distrib(x,mean=##,sd=##,lower.tail=XXXXX,type="X")

where x is replaced by the value of the quantitative variable or the area
mean=## has ## replaced by the value of the mean
sd=## had ## replaced by the value of the standard deviation/error
lower.tail=XXXXX has XXXXX replaced with TRUE (the default) for a "left-of" and
 FALSE for a "right-of" calculation
type="X" has X replaced with p (the default) for a forward and q for a reverse
 question

sqrt(x)

where x is replaced by a quantitative value

(z1 <- z.test(df\$var,sd=##,mu=##,alt="XXX", conf.level=0.##))</pre>

where df\$var has df replaced by the name of the data frame and var replaced by the name of the quantitative variable

mu=## has ## replaced by the null hypothesized mean sd=## has ## replaced by the value of σ alt="XXX" has "XXX" replaced by "less", "greater", or "two.sided" conf.level=0.## has ## replaced by the level of confidence