



HUMAN FACTOR & WORK MEASUREMENT LAB

Question 1

Answer saved

Marked out of 1.50

Flag question

Time left 0:26:13

What is the most appropriate anthropometric measurement to determine fixed seat height in public spaces:

- ☒ a. Knee height
- ☐ b. Elbow height
- ☐ c. Popliteal height
- ☐ d. Stature height

[Clear my choice](#)

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HUMAN FACTOR & WORK MEASUREMENT LA

Time left 0:20

Question 2

Answer saved

Marked out of
1.50

Flag
question

Which principle is used when designing a product that must accommodate the largest or smallest possible user:

- ☐ a. Designing for adjustable range
- ☒ b. Designing for extreme individual
- ☐ c. Designing based on trial and error
- ☒ d. Designing for the average

Clear my choice

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HUMAN FACTOR & WORK MEASUREMENT LA

Time left 0:20

Question 3

Answer saved

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 Flag question



What is the typical coefficient of variance (CV) range for body dimension data:

- ☐ a. 20% - 50%
- ☐ b. 10% - 85%
- ☒ c. 3% - 10%
- ☐ d. 1% - 5%

[Clear my choice](#)

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HUMAN FACTOR & WORK MEASUREMENT LA

Time left 0:26

Question 4

Answer saved

Marked out of
1.50

Flag
question

Which type of anthropometric measurement is taken while the body is engaged in movement?

- ☒ a. Dynamic
- ☐ b. Static
- ☐ c. Average
- ☐ d. Percentile-based

[Clear my choice](#)

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HUMAN FACTOR & WORK MEASUREMENT LA

Time left 0:26

Question 5

Not yet
answered

Marked out of
1.50

Flag
question

When designing for adjustability, which percentile range is typically used to accommodate the majority of a 50/50 male/female population:

- ☐ a. 25th to 75th percentile
- ☐ b. 10th to 90th percentile
- ☒ c. 5th percentile female to 95th percentile male
- ☐ d. 1st to 99th percentile

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HUMAN FACTOR & WORK MEASUREMENT LA

Time left 0:26

Question 6

Not yet
answered

Marked out of
1.50

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question

Which of the following describes isometric muscle activity:

- ☐ a. Muscles contract or elongate dynamically
- ☐ b. Muscles relax under tension
- ☐ c. Muscles change length and cause movement
- ☒ d. Muscle tension increases without a change in length or movement

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Time left 0:26:24

Question 7

Not yet answered

Marked out of 1.50

Flag question

What is the correct arm position for the subject during the grip strength test:

- ☐ a. Arms crossed over the chest
- ☒ b. Elbow at 90, forearm supported, back straight
- ☐ c. Elbows fully extended with hands raised
- ☐ d. Hands behind the back

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Time left 0:26:26

Question 8

Not yet
answered

Marked out of
1.50

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question

How does ulnar deviation affect grip strength:

- ☐ a. It only affects non-dominant hand strength
- ☐ b. It increases grip strength
- ☐ c. It has no effect on grip strength
- ☒ d. It reduces grip strength due to tendon friction

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Time left 0:26:28

Question 9

Not yet
answered

Marked out of
1.50

Flag
question

Which of the following is not a factor affecting body strength according to the document:

- ☐ a. Previous injuries
- ☐ b. Gender
- ☒ c. Shoe size
- ☐ d. Athletic conditioning

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Question 10

Not yet
answered

Marked out of
1.50

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question

Time left 0:26:30

Why is it important not to allow jerky movements when lifting the handle during the Jackson strength evaluation test.

- ☐ a. To increase resistance for better endurance training
- ☐ b. To reduce the risk of breaking the chain
- ☐ c. To ensure the peak reading is as high as possible
- ☒ d. To maintain accuracy and avoid injury

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Time left 0:26:32

Question 11

Not yet
answered

Marked out of
1.50

Flag
question

How should the subject's elbows be positioned during the Jackson strength evaluation test:

- ☐ a. Locked straight in front
- ☐ b. Slightly flexed at 45 degrees
- ☐ c. Fully extended downward
- ☒ d. Bent at a 90-degree angle

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Time left 0:26:34

Question 12

Not yet
answered

Marked out of
1.50

Flag
question

What is the primary purpose of the Jackson Strength Evaluation System in this experiment:

- ☐ a. To measure muscle flexibility in various positions
- ☐ b. To calculate aerobic capacity while lifting weights
- ☐ c. To assess cardiovascular endurance during running
- ☒ d. To measure isometric strength in a standing position

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Time left 0:26:36

Question 13

Not yet
answered

Marked out of
1.50

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question

Strength represents physical power of muscles.

- ☒ a. True
☐ b. False

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Time left 0:26:43

Question 16

Not yet
answered

Marked out of
1.50

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question

Marathon runners can be an example on.

- ☐ a. Aiming
- ☐ b. Hand steadiness
- ☒ c. Muscular endurance
- ☐ d. Muscular strength

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Time left 0:26:48

Question 17

Not yet
answered

Marked out of
1.50

Flag
question

Which of the following should be designed for minimum population strength:

- ☐ a. Car door handle
- ☐ b. Emergency control buttons on a certain machine
- ☐ c. Cutting board wood
- ☒ d. both Car door handle and Emergency control buttons on a certain machine

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Time left 0:26:49

Question 18

Not yet
answered

Marked out of
1.50

Flag
question

Weightlifting with biceps and triceps consider as:

- ☐ a. Isometric Muscle Activity
- ☐ b. Non-neutral Activity
- ☐ c. Neutral Activity
- ☒ d. Isotonic Muscle Activity



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Time left 0:26:38

Question 14

Not yet
answered

Marked out of
1.50

Flag
question

Why is it important to keep the arm in a consistent position during a hand dynamometer endurance test:

- ☒ a. To ensure accurate and reliable results
- ☐ b. To prevent injury
- ☐ c. To improve muscle coordination
- ☐ d. To increase grip strength

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Time left 0:26:39

Question 15

Not yet
answered

Marked out of
1.50

Flag
question

What does a hand dynamometer primarily measure when assessing body endurance:

- ☐ a. Blood pressure
- ☐ b. Heart rate
- ☒ c. Grip strength over time
- ☐ d. Muscle flexibility

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:26:53

Question 19

Not yet
answered

Marked out of
1.50

Flag
question

Strength is the ability of bones and joints to work against resistance.

☒ a. False

☐ b. True

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Question 20

Not yet
answeredMarked out of
1.50Flag
question

Time left 0:26:57

What should be done if the peak and average values differ on the Jackson unit cell:

- ☐ a. Use the higher value
- ☒ b. Use only the average value
- ☐ c. Use the peak value only
- ☐ d. Average the two values

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Quiz

1

10

19

Finish a

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:45

Question 1

Not yet
answeredMarked out of
1.00Flag
question

What is the most appropriate anthropometric measurement to determine fixed seat height in public spaces.

- ☐ a. Elbow height
- ☐ b. Popliteal height
- ☐ c. Stature height
- ☐ d. Knee height

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:45

Question 2

Not yet answered

Marked out of 1.00

Flag question

Which principle is used when designing a product that must accommodate the largest or smallest possible user?

- ☐ a. Designing for the average
- ☐ b. Designing for extreme individual
- ☐ c. Designing based on trial and error
- ☐ d. Designing for adjustable range

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Quiz navigation

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15	20			

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Time left 0 29:42

Question 3

Not yet answered

Marked out of 1.50

Flag question

What is the typical coefficient of variance (CV) range for body dimension data:

- ☐ a. 1% - 5%
- ☐ b. 3% - 10%
- ☐ c. 10% - 85%
- ☐ d. 20% - 50%

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:40

Question 4

Not yet
answered

Marked out of
1.50

Flag
question

Which type of anthropometric measurement is taken while the body is engaged in movement:

- ☐ a. Percentile-based
- ☐ b. Average
- ☐ c. Static
- ☐ d. Dynamic

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:39

Question 5

Not yet
answered

Marked out of
1.50

Flag
question

When designing for adjustability, which percentile range is typically used to accommodate the majority of a 50/50 male/female population:

- ☐ a. 1st to 99th percentile
- ☐ b. 5th percentile female to 95th percentile male
- ☐ c. 10th to 90th percentile
- ☐ d. 25th to 75th percentile

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:38

Question 6

Not yet
answered

Marked out of
1.50

Flag
question

Which of the following describes isometric muscle activity:

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:37

Question 7

Not yet
answered

Marked out of
1.50

Flag
question

What is the correct arm position for the subject during the grip strength test:

- ☐ a. Arms crossed over the chest
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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:36

Question 8

Not yet
answered

Marked out of
1.50

Flag
question

How does ulnar deviation affect grip strength?

- ☐ a. It reduces grip strength due to tendon friction
- ☐ b. It has no effect on grip strength
- ☐ c. It only affects non-dominant hand strength
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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:35

Question 9

Not yet
answered

Marked out of
1.50

Flag
question

Which of the following is not a factor affecting body strength according to the document:

- ☐ a. Athletic conditioning
- ☐ b. Gender
- ☐ c. Shoe size
- ☐ d. Previous injuries

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Time left 0:29:34

Question 10

Not yet
answered

Marked out of
1.50

Flag
question

Why is it important not to allow jerky movements when lifting the handle during the Jackson strength evaluation test?

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:33

Question 11

Not yet
answered

Marked out of
1.50

Flag
question

How should the subject's elbows be positioned during the Jackson strength evaluation test?

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:32

Question 12

Not yet
answered

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1.50

Flag
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- ☐ b. To measure muscle flexibility in various positions
- ☐ c. To calculate aerobic capacity while lifting weights
- ☐ d. To measure isometric strength in a standing position

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Time left 0:29:31

Question 13

Not yet
answered

Marked out of
1.50

Flag
question

Strength represents physical aspect of disabilities.

☐ a. False

☐ b. True

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0'29:30

Question 14

Not yet
answered

Marked out of
1.50

Flag
question

Why is it important to keep the arm in a consistent position during a hand dynamometer endurance test?

- ☐ a. To improve muscle coordination
- ☐ b. To prevent injury
- ☐ c. To ensure accurate and reliable results
- ☐ d. To increase grip strength

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:29

Question 15

Not yet
answered

Marked out of
1.50

Flag
question

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- ☐ a. Blood pressure
- ☐ b. Grip strength over time
- ☐ c. Muscle flexibility
- ☐ d. Heart rate

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Time left 0:26:28

Question 16

Not yet
answered

Marked out of
1.00

Flag
question

Marathon runners can be an example on:

- ☐ a. Aiming
- ☐ b. Muscular endurance
- ☐ c. Hand steadiness
- ☐ d. Muscular strength

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Time left 0:28:27

Question 17

Not yet
answered

Marked out of
1.50

Flag
question

Which of the following should be designed for minimum population strength:

- ☐ a. Cutting board wood
- ☐ b. Car door handle
- ☐ c. both Car door handle and Emergency control buttons on a certain machine
- ☐ d. Emergency control buttons on a certain machine

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Time left 0:29:27

Question 18

Not yet
answered

Marked out of
1.50

Flag
question

Weightlifting with biceps and triceps consider as

- ☐ a. Neutral Activity
- ☐ b. Isotonic Muscle Activity
- ☐ c. Non-neutral Activity
- ☐ d. Isometric Muscle Activity

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:26

Question 19

Not yet
answered

Marked out of
1.50

Flag
question

Strength is the ability of bones and joints to work against resistance:

☐ a. True

☐ b. False

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HUMAN FACTOR & WORK MEASUREMENT LAB

Time left 0:29:25

Question 20

Not yet
answered

Marked out of
1.50

Flag
question

What should be done if the peak and average values differ on the Jackson unit cell:

- ☐ a. Use the higher value
- ☐ b. Average the two values
- ☐ c. Use the peak value only
- ☐ d. Use only the average value

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Finish attempt



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