ISSN: 2454-9940

INTERNATIONAL JOURNAL OF APPLIED SCIENCE ENGINEERING AND MANAGEMENT

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www.ijasem.org

INTERNATIONAL JOURNAL OF APPLIED SCIENCE ENGINEERING AND MANAGEMENT

ISSN: 2454-9940 www.ijasem.org

Vol 20, Issuse.2 April 2026

AI-Driven Real-Time Human Pose Tracking for Intelligent Motion Analysis

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ABSTRACT

Building an AI-powered system to track human poses in real-time is the main goal of this research. Computer vision and machine learning techniques are employed to accurately detect, evaluate, and categorize human body positions by the system. Without instruction, many people who do physical workouts or yoga at home struggle to maintain proper posture. This solution solves that problem by delivering feedback and automated pose detection. Important anatomical features including the hips, knees, shoulders, and elbows are located in a live video feed. The user's posture can be assessed in real-time using these landmarks. To determine the posture's classification, the system checks it against existing pose datasets. It displays the name of the matching posture if the detected pose is known; else, it prints "None." Python, the OpenCV library, and the MediaPipe library are used in the implementation to make the tracking and detection process efficient. Running on regular devices, the system is quick, lightweight, and efficient. Giving users instantaneous feedback on whether they are sitting correctly increases user engagement. The fields of rehabilitation, sports training, and fitness tracking can all benefit from this technology. It lessens the need for personal trainers as well. Everyday health activities can be improved through the practical use of AI, as demonstrated by this initiative. It guarantees precision, effectiveness, and user-friendliness. In general, the technology helps make fitness solutions that are both smarter and easier to use.

INTRODUCTION

The fields of medicine, physical fitness, and human-computer interaction are just a few that have been profoundly affected by AI in the last several years. Estimating human poses from video or picture data is one of the most exciting uses of artificial intelligence (AI). The promise of real-time human pose tracking in areas such as rehabilitation, fitness training, gaming, and surveillance has piqued interest. Correct posture is an important part of many traditional fitness activities, and trainers are usually present to help clients with this. But now, thanks to technological advancements, automated systems can do this job well. An AI-powered system for tracking human poses in real-time and categorizing them is presented in this research. Using computer vision, the system can take video input and decipher motions. The main goal is to locate important anatomical features like joints and limbs. By recognizing these features, one can better comprehend the human body's spatial organization. Continuous processing of the input frames allows for immediate results to be provided by the system. Accuracy in pose detection under varying lighting and background conditions is a big challenge. Using powerful libraries such as OpenCV and MediaPipe, this project tackles these difficulties. Image processing and video capturing are handled by OpenCV, while pose estimation is handled by MediaPipe's pre-trained models. Effective and precise detection is made possible by combining these tools. The system is intuitive and doesn't necessitate any particular gear to work. It gives you feedback in real-time and works with any ordinary webcam. Correct posture during physical activity is of the utmost significance. Injury and inefficient exercise are some outcomes of poor posture. Consequently, this approach aids users in improving their posture by highlighting areas for improvement. Dependence on expert trainers is decreased as a result of the project as well. People who do yoga or exercise at home will find it very helpful. As soon as the system detects a stance, it checks the database for a set of previously established poses. The name of the pose is shown on the screen if it is a match. If it doesn't, it means the stance isn't detected. Users can gradually develop with the help of this function. Using these kinds of devices isn't just for fitness anymore.

In physiotherapy, it can be used to track the progress of patients. Its applicability to sports analytics for judging performance is another plus. Immediate feedback is essential for learning, and the system's real-time nature guarantees it. Adding additional posture datasets will only improve the scalable system. Voice feedback and mobile integration are potential features for future enhancements. Artificial intelligence (AI) enhances the intelligence and adaptability of these applications. Modern technologies may effectively tackle real-world challenges, as this project shows. It connects the dots between fitness tracking and technological advancements. All things considered, the introduction stresses how important, relevant, and consequential posture tracking systems powered by AI are to contemporary life.

LITERATURE SURVEY

This study introduces a system that uses MediaPipe and a humanoid optimization model to estimate human poses in real-time. Improving the accuracy of pose estimation for practical uses like fitness tracking and monitoring the elderly is the main emphasis of the project. In order to generate 3D pose estimates, the system uses MediaPipe to extract 2D landmarks. We provide a new optimization method that improves joint accuracy while decreasing depth ambiguity. Constraints like body balance and limits on joint rotation are included by the writers. A wide range of common human positions can be accurately detected by the model. Improvements in joint angle accuracy and decreases in error rates were observed in the experimental data. The system works well on devices with low power consumption and doesn't need graphics processing unit support. Applications that require real-time processing can benefit from the suggested method. Additionally, it does a good job in tracking motion. Research like this shows how useful it is to mix AI with biomechanical models. The system shows resilience in various settings. It lays the groundwork for potential applications based on poses in the future. The outcomes demonstrate the practicality of pose tracking systems powered by AI in real-time. Methods for monocular human posture estimation that rely on deep learning are thoroughly reviewed in this survey. The primary goal is to identify and correct the human body's natural posture in still photos or video clips. Two- and three-dimensional pose estimation methods are covered in the article. We take a look at several different kinds of neural network designs, including CNNs and regression models. Occlusion, scale change, and depth ambiguity are some of the important issues that the authors point out. Extensive discussion is given on evaluation metrics and benchmark datasets. The survey evaluates several models by comparing their performance. Other methods, such as those based on heatmaps and regression, are also detailed. Findings from the study highlight the value of huge datasets for enhancing precision. Many models still struggle with real-time performance. Position estimation is the subject of future research, which is detailed in the article. It sheds light on ways to enhance the efficiency of the model. Researchers find the survey to be an invaluable resource. It captures developments in this domain since 2014.

A comprehensive review of human pose estimation methods based on monocular photos is provided in this work. It sorts approaches according on whether they rely on models or learning. The research compares and contrasts various methods of pose detection feature extraction. Estimating postures from single-view photos is addressed. This article summarizes more than 300 studies conducted in the field. The significance of simulating the human body's structure is elucidated. Graphical models and deep learning are the methods that are highlighted in the survey. Additionally, methods based on motion and multi-view are investigated. The writers go over several assessment methods and datasets. The complexities of real-time pose detection are highlighted in the research. It gives a brief outline of the development of pose estimation techniques. Early techniques had their limitations highlighted in the study. By utilizing machine learning techniques, it proposes enhancements. The evolution of posture estimate can be better understood with the help of the survey. This survey examines various methods for estimating human poses that rely on deep learning. Pose estimation methods in two and three dimensions are covered. Computer network topologies and hybrid models are covered in the article. It draws attention to problems like missing data and occlusion. Various benchmarking datasets are examined by the writers. Various learning methodologies and models are compared in the study. The function of feature extraction in estimating poses is clarified. More than 250 research publications are a part of the survey. The article delves into the topic of deep learning's impact on performance. The need for processing in real-time is highlighted in the article. Topics covered include augmented reality, virtual reality, and healthcare. The writers point the way for such studies in the future. Deep learning considerably enhances posture accuracy, according to the study. For researchers, it is an all-inclusive resource. New developments in 2D human pose estimation are the main topic of this review. It describes the process of finding important points in films and photos. Network architecture and training procedures are used to classify approaches in the paper. Advancements in feature extraction methods are covered. The paper examines pose

ISSN: 2454-9940 www.ijasem.org

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estimation post-processing techniques. There is an extensive analysis of over two hundred pieces of research. Problems like multi-person detection are brought up in the article. The significance of precise keypoint localization is emphasized. Topics covered in the survey include detection methods based on heatmaps. It assesses the efficacy of models by comparing them to benchmark datasets. Strategies for optimization in real-time applications are covered by the writers. Efficiency and scalability are the focal points of the research. Findings from this study give light on current posture estimation techniques. Research trends in tracking systems based on artificial intelligence are identified.

Methods for estimating a single person's stance using computer vision are reviewed in this article. Identifying joints in photographs of the human body is its primary goal. Poses can be detected using deep learning architectures, which are reviewed in this article. Data augmentation is defined and how it contributes to better performance. Learn about several approaches to training and evaluating models in this survey. Problems with real-time pose estimation are brought to light. Backbone networks employed in pose detection are examined in the article. It details methods for improving outcomes after processing. The writers go over some metrics and benchmark datasets. Accurate joint localization is emphasized in the study. It finds flaws in the way things are done now. Model design enhancements are proposed in the article. It sheds light on potential directions for future research in pose estimation. For learning about tracking systems that only follow one individual, it works well.

This study provides an exhaustive analysis of the methods and tools used for human pose estimation. It delves into both conventional and approaches based on deep learning. The research divides posture estimation into two types of tasks: upstream and downstream. Topics covered include health, monitoring, and exercise. Various neural network topologies, such as GCN and CNN, are examined in the article. Emphasizing real-time applications, it showcases lightweight models. Common datasets utilized in pose estimation are reviewed in the study. Issues like occlusion and viewpoint fluctuation are clarified. We talk about single-person and multi-person detection in the survey. This highlights the significance of effective models. Methods based on transformers are investigated in the article. Trends in contemporary AI systems are identified. A thorough comprehension of posture estimate is given by the research. It draws attention to potential areas for further study.

Deep kinematic analysis for 3D human pose estimation is the main topic of this study. It suggests an approach that integrates deep learning with anatomical data. Based on single-lens camera images, the algorithm can estimate joint angles. Difficulties with depth estimation are handled by it. To improve accuracy, the paper presents a kinematic model. Using benchmark datasets, the study assesses performance. It enhances the accuracy of pose estimation. Joint placements are made clearer by the model. The writers stress how crucial structural limitations are. For real-time uses, the system performs admirably. When compared to more conventional approaches, it shows markedly better performance. Research on 3D posture estimation is advanced by this paper. For more sophisticated tracking systems, it lays the groundwork.

This paper provides a comprehensive overview of deep learning-based vision systems for human fall detection. Approaches to estimate poses for fall detection are the main emphasis. Important topics covered in the study include keeping an eye on the elderly. Various detection-related deep learning models are examined. The function of pose tracking in security systems is detailed in the article. It draws attention to difficulties like processing in real-time. Various detecting methods are compared in the survey. Fall detection research datasets are covered. Reliability and accuracy are the focal points of the research. Potential uses in healthcare monitoring are investigated. Current systems have their limitations pointed out by the writers. The research proposes utilizing AI models to enhance the situation. Applications for safety and monitoring benefit from it. The significance of posture estimation in practical situations is emphasized.

A system for estimating baby poses is presented in this research for the purpose of studying their motions. Body landmarks can be detected via real-time video processing. Through study of posture, the system deciphers non-verbal cues. Detection in the study is done using deep learning algorithms. Precision and responsiveness in real time are its primary goals. Various baby movements are recognized by the system. As a result, behavioural analysis gains new understanding. Applications in healthcare monitoring are highlighted in the article. It delves into the difficulties of picking up on little motions of the body. Performance is assessed in the study using actual datasets. Pose detection is a strong suit of the system. The significance of AI in behavioral analysis is highlighted. Human pose estimation research is advanced by this publication. It demonstrates how real-time tracking systems can be put into practice.

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ISSN: 2454-9940 www.ijasem.org

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EXISTING SYSTEM

Manual observation or basic motion tracking techniques are the mainstays of current human posture identification systems, which severely restrict their effectiveness and precision. Because they don't offer real-time posture correction, users of traditional exercise software have a hard time seeing their own problems and fixing them immediately. Wearable sensors are used by certain systems to monitor motion, but these devices can be a pain to wear all the time, not to mention expensive and awkward. Additionally, not everyone has the time or resources to undergo the time-consuming process of manual monitoring by expert trainers. Problems with low precision and complicated hardware configurations plagued earlier computer vision-based methods. Additionally, these systems' performance was significantly impacted by ambient factors, such as changes in illumination and background noise. The inability of most current technologies to provide instant feedback further diminished their usefulness in real-time scenarios. Many systems were also not easily adaptable to varied use cases or contexts, which raised issues about scalability and flexibility. Another big drawback was how easy it was to use, particularly for newcomers who need straightforward controls. This highlights the critical need for a real-time, accurate, and automated human pose tracking system that can address these issues and deliver dependable results.

PROPSED SYSTEM

An AI-based solution for real-time human pose tracking is the goal of the proposed system. A webcam is used to capture live video input by the system. Using OpenCV for picture capture and preprocessing, every frame of the video is processed. After that, the MediaPipe posture estimation model receives the acquired frames. MediaPipe can detect important anatomical features including the ankles, hips, knees, wrists, and shoulders. In the graphic, these landmarks are shown as coordinate points. In order to assess motion, the system constantly follows these spots. For the purpose of comparison, a dataset of predefined poses is generated. The relative placement and angles of the body's joints characterize each stance. In order to comprehend the user's posture, the system determines the angle between the joints. The dataset compares the computed angles with their stored values. To identify the pose, the data must be within a certain range. On the screen, you'll see the name of the matching posture. The output from the system is "None" if no match is discovered. This happens in real time for every single frame. This makes sure that the user's posture is being monitored constantly. Both precision and speed have been fine-tuned in the system. Instant feedback is provided via minimizing latency. Pose detection models are easier to implement when MediaPipe is used. It doesn't necessitate GPU support and is lightweight. Even on regular PCs, it works well. Image enhancement and noise reduction are also part of the methodology. Detection accuracy is enhanced in many contexts. Reliability is ensured by testing the system with varied positions. Detection failures are managed with the use of error handling techniques. The interface is easy to use and allows for interaction. Along with pose data, it shows the live video feed. More positions can be added to the system in the future. To further enhance classification, machine learning techniques can also be utilized. Wearable devices are rendered unnecessary by the suggested method. It offers a budget-friendly option for tracking posture. The system is designed to be both flexible and scalable. Its versatility makes it suitable for use in fields as diverse as medicine and athletics. The methodology prioritizes practicality, precision, and ease of use. At its core, the suggested system is an intelligent AI-powered answer to the problem of real-time pose tracking.

Fig. 4. Pose Estimation Images

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ISSN: 2454-9940 www.ijasem.org

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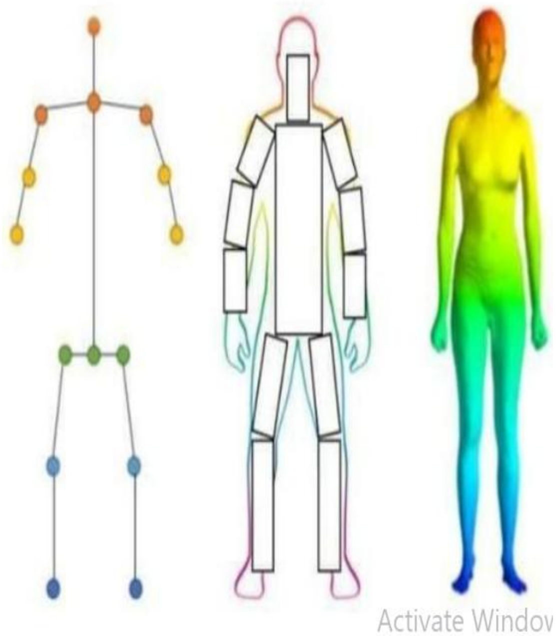
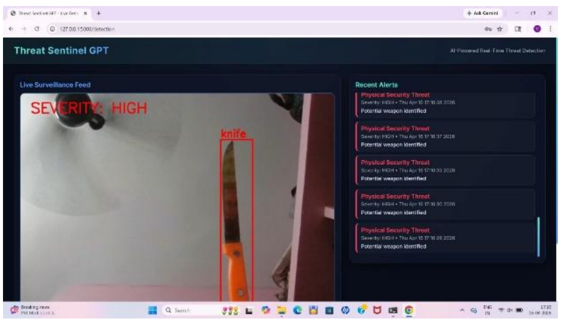
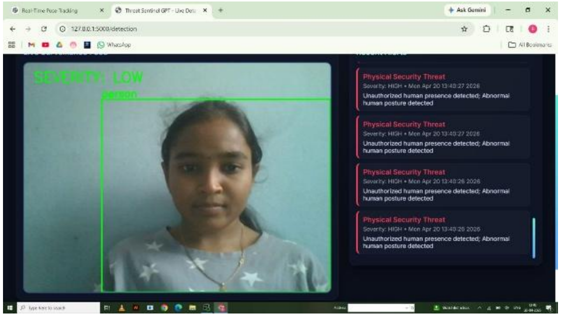


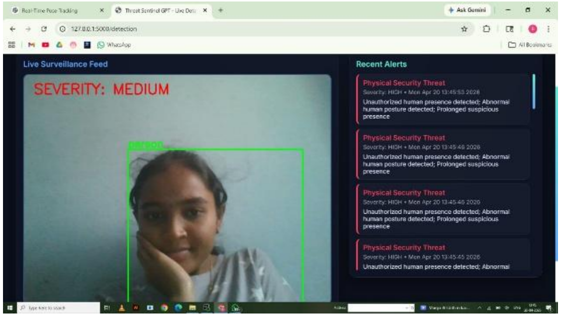
Fig. 5. Pose Estimation Human Body Models

Prioritizing the development of mobile applications to expand accessibility and introducing edge computing to better computational efficiency are two potential future advancements. This discovery has enormous implications for computer vision and human-computer interaction, as it paves the way for novel forms of digital entertainment, healthcare monitoring, and interactive digital experiences. In general, the developed approach represents a significant step forward in human pose estimation technology, which has real-world applications in fields such as healthcare, sports analytics, and interactive entertainment.

Results







CONCLUSION

This research showcases a real-time system that can recognize and classify human body positions using computer vision, driven by powerful AI algorithms. To guarantee dependable performance in real-time settings and quick processing, the system leverages strong tools like MediaPipe and OpenCV. Users can improve their posture during exercises or yoga activities without external assistance because to the immediate and exact feedback it gives. This aids people greatly in keeping their bodies in an optimal position, which lessens the likelihood of injuries and maximizes the efficacy of their workouts. With this approach, you won't have to hire personal trainers all the time, which is a huge time saver while working out at home. Furthermore, it is affordable, easy to use, and accessible to many people without the need for certain technology. Fitness tracking, healthcare rehabilitation, and analysis of athletic performance are just a few of the many areas where this research shows great promise. The system's capabilities can be greatly increased with additional additions such as improved pose detection, voice feedback, and mobile integration. In conclusion, this study offers an effective, efficient, and useful AI-based method for tracking and analyzing human poses in real-time.

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