



EUROPEAN
INTERNATIONAL
UNIVERSITY



COVER PAGE AND DECLARATION

	Master of Business Administration (M.B.A.)
Specialization:	CEO Business School
Affiliated Center:	CEO
Module Code & Module Title:	MGT580: Project Management
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Student ID:	EIU2020471
Word Count:	4000
Date of Submission:	30-04-2022

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I. Introduction:

Aspire International Firm, based in Sweden, is a well-known global corporation. This company wants to diversify its operations by taking on new initiatives. As a project manager, I propose that Aspire Corporation extend its operations by opening a fitness and wellness facility. Aside from its ties to individuals of high socioeconomic class of all ages who are interested in maintaining a healthy lifestyle, the location of a fitness facility and spa in Sweden is highly valued. Sweden is one of the nations that have made physical activity a requirement for all individuals over the age of 16 in collaboration with the World Health Organization. In national statistics on the prevalence of physical activity for adults, a cut-off point of at least 3 hours of moderate-intensity physical activity per week, or daily exercise, is utilized. The 2014 HLV study found a roughly similar distribution of recommended physical activity levels in both sexes (67 percent for males; 65 percent for females) among adults (aged 16—84 years) (World Health Organization, 2018). I shall propose a fitness and spa facility in this paper, taking into account the expenses, hazards, predicted competition times, quality control procedures, and team member breakdown.

II. Aspire Fitness Club Proposal:

a) **Project Budget:**

Estimation must provide an accurate picture of the circumstance. Calculations can only display the basic degree of information that is relevant to judgments. A direct cost is a price that is directly tied to a product's or service's output. A direct cost might be associated with a cost item like a service, a product, or a department. Direct overhead is defined as expenses spent throughout the manufacturing process, independent of the company's output. This is the cost that the firm must bear, regardless of the amount of output they produce or the quality of their output.

In other words, regardless of the volume of output, the firm must endure this cost. General and administrative (G&A) expenditures are spent in an organization's day-to-day operations and are not always directly tied to a single function or department. G&A expenditures include rent, utilities, benefits, legal fees, and certain salary.

Direct Costs:

Physical Location: The cost of a fitness center and spa varies greatly based on the size and location desired, as well as whether the facility is rented or purchased. In addition to weights and machines, we should have room for cardio, yoga, or spin courses. There may also be locker facilities, showers, and a sauna available.

Equipment: Similarly, the cost will vary substantially based on the quantity and kind of equipment you purchase.

Certifications: Having a qualified and authorized crew is a huge benefit.

Local governments establish the guidelines for which licenses and permissions you'll need. Check for a company license as well as any health and safety permits that may be required.

Fees for legal and processing services: Professional support is essential whether it comes to negotiating your lease, finalizing the property transaction, or just getting the necessary licenses and permissions for your gym.

Insurance is a legal obligation, and it is especially important for a gym. You'll need general liability, workers' compensation, and a surety bond at the very least.

Improvements and Remodeling of Buildings: Depending on your circumstances, this expenditure may or may not be acceptable for you. You'll have to do whatever it takes to bring the building up to date if it isn't already.

Computer Network and POS System: You'll need an internet network and a point-of-sale system to take current forms of payment, as well as adequate gym management software to keep things operating smoothly.

Employee Uniforms: Employees in fitness centers and spas should wear uniforms.

Customers will expect basic goods to be accessible, so make sure you have towels, chairs, and other essentials on hand.

Merchandise: Don't miss out on a fantastic chance to offer your clients items and goods. T-shirts, vitamins, protein shakes and powders, beverages, and a variety of other goods spring to mind. Make sure your budget includes the cost of the first supply.

You'll want to advertise your arrival to attract possible customers. **Website that is responsive:** Every contemporary business has to have a digital presence.

Operating Cash: Cash reserves should be kept for day-to-day operations.

Indirect costs:

Mortgage or lease payments - Whether you rent or own a property, you'll have a monthly fee in the form of a mortgage or lease payment.

Permits - Fees for renewing enforcement permits are rather typical. Make sure to double-check information with your community.

Payments for equipment leases — if you wish to lease the equipment, keep track of the payments.

Utilities - A gym uses a lot of electricity, particularly if it is open around the clock.

Workout equipment repairs and maintenance - Gym equipment takes a beating on a regular basis.

Cleaning equipment - It is necessary to keep a gym clean and hygienic. Mop buckets, vacuum cleaners, toilet paper, bleach, wipes, and a washing service are all required.

HVAC repair - This refers to the maintenance of a fitness center's heating and air conditioning system. The hourly rate is projected to be \$500.

Free Wi-Fi, as well as phone and internet service, would be provided to your clients.

Wages - Workers may earn a variety of incomes depending on their skills and experience.

Payroll taxes, often called self-employment taxes, are a levy that is applied to your payroll costs and vary depending on your company style. When calculating taxes, be careful

to account for both your employees' and your personal situations. It's important to keep in mind that they're often paid on a quarterly basis.

Marketing - It is entirely up to you whether or not you want to make your marketing operations a continuing investment. You'll need to consider your own company model and calculate the return on investment of different marketing techniques.

Depending on the company model and circumstances, judicial and consultancy costs are a changeable expense. It's worth noting that specialist services like accounting aren't covered.

Costs of miscellaneous items – Even with the most rigorous preparation, you never know what complications may arise. It's usually a good idea to put money away for unexpected expenses.

One-Time and Recurring Costs:

ITEM	AMOUNT
Physical Location	€800,000.00
Equipment	€80,000.00
Certifications	€900.00
Licenses & Permits	<i>Varies</i>

Legal and Processing Fees	€17,000.00
Insurance	€15,000.00
Building Improvements and Remodeling	€200,000.00
Computer Network and POS System	€4,300.00

Signage	<i>Varies</i>
Employee Uniforms	<i>Varies</i>
Miscellaneous, Gym Supplies	€4,000.00
Merchandise	<i>Varies</i>
Advertising	€6,000.00
Responsive Website	€6,000.00
Operating Cash	€5,000.00

ITEM	AMOUNT
Mortgage /Lease Payments	<i>Varies</i>
Insurance	<i>Varies</i>
Permits	<i>Varies</i>
Equipment Lease Payments	€9,000.00
Utilities	€75,000.00
Equipment Repairs & Maintenance	€35,000.00
Cleaning Supplies	€40,000.00
HVAC Maintenance	€270.00
Phone & Internet Service	€295.00

Employee Wages

Varies

Payroll Taxes /Self-Employment Taxes	<i>Varies</i>
Credit Card Processing Fees	<i>Varies</i>
Marketing	€200.00
Legal & Professional Fees	€4,000.00
Miscellaneous Expenses	€2,000.00

There will be a total of €1,304,035. However, we cannot claim that this is the sole sum required to complete our job. When we look at the table, we can see that there are several expenses that may change. Some of the expenses include licenses and permits, employee uniforms, products, leasing payment, insurance, taxes, and credit card processing fees..

b) Risk Analysis:

Risk management is a useful tool for responding to change and facilitating quality improvement in your company. It should be well-planned, methodical, and comprehensive, addressing all reasonably anticipated hazards and risks. We should evaluate what could happen if someone is exposed to a danger while doing a risk assessment.

The process of discovering, assessing, and evaluating dangers is known as risk assessment. We begin by identifying risks (listing and characterizing them), then do risk analysis (determining the risk level and type of the hazard), risk assessment (determining the risk's relevance), and lastly risk control (re-evaluation and taking decision).

Inductions are a great approach to guarantee that clients understand how to use the equipment appropriately. But you shouldn't simply leave it there. As users get more familiar to your gym, they may have the confidence to utilize more difficult machines with higher weights, or they may forget about your health and safety records. Accidents can happen, and it is your responsibility to safeguard your clients' safety. As a consequence, it is critical that there be

There is usually someone on hand to keep an eye on the gym floor and teach consumers on how to use the equipment safely. An estimated 8.6 million sports and recreation-related injury episodes occur each year, with a 34.1 per 1,000 age-adjusted incidences. Males made up 61.3 percent of the population, while persons aged 5 to 24 years made up 64.9 percent. Males, children aged 5–14 years, and children aged 5–14 years had greater injury rates than females, children aged 5–14 years, and children aged 5–14 years. 2011-2014 (Sheu, Chen, Hedegaard).

Estimate of Consequence (severity of impact):

Level	Description	Examples of Description
1	Insignificant	Minimal or no injury Low financial loss (1000€)
2	Minor	Minor treatment: Minor bodily harm Very low financial loss (10,000€)
3	Moderate	Medical treatment is required Less than 4 weeks work is off Loss (100,000€)
4	Major	Extensive injuries: Neck, leg, arm, neck, face Extended absence of one or more employees

		Loss (1,000,000€)
5	Catastrophic	Death A huge financial loss (10,000,000€)

Estimates of Likelihood:

Level	Description	Example
1	Unlikely	Less than 10% chance to happen (fire)
2	Rare	10-35% chance to happen (death)
3	Moderate	35-65% chance to happen (attacks and strokes)
4	Likely	65-90% chance to happen (breaking body parts)
5	Almost Certain	90-100% chance to happen (injuries)

Matrix:

Green

: indicates that the risk is acceptable and that it is being managed on a regular basis.

Yellow:

Medium risk; special attention and accountability are required. The color orange denotes a high-risk situation that requires a quarterly assessment by top management.

Red:

High-risk situation; top management review once a month.

Consequences					
Likelihood	Insignificant	Minor	Moderate	Major	Catastrophic
	1	2	3	4	5
Unlikely 1	1	2	3 (Toilet not functioning)	4 (Fire)	5 (Fall of building)
Rare 2	2	4 (No water)	6 (Electricity off)	8 (Electricity problems)	10 (Death)

Possible	3	3 (Absence of trainee)	6 (Absence of worker)	9 (Machine not functioning)	12	15 (Breaking a body part)
Likely	4	4 (Hit a body part by machine)	8 (Small fall)	12 (Bone fracture)	16 (Breaking a leg or neck)	20 (Breaking spinal cord)
Almost certain	5	5 (Stubbing your toe)	10	15	20	25

Risk Factor (R) = Consequence (C) x Likelihood (L).

NO ACTION (1-2): No further action is required; however, controls must be retained and checked.

MONITOR (3-6): If there is a big improvement, look to strengthen at the next check.

ACTION (8-12): Under a fixed timeframe, boost.

IMMEDIATE ACTION (15-16): Take immediate action and, if possible, suspend activity; strictly enforce established controls.

STOP (20-25): Put an end to the operation right away.

c) Projected Competition Times:

PERT (Program Evaluation and Review Method) is a technique for evaluating and reviewing programmers. There are many stages to follow in PERT. First and foremost, we must define the project. Second, we must decide on the order of the actions. Third, give a time estimate to each action. Create a network diagram in the fourth step. Fifth, determine which time path is the longest. Finally, this network will be used to plan, schedule, monitor, and manage the project. After the pessimistic time has been set, the optimistic and most probable time has been set.

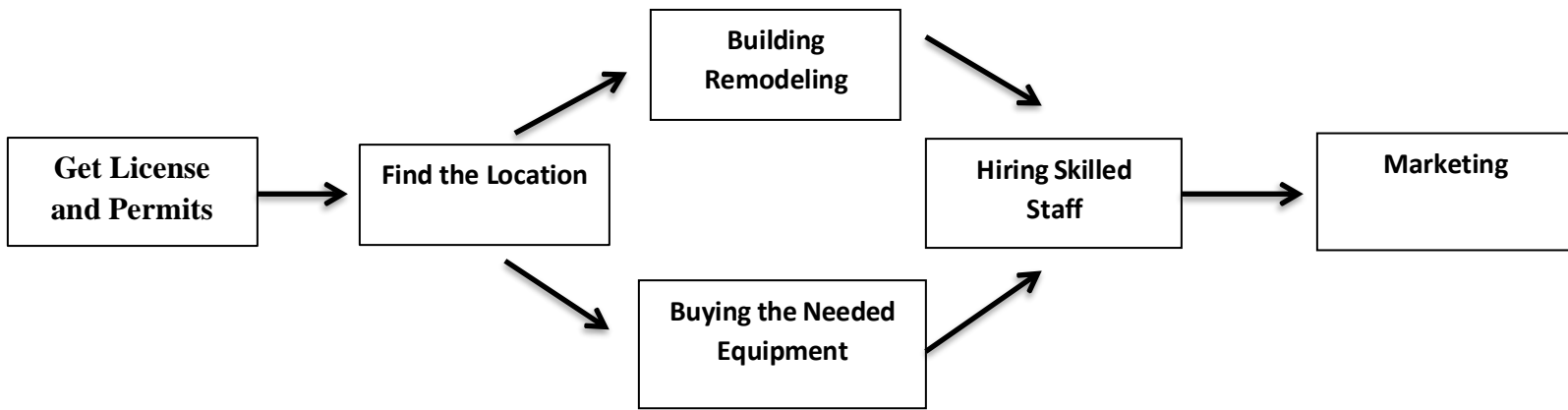
, we calculate the expected

Time for each activity = $\frac{pesim + 4likly + optimis.}{6}$

	Time Estimates (months)				
	Activities	Optimistic	Most Likely	Pessimistic	Expected Time
T1	Get License and Permits	3	4	5	4

T2	Find the location	1	2	4	2.16
T3	Building remodeling and renovation	4	6	8	6
T4	Buying the needed equipment	2	3	5	3,16
T5	Hiring skilled staff	1	1.5	3	1.66
T6	Marketing	0.5	1	3	1.25

Network Diagram:



Critical path analysis:

The earliest start time (ES) is equal to the maximum start time (MT) (EF of predecessors)

the most recent start time (LS)

The earliest time for completion (EF)

The latest finish time (LF) equals the minimum amount of time (LS of successors)

$LS - ES$ or $LF - EF = \text{Slack}$

Activities on the critical path have no slack.

Activity	ES	EF	LS	LF	SLACK	CRITICAL
T1	0	4	0	4	0	YES
T2	4	6.16	4	6.16	0	YES
T3	6.16	12.16	6.16	12.16	0	YES
T4	6.16	9.32	9	12.16	2.84	NO
T5	12.16	13.82	12.16	13.82	0	YES
T6	13.82	15.07	13.82	15.07	0	YES

d) Quality Control Measures:

The quality of a product, service, or process should constantly be evaluated in project management. For this reason, project managers employ quality management metrics to track the impacts of control quality actions. The quality control metrics are used to measure and evaluate the quality of a project's different processes in comparison to the expectations of the company or the specifications specified during project management planning. This formula may also be used to compare the different measuring techniques. Individual measurements are often validated in order to determine their correctness.

The initial stages in developing a quality control programmer are to define rules and procedures, as well as allocate responsibilities for monitoring and evaluating. Additional steps include: training all employees on how to follow policies and procedures; selecting high-quality

control equipment; defining control ranges for the material in question; creating graphs, plotting control values (also known as Levey-Jeffrey graphs); establishing a system for monitoring control values, taking immediate corrective action if necessary; and keeping records of quality control results and corrective actions taken..

Activities	SD	Variance
T1	0.33	0.108
T2	0.5	0.25
T3	0.66	0.4356
T4	0.5	0.25
T5	0.33	0.1089
T6	0.41	0.0282

Mean= 3.038

Total SD= 2.73

Total variance= 1.180

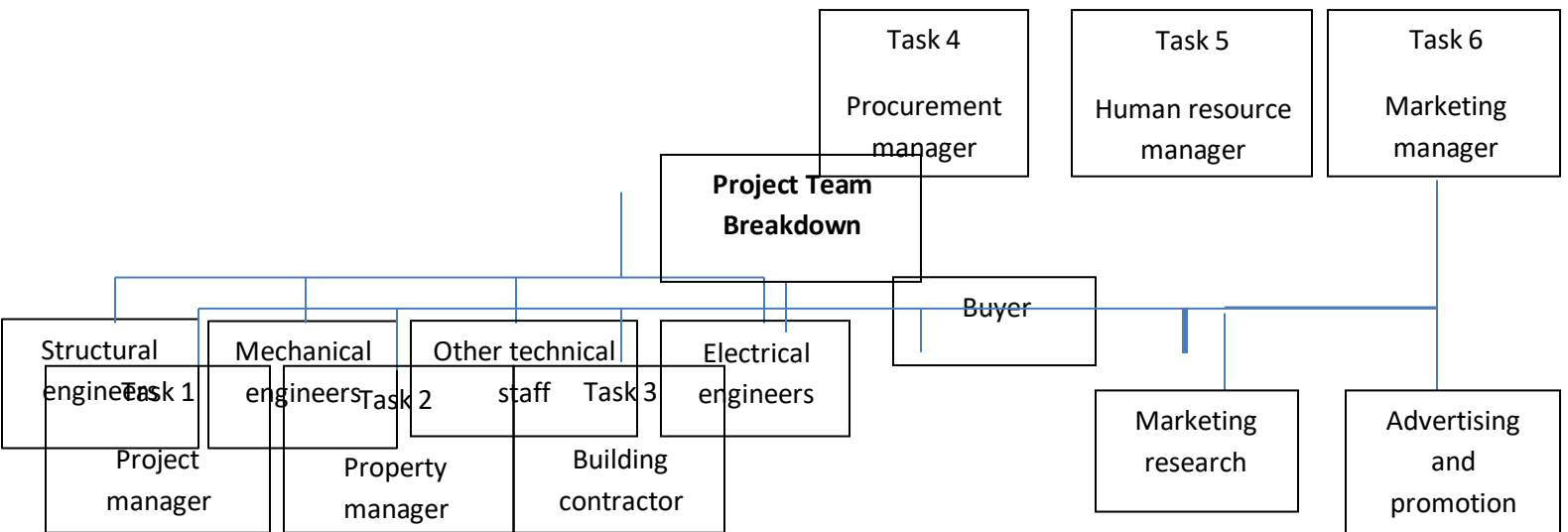
e) Team Members Breakdown:

Proper project team organization is one of the most crucial restrictions to project success. If the project does not have a productive and well-organized team, it is more likely to fail from the start due to the team's inability to execute the project effectively. The normal role of a project manager is to arrange a project team. The manager's work includes recruiting, training, and leading a team of individuals who are in charge of completing the project. The project manager is in charge of the project team's organization. He or she is dedicated to putting together a

productive team of professionals in order to execute the project on time. A group can... accomplish things that none of the members could do on their own. A group of ordinary individuals may do great things with the appropriate dynamic. The contrary may also occur: a group might fail to accomplish something any one of its members could easily do on their own (Mabey et al, 1998).

Regardless of the project kind, size, or nature, every team has three roles (designated as "traditional"). The following are the roles:

A project team leader is someone who leads and directs the team while also assuming accountability for the team's results. Motivation, appreciation, rewarding, and other actions motivate or compel team members to do important duties, while the team leader's responsibilities include teaching, guiding, and motivating the team. A project team member is someone who is responsible for completing the tasks that have been given to them. Members of the team get direct access to the project and participate actively in its development. The captain of the team is in charge of them. A project team contributor is someone or anything who participates in cooperation but does not complete tasks or fulfill project team responsibilities. Contributors help to the project's success by contributing valuable recommendations, professional opinion, and advice in the form of feedback. They aren't in charge of the project's outcomes.



III. Thailand Railway Viability Analysis:

a) **Viability Analysis:**

This railway, in my opinion as a project consultant, should be constructed. The construction of this railway would make it simpler to link and trade the necessities of both nations. One of the advantages of this railway is that it would minimize traffic congestion on the roads. Traffic congestion is blamed by 90 percent of businesses, with 45 percent perceiving it as a serious issue. (2011 Eddington Transport Study) Another advantage of the railway is that it will save time for individuals and businesses to interact face-to-face. We all know how important face-to-face meetings are for businesses dealing with other businesses in manufacturing, trade, and other services. This will assist to cut down on travel time. In France, for example, the TGV HSR cuts travel time for 450 kilometers to 2 hours, and 12.5 million people travelled between Paris and Lyon in 1980 (Vickerman 1997). (Cited in Senanu and Wenbin, 2012: 24). Furthermore, this railway will expand work prospects. The America Public Transportation Association estimates that every \$1 billion invested creates 36,000 employments. Workers in the manufacturing industry, both long-term and short-term, are among them. Construction, banking, and other industries, such as retail and wholesale, insurance, and real estate goods and commerce, are just a few examples. Property Development and Property Use Benefits are a last benefit; train stations may raise the value of land since the regions around them become more accessible to a larger number of people. As a consequence, expansion and real estate assets are more tempting. For example, Japan Rail East, the biggest of Japan's seven high-speed rail corporations, owns the land it sits on, thus there are no government subsidies. It is able to absorb the value contributed to the land by its stations and reinvest it back into the project. Commercial developments along the railway will account for one-third of its sales (Meng, 2015, cited in Songmuang, 2016).

We cannot claim that there are no expenses associated with the construction of this railway. As a

consequence, they must incur certain maintenance costs. Infrastructure costs include the costs of construction and upkeep. The expense of infrastructure includes things like side and track maintenance, electricity supply, and traffic control systems, among other things. However, when we consider the advantages and expenses, we can see how the benefits outweigh the costs.

In September 2017, the World Bank launched "Maximizing Finance for Growth," with the goal of crowding in private capital for development needs. Railways may benefit from transparent, excellent sector and corporate governance regulations that close the financing gap and decrease risks.

The As a consequence of these measures, the railway would be able to access a number of private-sector finance sources, such as loans (Laurance, 2018).

One of the methods corporations use to determine if their idea is feasible is to look at how previous comparable projects have fared. In 2017, Class I railroad operations and capital investment provided approximately 1.1 million employments, \$219.5 billion in economic production, \$71.3 billion in salaries, and over \$26 billion in total tax revenues, according to the Regional Economic Studies Institute at Towson University. When businesses see how a project will create revenue, as well as its expenses and advantages, they will be better able to decide whether to pursue it or not.

b) Ways to Earn Additional Income:

There are a plethora of innovative ideas that might help you make more money. To begin, renting a place aboard a train—for commuting, meetings, or full-time / riding the tracks all day. If you need to get some work done, you may hire a workstation on a train that departs at 8 a.m.

and doesn't return to the city until 8 p.m. There is no access to the internet. All data signals have been disabled (like aeroplane mode for the day). Coffee, lunch, and snacks are offered, but there is no access to the internet. This concept may be perfect for writers or painters. The concept of a virtual shopping train is another method to make a lot of money. We'll send your virtual shopping carriages when you've chosen and paid for them. Tesco in Korea came up with this concept. It introduced "virtual stores," or product displays on the walls of subway stations and bus stops. Customers who are interested will use their cellphones to download the Home plus app. They then use their cellphones to scan the QR codes of the things they wish to purchase. The posters in the virtual shops are designed to seem like genuine Tesco aisles and shelves, resulting in an extremely user-friendly experience. Customers pay for their orders until they are completed, and the scanned goods are placed to their online shopping carts. The bulk of orders are made between the hours of 10 a.m. and 4 p.m., when individuals are travelling to and from work, according to home plus. Customers plan for a certain time for home delivery. Due to same-day delivery, customers will have their purchases by the time they come home from work. (Meurville, M. P., K. Pham, and C. Trine, 2015). Finally, demand that Telstra, Optus, and Vodafone construct signal rebroadcast systems in train, tram, and bus carriages in order to boost broadband rates. Start a public awareness campaign if any of the networks refuses to pay.

Publicize the fact that these networks are substantially slower when utilized for public transit. Non-paying networks' speeds may be slowed or interfered with if the signal is rebroadcast.

IV. Conclusion:

We proposed a project plan for Aspire Corporation to enhance its portfolio with a fitness club and spa center in this paper. It's vital to remember that all estimates and figures fluctuate depending on the size of the fitness facility. This project may be started with a little budget or a large one. The Thailand Railway was another topic we examined in part two. According to the

costs and benefits analysis, the railway would seem to be expensive, but it will link nations and improve communication. Collaboration with new innovative ideas will result in a large profit for the nation. Seeing the benefits that similar projects have brought to other nations would undoubtedly motivate Thailand to give this railway a try.

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