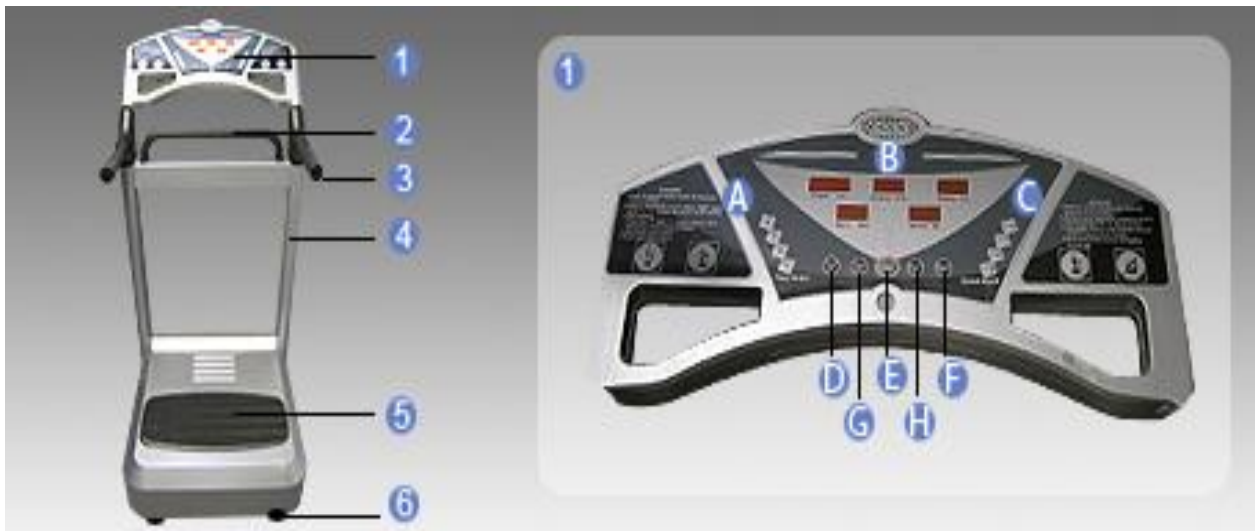


Quiz 4 Solution

Name:.....

(ID:)

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

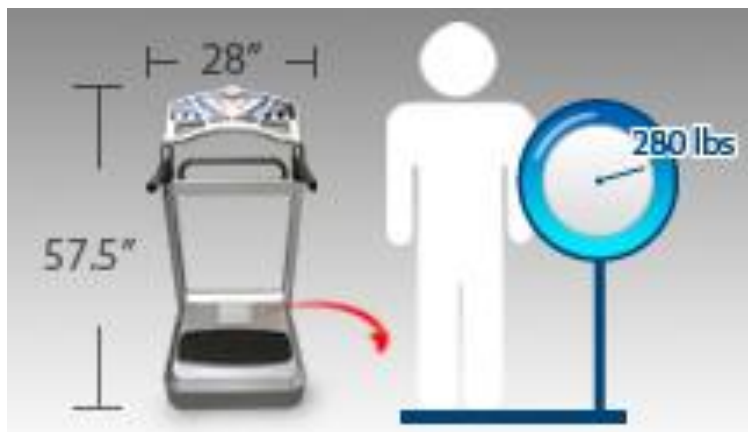
2. Support Bar

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