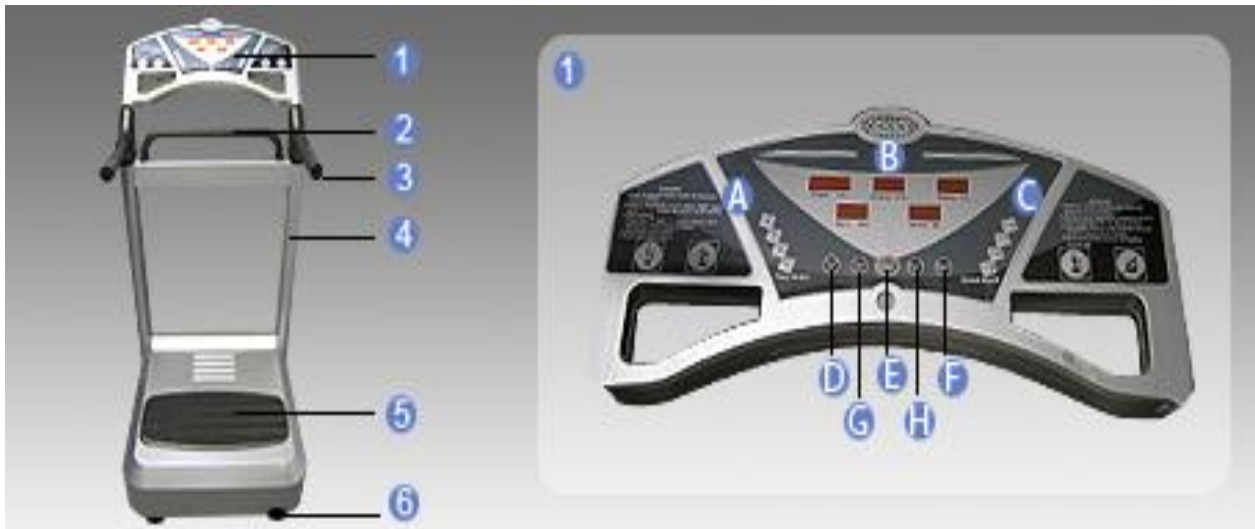


**Quiz 3 Solution**

The following figures show a **fitness machine**



Fitness Unit Components, as in the figures, are:

**1. Control Panel**

- a. Timer Shortcut Button
- b. Digital Displays for time, calories, distance, count, speed
- c. Speed Shortcut Button
- d. Timer "+" Button
- e. Start/Stop
- f. Speed Control "-" Button
- g. Timer "-" Button
- h. Speed Control "+" Button

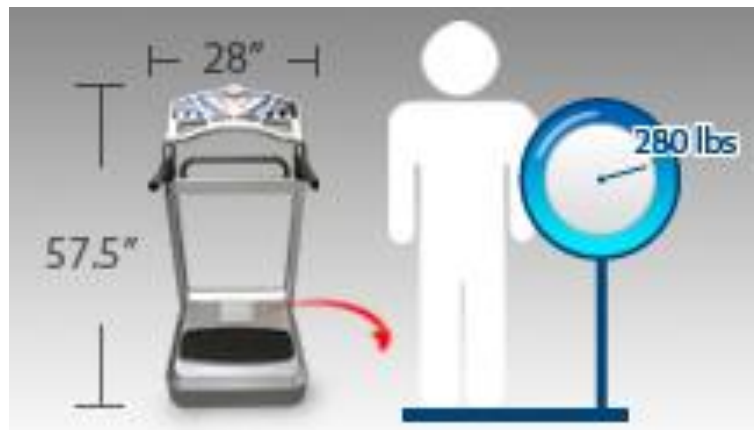
**2. Support Bar**

**3. Handles**

**4. Frame**

**5. Stepping Board**

**6. Foot Cushion**



The table below lists ten features that are considered in the design of a fitness machine unit (figures) to satisfy human comfort.

The symbols A, B, C, and D in the last four columns indicate human factors with:

[A] for anthropometric;

[B] for ergonomic;

[C] for physiological;

[D] for psychological

Circle **one** human factor symbol that is **most related** to each of the ten design features in the list

1	Interpretation of information from Control Panel is very easy	A	B	C	<b>D</b>
2	Digital Displays For Calories, Time, Speed, Count & Automatic Modes response to various inputs for working environments	A	B	<b>C</b>	D
3	The vibration unit action is engineered to benefit circulation for muscle and whole body vibrations.	A	B	<b>C</b>	D
4	When press on the buttons D, G, F, H and E (see the figures) are responding in about 10 seconds.	A	B	C	<b>D</b>
5	The distance between the Handles is suitable for family members of all ages	<b>A</b>	B	C	D
6	Dimensions of the fitness machine (Height, width) are suitable for elderly persons	<b>A</b>	B	C	D
7	Foot Cushion make the fitness machine stabile during the exercising and provide operator protection	A	B	<b>C</b>	D
8	Stepping Board is designed to comfort various trainer weight until maximum 127 Kg	A	<b>B</b>	C	D
9	The adjustable vibration speed range is fully suitable for operators	A	<b>B</b>	C	D
10	The fitness vibration unit has 25 choices of vibration speed, including 3 automatic programs easy to Decision-making.	A	B	C	<b>D</b>