boy" size="15" height="20" >
  (cm) </td>
</tr>
<tr><td width="136" height="30"><p>Weight</p></td>
<td><input type="text" name="kilo" size="15" height="20" >
  (kg) </td>
</tr>
<tr><td width="136" height="30"><p>Sex</p></td>

```



```

<td width="216" height="30"><select name="sex" size="1">
  <option value="byn" selected>Female</option>
  <option value="bay">Male</option>
</select></td>
</tr>
<tr>
<td width="136" height="30">
<input type="submit" name="hes" value="Compute">
</td>
<td width="216" height="30"><input type="reset" name="reset"
value="Clear"></td></tr>
<tr>
<td width="136" height="35"><p>Calorie/Day</p></td>
<td><input type="text" name="cal" value="<%=round(cdbl(cal))%>" size="15"
height="20"></td></tr>
</table>
</form>
<p>The overall calories your body burns<strong> each day</strong>=<em>Basal
Metabolic Rate + Lifestyle Calorie</em></p>
<p><strong><em>Lifestyle </em></strong><em><strong>Calories</strong> are
calories
spend while performing your daily ordinaries ( housework, walking, etc.)<br>
</em> </p>
</center>
<p>&nbsp;</p>
<p align="center"><font color="#660099" size="1">Calculations are taken from named
Beslenme
book written by Ayse Baysal</font></p>
</body>
</html>

```

## calori.asp

```
<%@ LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
<% response.Buffer=true %>
<html>
<head>
<title>Untitled Document</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#FFECFF">
<%
yas=request.Form("yas")
boy=request.Form("boy")
kilo=request.Form("kilo")
sex=request.Form("sex")
if yas="" or boy="" or kilo="" or sex="" then %>
<% response.Redirect"calori_frm.asp?donus=1"%>
<% end if %>
<% if sex="byn" then
    cal=(665.51+((cdbl(kilo)/2.204)*9.463)+(1.84*cdbl(boy)*2.54)-(4.6756*cdbl(yas)))
else
    cal=(66.473+((cdbl(kilo)/2.204)*13.751)+(5.0033*cdbl(boy)*2.54)-
(6.55*cdbl(yas)))
end if%>
<div id="Layer1" style="position:absolute; left:185px; top:15px; width:412px;
height:110px; z-index:1; background-color: #ffecff; layer-background-color: #ffecff;
border: 1px none #000000;">
    <h3 align="center"><font color="#660099" size="6">B</font><font color="#660099"
size="5">asal
        <font size="6"> M</font>etabolism<font size="6"> </font><font
size="6">C</font>alculator</font></h3>
        <p align="justify"><font color="#660099"><strong><font size="3"
face="Arial">Basal
            Metabolism Rate:</font></strong><font size="2" face="Arial"> is not amount
```

```

of calories your body should spend each day! It is the amount of calories
yor body burns in 1 day!</font></font></p>
</div>
<div id="Layer2" style="position:absolute; left:11px; top:47px; width:145px;
height:114px; z-index:2"></div>
<div id="Layer3" style="position:absolute; left:254px; top:135px; width:271px;
height:38px; z-index:3"><a href="calori_frm.asp" target="_self"><font
color="#D700D7">For
another calculation please <em>Click!</em></font></a></div>
<div id="Layer4" style="position:absolute; left:542px; top:137px; width:204px;
height:34px; z-index:4"><a href="i_wght_frm.asp" target="_self">Ideal
weight Calculator</a></div>
<div id="Layer5" style="position:absolute; left:656px; top:102px; width:99px;
height:28px; z-index:5">
<div align="center"><a href="default_eM.htm" target="_self">HomePage</a></div>
</div>
<p>&nbsp;</p>
<p>&nbsp;</p>
<p>&nbsp;</p>
<p>&nbsp;</p>
<center>
<table width="252">
<tr><td width="108" height="30"><p>Age</p>
</td>
<td><input type="text" name="yas" size="15" height="20" ></td>
</tr>
<tr><td width="108" height="30"><p>Height</p></td>
<td><input type="text" name="boy" size="15" height="20" ></td>
</tr>
<tr><td width="108" height="30"><p>Weight</p></td>
<td><input type="text" name="kilo" size="15" height="20" ></td></tr>
<tr><td width="108" height="30"><p>Sex</p></td>

```



```

<td width="132" height="30"><select name="sex" size="1">
  <option value="byn" selected>Bayan</option>
  <option value="bay">Bay</option>
</select></td>
</tr>

<tr>
<td width="108" height="30">
<input type="submit" name="hes" value="Compute">
</td>
<td width="132" height="30"><input type="reset" name="reset"
value="Clear"></td></tr>
<tr>
<td width="108" height="35"><p>Calorie/Day</p></td>
<td><input type="text" name="cal" value="<%response.write(round(cal))%>"
size="15" height="20"></td></tr>
</table>
</center>
<center>
<p>The overall calories your body burns<strong> each day</strong>=<em>Basal
  Metabolic Rate + Lifestyle Calorie</em></p>
<p><strong><em>Lifestyle </em></strong><em><strong>Calories</strong> are
calories
  spend while performing your daily ordinaries ( housework, walking, etc.)<br>
  </em></p>
</center>
<p>&nbsp;</p>
<p align="center"><font color="#660099" size="1">Calculations are taken from named
Beslenme
  book written by Ayse Baysal</font></p>
</body>
</html>

```

### Iforget-frm.asp

```
<%@ LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
<html>
<head>
<title>I_forget_pass_form</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#FFFFFF">
<p align="center">&nbsp;</p>
<form method="post" action="Iforget.asp">
<%if Request.QueryString("donus")=1 then %>
<p align="center"><font size="4" color="#FF0000"><font color="#990000" size="3"
face="Comic Sans MS">You
    cannot skip any data!!</font></font></p>
<%end if%>
<table align="center" border="2" cellpadding="20" cellspacing="10"
bordercolorlight="#820000" bordercolor="#712400">
<tr>
<td width="549" align="center" bordercolor="#712400">
<table width="76%" height="231" border="0" cellpadding="0" cellspacing="0">
<tr>
<td align="right" width="25%" height="35"> <div
align="justify"><strong><font size="4" color="#000000">
    Name:</font></strong></div></td>
<td colspan="2"><p><strong><font size="4" color="#000000">
    <input type="text" maxlength="8" size="25" name="nam">
</font></strong></p></td>
</tr>
</tr>
```





```

        </strong></td>
    </tr>
</table>
</td>
</tr>
</table>
</form>
</body>
</html>

```

### **Iforget.asp**

```

<%@ LANGUAGE="VBSCRIPT" CODEPAGE="1252"%>
<% response.Buffer=true %>
<html>
<head>
<title>Forget.asp</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1"></head>
<body bgcolor="#FFFFFF">
<%
    nam=request.form("nam")
    sname=request.form("sname")
    mname=request.form("mname")
    sex=request.form("sex")
    if nam="" or sname="" or mname="" or sex="" then %>
        <% response.Redirect"Iforget_frm.asp?donus=1"%>
    <% end if %>
    <% set db=Server.Createobject("ADODB.CONNECTION")
    db.open"driver={Microsoft Access Driver (*.mdb)};DBQ="&_
    Server.MapPath("data\member.mdb")
    sql="select * from memdetail where nam="&nam&" and sname="&sname&" and
    mname="&mname&" and sex="&sex&"

```

```

set rec=db.execute(sql)
%>
<% if rec.eof then
%>
<p align="center"><font size="16" color="#990099"><b>There is no record<br>
Or<br> One or more entry incorrect!</b></font></p>
<% else %>
<% Response.Redirect"choose2.asp" %>
<% end if %>
<%
rec.close
set rec=nothing
db.close
set db=nothing
%>
</body>
</html>

```

### **Search-memb.asp**

```

<%@ LANGUAGE="VBSCRIPT" %>
<% response.Buffer=true %>
<html>
<head>
<title>search_uye.asp</title>
<meta http-equiv="Content-Type" content="text/html; charset=iso-8859-1">
</head>
<body bgcolor="#FFFFFF">
<%
uname=request.Form("uname")
pass=request.Form("pass")
if uname="" or pass="" then%>
<%end if%>

```

```

<% set db=server.createObject("ADODB.CONNECTION")
db.open"driver={Microsoft Access Driver (*.mdb)}; DBQ="&_
server.MapPath("data\member.mdb")%>
<% SQLim="SELECT * FROM MemDetail WHERE uname="&uname&" and
pass="&pass&"
set baglan=db.execute(SQLim)%>
<% if baglan.eof then %>
<p align="center"><font size="4" color="#FF0000"><font color="#990000" size="3"
face="Comic Sans MS">Please check the information which you entered. You should
not skip any data!</font></font></p>
<% else
response.Redirect("choose2.asp")
end if %>
<% baglan.close%>
<p>&nbsp;</p>
</body>
</html>

```



## APPENDIX B: DATABASE TABLE

Microsoft Access

File Edit View Insert Format Records Tools Window Help

MemDetail : Table

	uname	nam	sname	mname	sex	pass	pass2
+	ayse	ayse	akkurt	nimet	F	*	*
+	duygu	duygu	ozsen	ayla	F	*	*
+	filiz	filiz	yigit	fatma	F	*	*
+	nebile	nebile	kirmizilar	emine	F	*	*
+	umitHoca	umit	ilhan	zehra	M	*	*
+	yasmin	yasemin	yilmaz	emine	F	*	*
+	sule	sule	Akkurt	nimet	F	*	*

Record: 14 of 8



Figure: A View of Database