

SPRINT 17

Test for Lift Sessions

Overall SUS score = 79.28571429

Experienced Lifters Score = 76.875 ; Non-Experienced Lifters Score = 82.5

Scenario

An SUS (System Usability Scale) test was performed for the SetStats Lift Session where the users were asked to perform a basic squat lift using two cameras provided for reading the body movement. There were 7 users in total, out of which, 4 of them were experienced gym users, while 3 of them were non-experienced/beginners. All the users were explained about the SetStats product idea before beginning the test.

Tasks

Each user was asked to perform the following tasks while using the SetStats product:

- Set-up cameras
- Perform 2 sets of basic squat lift
- Read the feedback on computer screen as they lift
- Complete the questionnaire at the end

Key Findings

- The tested system passed with a score of 79.28 which is more than the average SUS score of 68 for any system to pass.
- Non-Experienced users found the system more helpful and hence a better score of 82.5
- 100 percent of users agree that they did not need to learn a lot of things in order to use the system

Results

[illegible]

AutoSave On SetStats Lift Session SUS questions · Upload Pending

File Home Insert Page Layout Formulas Data Review View Automate Help

Undo Clipboard Font Alignment Number Styles Cells Editing Analysis Sensitivity

Calibri 11 A^A

B I U Wrap Text Merge & Center

General Conditional Formatting Format as Table Cell Styles Insert Delete Format Sort & Filter Find & Select Analyze Data Sensitivity

L20 =PRODUCT(L19,2.5)

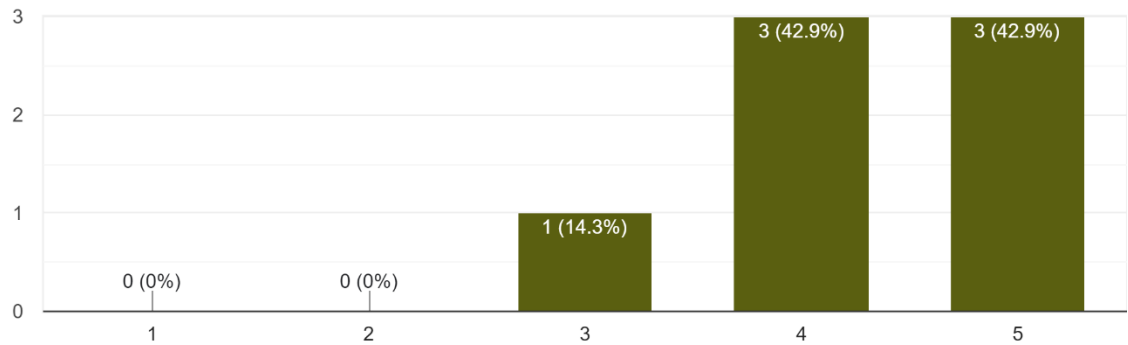
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
1	Timestamp	I think that I found the t	I thought t	I think that I found the t	I thought t	I would im	I found the t	I felt very	I needed to k	What additional feedback would you like to see on the screen during the lift?													
2	2023/04/1	5	1	3	2	4	4	5	3	3	1	tips to improve lift											
3	2023/04/1	5	1	4	3	5	3	5	1	4	1	weight											
4	2023/04/1	5	1	4	1	5	2	5	2	4	1	suggestion message to improve if lift is bad											
5	2023/04/1	3	2	5	2	5	5	5	1	5	1	how much weight i am lifting for record											
6	2023/04/1	4	1	5	2	3	2	5	3	5	1												
7	2023/04/1	5	1	5	1	2	4	3	1	4	1												
8	2023/04/1	3	3	4	3	3	2	4	2	4	1	a message instead of red lines											
9																							
10																							
11	Users	SUS Calculation (for non-experienced users)																					
12	1	4	✓	4	2	✓	3	3	✓	1	4	✓	2	2	4	29							
13	2	4	✓	4	3	✓	2	4	✓	4	3	4	3	4	34								
14	3	4	✓	4	3	✓	4	4	✓	3	4	✓	3	3	4	36							
15																							
16																							
17																							
18																							
19											Total=	33											
20											SUS Score=	82.5											
21																							
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24																							
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27																							
28																							

SetStats Lift Session SUS quest Non-Experienced users Experienced Users +

Ready Accessibility: Good to go

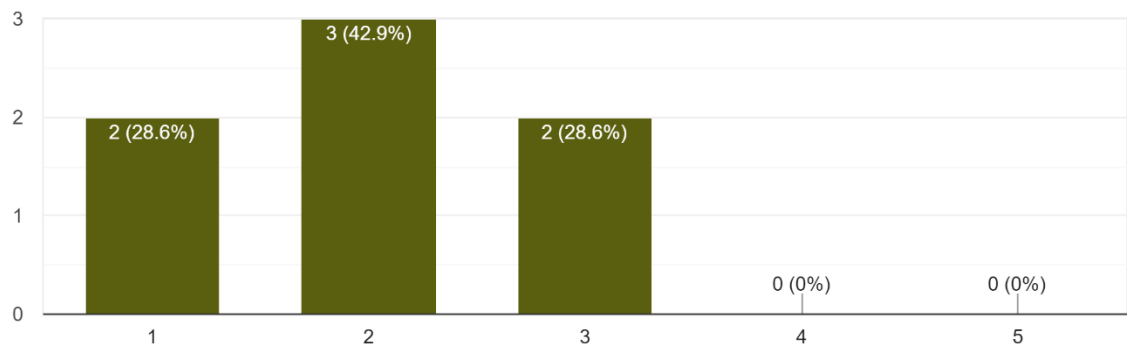
I thought the system was easy to use.

7 responses



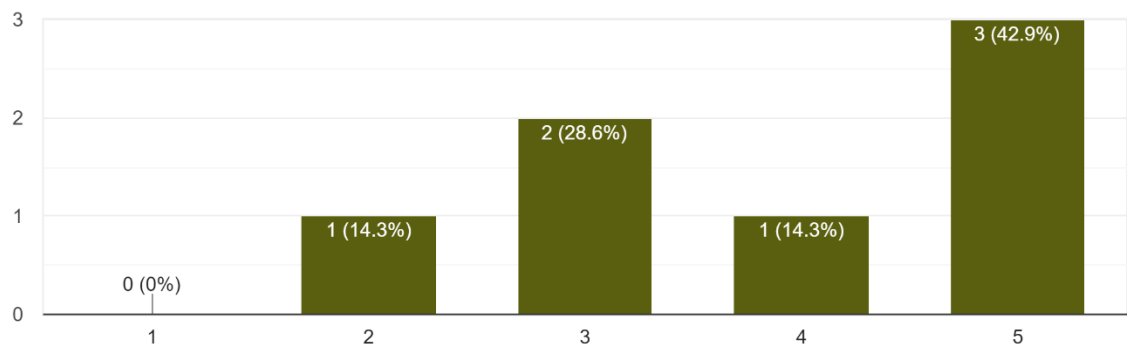
I think that I would need the support of a technical person to be able to use this system.

7 responses



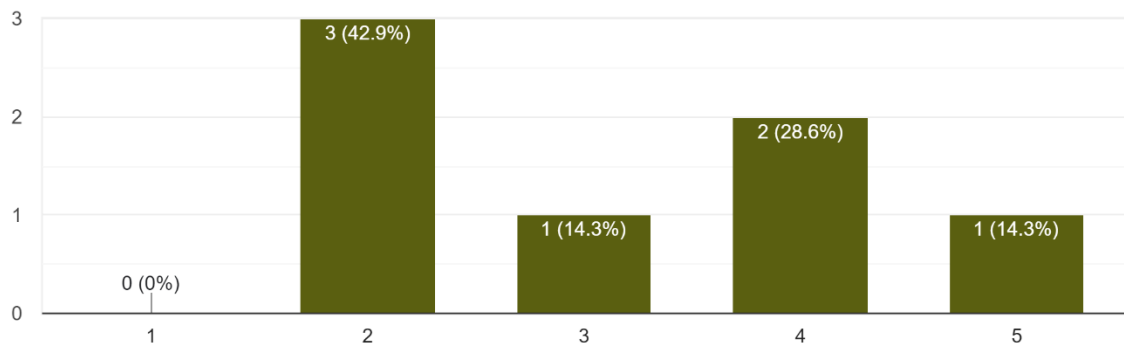
I found the various functions in this system were well integrated.

7 responses



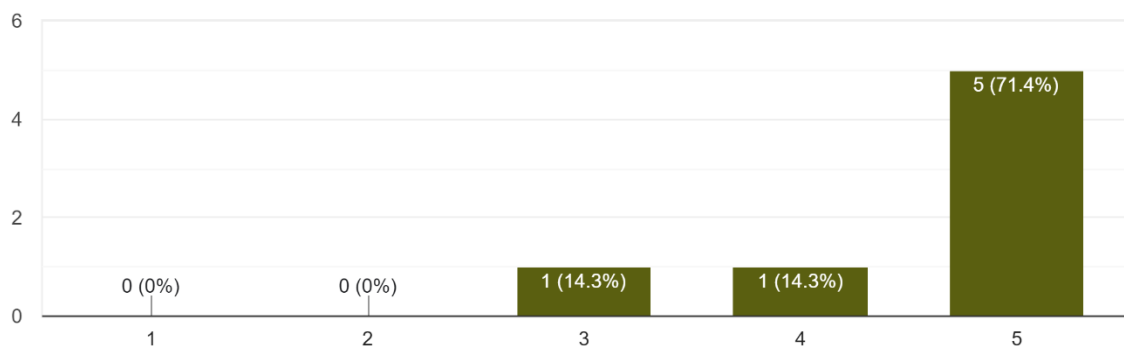
I thought there was too much inconsistency in this system.

7 responses



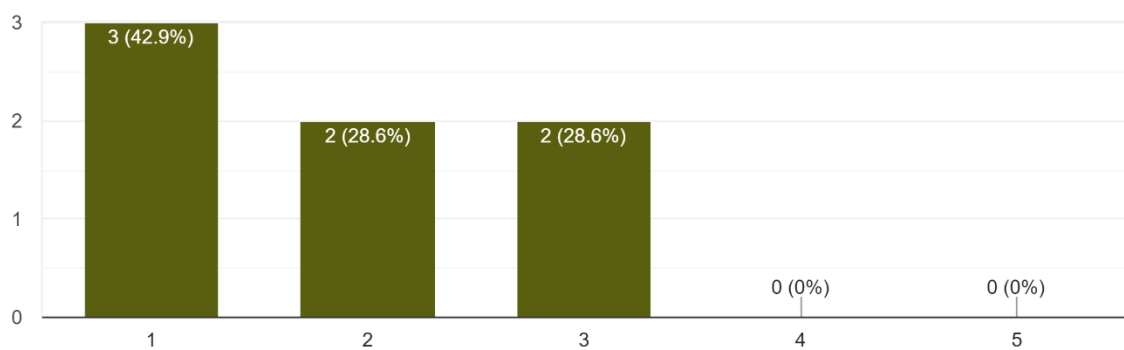
I would imagine that most people would learn to use this system very quickly.

7 responses



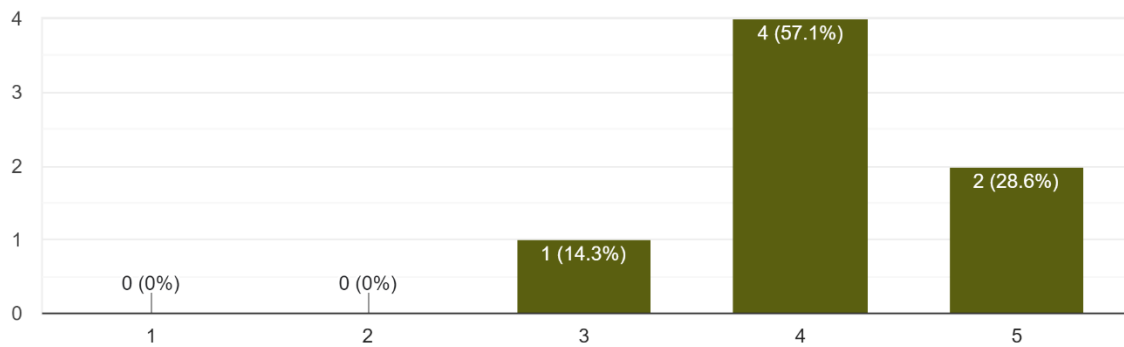
I found the system very cumbersome to use.

7 responses



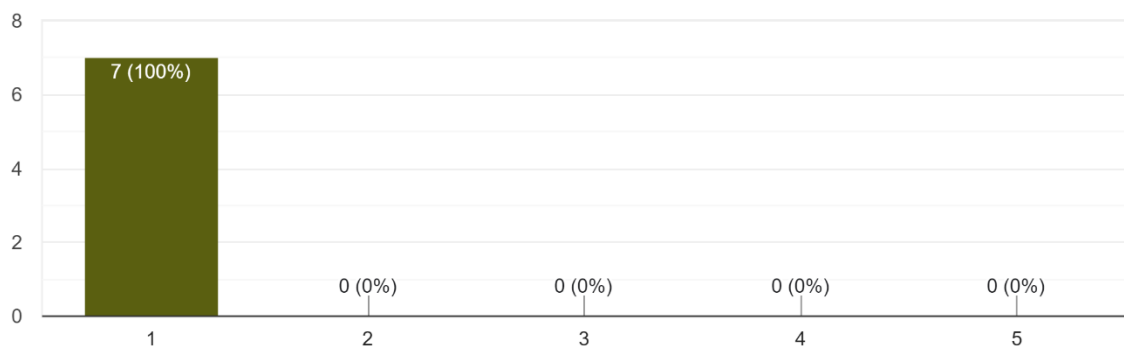
I felt very confident using the system.

7 responses



I needed to learn a lot of things before I could get going with this system.

7 responses



What additional feedback would you like to see on the screen during the lift?

5 responses

tips to improve lift
weight
suggestion message to improve if lift is bad
how much weight i am lifting for record
a message instead of red lines