

**Application****15****EVALUATING EXERCISE DEVICES****Objective:** To evaluate an exercise device.**Procedure:**

1. Select the exercise device you will be evaluating and complete the requested information about that product.
2. Place an "X" in each box that applies to your product.
3. Total up the number of marks for your product. The higher the score, the more likely the product is safe and effective.
4. Answer the questions.

<b>"X"</b>	<b>Evaluation</b>	
<input type="checkbox"/>	The exercise device requires effort and is not passive.	<b>Name of device:</b>
<input type="checkbox"/>	The exercise device is safe and the exercise done using it is safe.	<b>Description of device:</b>
<input type="checkbox"/>	The device is fun to use.	
<input type="checkbox"/>	There are not claims that appear to be quackery.	
<input type="checkbox"/>	The seller has sound credentials.	
<input type="checkbox"/>	The product does something for you that is otherwise not possible.	
<input type="checkbox"/>	The device can be returned for a refund.	
<input type="checkbox"/>	The cost of the product is reasonable and justifiable.	
<input type="checkbox"/>	The device is easy to put together, store, and maintain.	<b>Manufacturer of device:</b>
<input type="checkbox"/>	The device comes with a warranty against defects.	

1. Is the device you evaluated safe? Why or why not?

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2. What changes could be made to make the device safer for use?

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3. Do you think the device you evaluated would do what it claims to do? \_\_\_\_\_

4. How might you change either the device or the instructions to make it more effective?

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