

VMA PDF & VMA資格準備

TEST VMA #1 | 3' + 9'

INTERMÉDIAIRE

VMA

La Vitesse Maximale Aérobie est une des valeurs fondamentales à connaître, notamment lorsqu'on veut faire de l'entraînement fractionné de manière efficace. En effet, c'est cette valeur de VMA qui permet de définir à quelle allure on doit s'entraîner pour faire progresser telle ou telle qualité physiologique.

LE TEST

Échauffement	✂ 15 minutes (voir vidéo)
Test #1	✂ 3 minutes à votre effort maximal*
Récupération	✂ 5 minutes marche ✂ 10 minutes jogging lent ✂ 5 minutes marche ✂ 5 minutes jogging lent ✂ 5 minutes marche (30 minutes total)
Test #2	✂ 9 minutes à votre effort maximal*
Récupération	✂ 10 à 15 minutes jogging lent

* Pour simplifier les choses, faites le test sur piste et arrêtez-vous lorsque vous atteignez le point de repère le plus proche de l'effort demandé.
(Exemple pour moi : "Je me suis arrêté quand j'ai atteint 2 heures et demi de piste soit à 2'33" - je n'ai pas eu le temps de faire 3000m de plus, en 3 donc je me suis arrêté ici) - Vous ne serez peut-être 2 heures, 1 heure et demi... Peu importe tant que vous courrez approximativement 3' et 9' lors de vos tests)

L'ANALYSE

▶ Calculer la vitesse des tests #1 et #2 en km/h

TEMPS (SEC') / NOMBRE DE KM = TEMPS/KM	Exemple pour mon test #1 (1 000 m en 2'53) : $2'53 = 2 \times 60 + 53 = 173''$ $/ 1000m = 1 \times 1km$ $= 173/1 = 173''/km$	Exemple pour mon test #2 (2 800 m en 9'04) : $9'04 = 9 \times 60 + 4 = 544''$ $/ 2800m = 2,8 \times 1km$ $= 544/28 = 194''/km$
1H en SEC / TEMPS au KM = KM/H	$3600/173 = 20,81 \text{ km/h}$	$3600/194 = 18,55 \text{ km/h}$

▶ Prendre la vitesse moyenne de vos 2 tests, ce qui vous donnera votre VMA
(Exemple pour moi : $20,81 + 18,55 = 39,36/2 = 19,68 \text{ km/h}$)

Pour en savoir plus sur les tests VMA, retrouvez [mon article dédié ici](#)

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>> VMA PDF <<

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SAVE International Value Methodology Associate 認定 VMA 試験問題 (Q11-Q16):

質問 # 11

The unique aspect of the value methodology is its application to anything that:

- A. is goal-oriented.
- B. includes an activity.
- **C. performs a function.**
- D. is a subject of study.

正解: C

解説:

Value Methodology (VM) is a versatile methodology, as taught in the VMF 1 course (Core Competency #1:

Value Methodology Overview). According to SAVE International's Value Methodology Standard, "the unique aspect of the Value Methodology is its focus on function analysis, making it applicable to anything that performs a function—whether a product, process, system, or service." VM's core principle is to improve value (function/cost) by analyzing what something does (its functions) and finding better ways to achieve those functions at lower cost without sacrificing performance. This focus on functions (e.g., "mark surface" for a pen, Question 38; "contain liquid" for a teacup, Question 44) allows VM to be applied universally to anything with a definable function, distinguishing it from other methodologies like Lean or Six Sigma, which focus on process efficiency or quality.

* Option A (includes an activity) is incorrect because, while activities describe how functions are performed, VM's unique aspect is its focus on functions, not activities.

* Option B (performs a function) is correct, as VM's defining feature is its application to anything with a function, per SAVE International's standards.

* Option C (is goal-oriented) is incorrect because many methodologies are goal-oriented; VM's uniqueness lies in its function-based approach.

* Option D (is a subject of study) is incorrect because being a subject of study is too broad; VM specifically targets subjects that perform functions.

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SAVE International, "Value Methodology Standard and Body of Knowledge," available at <https://www.value-eng.org>, emphasizing VM's unique focus on functions.

SAVE International, VMF 1 Core Competency #1 (Value Methodology Overview), highlighting the applicability of VM to anything that performs a function.

質問 # 12

Which type of value is the sum of labor, material, and other resources required to produce the subject?

- **A. Cost Value**
- B. Esteem Value
- C. Use Value
- D. Exchange Value

正解: A

解説:

In Value Methodology, value is defined as the relationship between function and cost (value = function/cost), and different types of value are analyzed to assess worth, as taught in the VMF 1 course (Core Competency

#4: Cost Analysis). According to SAVE International's Value Methodology Standard, the types of value include:

* Cost Value: "The sum of labor, material, overhead, and other resources required to produce the subject." It represents the actual cost to create or deliver the product or system.

* Use Value: The value of the functions the subject performs (e.g., what it does for the user).

* Esteem Value: The value associated with prestige, aesthetics, or desirability (e.g., brand value).

* Exchange Value: The value of the subject in terms of what it can be exchanged for (e.g., market value).

The question asks for the type of value that is the sum of labor, material, and other resources, which directly matches the definition of Cost Value. For example, the cost value of a car includes the costs of its parts, labor to assemble it, and overhead expenses.

* Option A (Esteem Value) is incorrect because esteem value relates to subjective desirability, not production costs.

* Option B (Exchange Value) is incorrect because exchange value is the market value, not the cost to produce.

* Option C (Use Value) is incorrect because use value reflects the functional utility, not the resource costs.

* Option D (Cost Value) is correct, as it is defined as the sum of resources required to produce the subject.

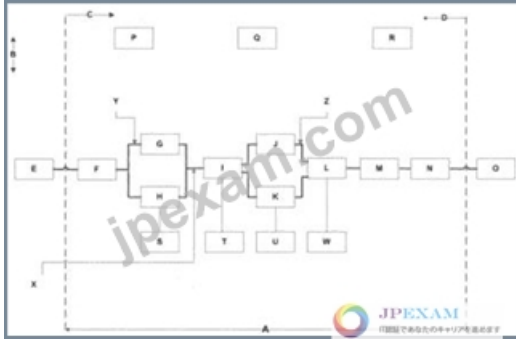
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SAVE International, "Value Methodology Standard and Body of Knowledge," available at <https://www.value-eng.org>, defining Cost Value as the sum of production resources.

SAVE International, VMF 1 Core Competency #4 (Cost Analysis), explaining types of value, including Cost Value, in the context of VM studies.

質問 # 13

Which of the following letters represents the scope lines?



- A. C
- **B. B**
- C. D
- D. A

正解: B

解説:

The diagram provided is a Function Analysis System Technique (FAST) diagram, a key tool in Value Methodology's Function Analysis phase, as taught in the VMF 1 course (Core Competency #2). FAST diagrams map the relationships between functions of a system, with the horizontal axis showing the "how- why" logic (critical path) and the vertical axis showing supporting functions. The vertical demarcations on the left and right of a FAST diagram are called scope lines, which define the boundaries of the study. According to SAVE International's Value Methodology Standard, "scope lines indicate the limits of the system or project being analyzed, separating the functions within the study's scope from external functions or assumptions." This was previously established in Question 15, where scope lines were identified as the correct term for these vertical demarcations.

In the FAST diagram:

- * The dashed vertical lines on the left and right are labeled B (left) and D (right). These lines define the scope of the study, with functions inside the lines (e.g., E, F, G, J, L, M, N, O) being within the study's focus, while functions outside (e.g., P, Q, R) are external assumptions or higher-level objectives.

- * A is a horizontal line at the bottom, representing the boundary of the diagram but not the scope lines.

- * C is an arrow indicating the direction of the "why" axis (left), not a scope line.

Since the question asks for the letter that "represents the scope lines," and both B and D are scope lines, the correct answer must be one of these. However, the options only allow for one letter to be selected, and in FAST diagramming convention, the left scope line (B) is often emphasized as the primary boundary for defining the study's starting point (e.g., the higher-order function E, as identified in Question 18). Thus, B is the most appropriate choice among the options provided.

- * Option A (A) is incorrect because A is a horizontal line, not a vertical scope line.

- * Option B (B) is correct, as B is the left vertical scope line, marking the boundary of the study's scope.

- * Option C (C) is incorrect because C is an arrow, not a scope line.

- * Option D (D) is also a scope line (the right boundary), but since only one letter can be selected and B is the left scope line (often the primary focus in FAST diagramming), B is chosen. If the question intended to allow both B and D, the phrasing would need adjustment.

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SAVE International, VMF 1 Core Competency #2 (Function Analysis), which includes the use of FAST diagrams and the definition of scope lines as vertical demarcations.

SAVE International, "Value Methodology Standard," section on Function Analysis, describing FAST diagramming conventions, including scope lines as the vertical boundaries of the study.

質問 # 14

What is the objective of the Creativity Phase?

- A. Develop improvement ideas
- B. Prioritize improvement ideas
- C. Generate improvement ideas
- D. Select improvement ideas

正解: C

解説:

The Creativity Phase (also known as the Creative Phase) is the third phase of the Value Methodology (VM) Job Plan, as taught in the VMF 1 course (Core Competency #6: Creative Thinking and Idea Generation).

According to SAVE International's Value Methodology Standard, "the objective of the Creativity Phase is to generate a large quantity of improvement ideas through brainstorming and other creative techniques, focusing on alternative ways to perform the functions identified in the Function Analysis Phase." This phase emphasizes divergent thinking to produce as many ideas as possible without judgment, as supported by the ground rules discussed in Question 10 (e.g., encouraging openness, freewheeling, and recording ideas). The generated ideas are then evaluated in the next phase (Evaluation Phase).

* Option A (Develop improvement ideas) is incorrect because development occurs in the Development Phase, where selected ideas are refined into actionable proposals, not in the Creativity Phase.

* Option B (Select improvement ideas) is incorrect because selection occurs in the Evaluation Phase, not Creativity.

* Option C (Prioritize improvement ideas) is incorrect because prioritization also occurs in the Evaluation Phase (as noted in Question 33 with the coarse-medium-fine filters).

* Option D (Generate improvement ideas) is correct, as it matches the primary objective of the Creativity Phase in the VM Job Plan.

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SAVE International, "Value Methodology Standard and Body of Knowledge," available at <https://www.value-eng.org>, detailing the Creativity Phase's objective to generate ideas.

SAVE International, VMF 1 Core Competency #6 (Creative Thinking and Idea Generation), emphasizing idea generation as the goal of the Creativity Phase.

質問 # 15

The Value Methodology is:

- A. A step-by-step design review to improve value.
- B. An eight-phase process to improve value.
- C. A suggestion program to improve value.
- D. A cost reduction exercise to improve value.

正解: A

解説:

Value Methodology (VM), as defined by SAVE International in the Value Methodology Fundamentals 1 (VMF 1) course, is a systematic, step-by-step approach to improve the value of a project, product, or process by optimizing the function-to-cost ratio. According to SAVE International's Value Methodology Standard, VM is described as "a systematic and structured approach for improving projects, products, and processes...

to achieve the optimum balance between function, performance, quality, safety, and cost." The VM Job Plan, a core component of VM, involves a step-by-step process (six phases: Information, Function Analysis, Creative, Evaluation, Development, and Presentation) that can be likened to a design review because it evaluates and enhances the design or process to improve value.

* Option A (suggestion program) is incorrect because VM is not merely about collecting suggestions; it is a structured methodology with defined phases and tools like function analysis.

* Option B (cost reduction exercise) is incorrect because VM focuses on improving value, not just reducing costs-cost reduction may occur, but only if it does not compromise essential functions.

* Option C (step-by-step design review) aligns with VM's systematic nature, as the Job Plan reviews and improves designs or processes through structured phases, making it the best fit.

* Option D (eight-phase process) is incorrect because the VM Job Plan has six phases, not eight, as established in SAVE International's standards.

質問 # 16

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