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# UX design and ergonomics training for tablets and smartphones

3 days (21 hours)

## PRESENTATION

Our "UX design and ergonomics for tablets and smartphones" course will teach you how to transform your sites into tactile experiences. In two days, you'll understand the key concepts of usability adapted to smartphone & tablet websites, analyze readings and interactions to optimize the user journey, and learn how to structure information for a fluid, inclusive mobile-first experience.

During our training program, you'll explore the tactile fundamentals: Fitts' law, thumb zone, Apple HIG targets & Material Design. Heat maps and target grids will help you place CTAs and menus precisely where the user expects them.

You'll enhance visual perception: F-shaped reading pattern, adjusted typography, WCAG 2.2 contrasts. A flash audit guarantees legibility and comfort while standing, sitting or moving. Thanks to guerrilla tests, time-to-task tracking and micro-moments, you'll refine each path according to posture, and reduce fatigue through natural gestures and rapid transitions.

Finally, you'll consolidate mobile accessibility (WCAG 2.2, VoiceOver, TalkBack) and integrate it into a responsive design system ready for iOS / Android. Figma workshops, tree-testing and RGAA audits guarantee immediately applicable skills.

As with all our programs, practical exercises are at the heart of this training, giving you the operational skills you need.

## OBJECTIVES

- Understand the key concepts of usability adapted to websites for tablets and smartphones
- Understand user actions to optimize ergonomics (reading or interaction)
- Designing and organizing information for an optimal experience on mobile devices

- Optimize the user path, particularly with regard to posture
- Improve specific accessibility to mobile tools for consulting the website

## TARGET AUDIENCE

- Webmasters, web designers, digital project managers, graphic artists, web designers

## Prerequisites

- Good knowledge of the Web and the use of mobile devices

## Program of our UX design and ergonomics training course for tablets and smartphones

### Fundamentals of touch ergonomics

- Impact of Fitts' law on tactile target size and distance
- Mapping the thumb zone for CTAs and main menus
- Apple HIG and Material Design minima for touch targets
- Mobile-specific WCAG 2.2 rules (visible focus, alternative gestures)
- Practical workshop: measure your layouts with a grid of tactile targets and adjust the "reachable" zones.

### Visual perception & reading on small screens

- Analysis of the F reading pattern and its impact on the visual hierarchy
- Adapt typography: size, line spacing, line length
- WCAG color contrast guarantee and verification tools
- Practical workshop: express audit of an article: typography, contrast, readability standing vs. sitting.

### Observe user actions in situ

- Guerrilla testing and micro-interviewing techniques
- Micro-moment mapping: scan, scroll, tap, swipe
- Hands-on workshop: Film three real-life usage sessions and extract behavioral insights.

### Designing mobile-first information architecture

- Structuring content through progressive disclosure
- Choice of navigation: tabbar, hamburger or swipe
- Screen prioritization with adaptive breakpoints
- Practical workshop: Card-sorting and tree-testing to redesign the tree structure of an e-commerce site.

## Interaction patterns and tactile feedback

- Standard gestures: swipe, pull-to-refresh, pinch & zoom
- High-performance transition states: skeletons, shimmer, Lottie
- Practical workshop: Prototype and test a 100% gestural onboarding flow in Figma.

## User path & posture

- Effects of posture (sitting, walking, lying) on accuracy and fatigue
- Performance debt reduction: controlled lazy-loading
- Key measures: completion rate, time-to-task, unnecessary typing
- Practical workshop: Film a key course in three postures and suggest quick-wins.

## Advanced mobile accessibility

- Application of WCAG 2.2 mobile criteria
- Use of native APIs: VoiceOver, TalkBack, Dynamic Type
- Practical workshop: Mobile RGAA audit on a prototype and compliance plan.

## User testing and quantitative measurements

- Development of a remote "think-aloud" protocol
- Using Fitts' law and accuracy rates to objectify gains
- Practical workshop: Minute tests: three users, three tasks, real-time scoring.

## Design system & hand-off mobile

- Setting up a responsive design system: tokens, patterns, variants
- Formalizing specifications for iOS / Android developers
- Practical workshop: Create the "Product card" file (portrait/landscape, light/dark, error states) and add it to the design system.

## Companies concerned

This course is aimed at both individuals and companies, large or small, wishing to train their teams in a new advanced computer technology, or to acquire specific business knowledge or modern methods.

## Positioning on entry to training

Positioning at the start of training complies with Qualiopi quality criteria. As soon as registration is finalized, the learner receives a self-assessment questionnaire enabling us to assess his or her estimated level of proficiency in different types of technology, as well as his or her expectations and personal objectives with regard to the training to come, within the limits imposed by the selected format. This questionnaire also enables us to anticipate any connection or security difficulties within the company (intra-company or virtual classroom) which could be problematic for the follow-up and smooth running of the training session.

## Teaching methods

Practical course: 60% Practical, 40% Theory. Training material distributed in digital format to all participants.

## Organization

The course alternates theoretical input from the trainer, supported by examples, with brainstorming sessions and group work.

## Validation

At the end of the session, a multiple-choice questionnaire verifies the correct acquisition of skills.

## Sanction

A certificate will be issued to each trainee who completes the course.