sportsman

DIGITAL dream

sportsman users manual
being active has never been so much fun

THE DIGITAL CAMERA COMPANY

Important

Pictures you may acquire from any of the bundled software and/or Pictures, or Documents you scan may be protected under copyright law. The unauthorized use of such materials could be a violation of the rights of the copyright holder.

welcome to the sportsman

The more active you are the more uses you'll find for this remarkable little camera. The Sportsman is packed with big ideas you can enjoy in all sorts of ways and places. This manual shows you what they are and explains everything you need to know to start using them.

contents

package contents

Sportsman digital camera

Special USB cable
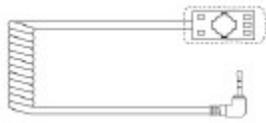
Pulse taker lead

CD-ROM (Contains digital camera software and user's manuals)

AAA Battery (Alkaline recommended)

1 x DL2032 Button Cell battery
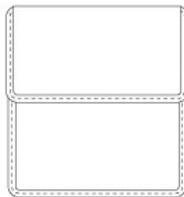
Pouch
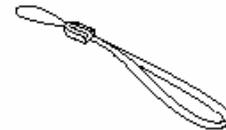
Strap

features

Compact and lightweight
Size: 57 x 68 x 27mm   Weight: approx. 81g (without battery)

Easy to operate
Fixed focus with only two button (function mode and shutter) operation

Three choices of picture taking modes
AVI (Audio Video Interleaved) recording
Self-timer mode (10 seconds delay)
Hi & Lo image recording mode

Instant image frames erasure
All images can be cleared instantly to start a new picture taking session.

Low power consumption with auto energy-save mode
Camera automatically enters into "Sleep" (energy-saving) mode when it remains inactive for
30 seconds.

Supports USB interface
With USB, download of images to your PC & Mac is accomplished at higher speed.

Software package bundle (PC Only)
Ulead Photo Express (Digital Still camera software)
Digital Dream Video Mail (PC/Web camera software)
Adobe Acrobat Reader (Software for reading the users manual)

camera overview

Front View

Rear View

LCD
Enter button
Function button

Mode button
Up button
Backlight button
Down button

Top View

Shutter

Side View

USB port
Pulse port

Battery compartment
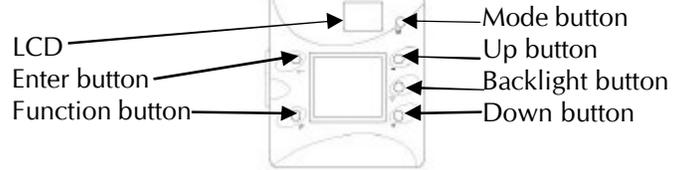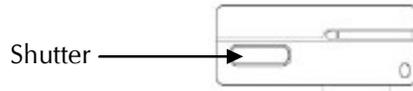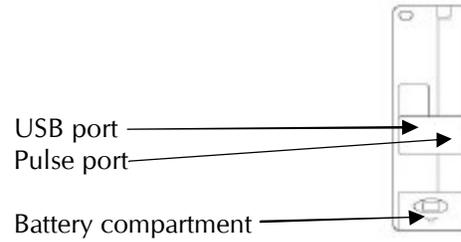
Getting ready

A - Inserting the batteries

One AAA high performance alkaline battery powers your new Sportsman digital camera in 'picture taking' modes. We recommend that you use high performance alkaline batteries because although it is possible to use rechargeable batteries they can sometimes have a shorter life - especially if you use Ni-CD rather than Ni-Mh. A secondary [battery spec] battery provides power for all non-photographic modes such as time, clocks, calories counter and heart monitor.

To replace the AAA high performance alkaline battery:
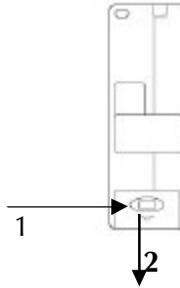
open

Simply press (1) and lift the battery cover (2) and insert the battery.
Insert a battery into its chamber making sure that the positive (+) and negative (-) ends are properly oriented with the polarity indicated in the chamber.

To replace the DL2032 Button Cell battery:
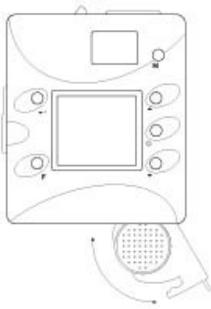
open
Simply press and lift the battery cover and remove the AAA high performance alkaline battery and gently pull out the concealed DL2032 Button Cell tray as illustrated. Insert your battery replacement into its chamber making sure that the positive (+) and negative (-) ends are properly oriented.

Caution: Only use size AAA alkaline batteries. Batteries may leak or explode if handled improperly. Remove batteries from the camera if you are going to store the camera for extended periods of time. Ensure the camera is turned off before inserting or removing batteries. Do not disassemble batteries. Do not expose batteries to flames or excessive heat. Do not immerse batteries in or expose to water. Discontinue use immediately if you notice any changes in the battery such as discoloration, deformation or leakage.

Dream tip: Your Sportsman contains Flash memory which means that even if you lose power or replace the battery, any pictures already in the camera will automatically be saved and stored for you. If you remove the cell battery however, the multi-function module will reset itself to factory defaults.

Getting ready

B - Basic picture taking

With two great resolutions to choose from you can rely on your new Sportsman to take great looking pictures at home or on the move. Hi resolution mode delivers stunning images that are full of detail and atmosphere while the Lo resolution mode frees you to take more spontaneous snaps - more often!

1 Pop up the **Viewfinder** and hold the camera steady. Look through the viewfinder and set up your picture. Adjust size of your composition by increasing or decreasing distance between camera and subject but not nearer than one meter.

2 Press the **Shutter** button to take a picture of your subject. A short beep sound emits at each click of the shutter to confirm that a shot has been taken and the camera is ready to take the next picture.

Hi Res or Low Res shots mode is available with erase capability (see next page for details). After each shot, the LCD Panel will show the number of remaining shots available.

If you hear a warning beep (longer and lower tone compared to normal beep) it means that it's too dark and your camera will not take a picture.

Dream tip: Your camera uses energy saving or "Sleep" mode to control its power which means it will automatically go to 'sleep' after 30 seconds of inactivity.

Image modes

The Sportsman is a powerhouse of easy to use options you can enjoy whether you want to take superb digital pictures or monitor your calorie count!

This section talks you through the image modes you can look forward to using.

Power On/Off
Power On: Press and hold the ᴍ button for a second.
Power Off: The ca.

Default LCD
The image LCD panel will look like this when you first time turn the camera on.

To cycle trough the camera's photographic modes simply press the ᴍ button

Continuous Shoot – Record up to 27 seconds of video.

Self Timer

Low resolution

clear 1 image

clear all images

Press the shutter button to accept/use the selected mode.

Image Modes

A – 181 Shots Mode

You can take as many as 181 shots of lower-resolution images in CIF (352 x 288) format. All you have to do is:

1 Repeatedly press the **M** button until the ⌷ icon is displayed on the image LCD Panel.

2 Press the **Shutter** button to accept and use the new setting.

Dream tip: If you hear a repetitive beep when you press the Shutter button it means that your camera's memory is full and you need to erase or download the images to free up space for more pictures.

Image Modes

B - 146 Shots Mode

What you lose in quantity is easily made up for in quality when you select the Sportsman's higher resolution mode.

To set your camera back to 146 Shots mode after operating in 181 Shots mode -

1 Repeatedly press the **M** button until the ⬚ icon is displayed on the image LCD Panel.

2 Press the **Shutter** button to accept and use the new setting.

Dream tip: If you hear a repetitive beep when you press the Shutter button it means that your camera's memory is full and you need to erase or download the images to free up space for more pictures.

Image Modes

C – Video Mode

Your Sportsman doesn't just take great looking stills, you can also set it to "On" continuous shoot mode and record up to 27 seconds of video! This fun option makes it incredibly easy to capture, download and keep some fantastic memories.

Press the м button on the camera and cycle through until $\boxed{\mathsf{Cn}}$ icon is displayed. Press and hold the shutter button for as long as you require to record your video.

$\boxed{\mathsf{Cn}}$

Dream tip: 'On' continuous shoot mode operates in low-resolution mode and will automatically default to this setting when used.

Image Modes

D - Self-Timer Mode

It's quick, easy and fun. Once you've pressed the Shutter button the Self-Timer mode gives you 10 seconds to get into position, sort out your hair… and blink at just the wrong moment. Fortunately the Sportsman also lets you erase any pictures you aren't happy with and have another go.

1 Select Self-Timer mode by repeatedly pressing the **M** select button until the `5E` icon is displayed on the image LCD Panel.

2 Then press the **Shutter** button to start the 10-second countdown.

3. Say cheese!

Dream tip: The Sportsman automatically shuts down after taking a picture in Self Timer Mode so you don't have to worry about wasting battery power.

Image Modes

E - Erasing your images from Camera

Bad hair day? Thumb over the lens? Whatever the reason for wanting to erase a picture, you can instantly clear one or all of them.

1 To enable the "clear" feature, repeatedly press the **M** select button until the _Er1_ (clear last image) or _ErA_ (clear all images) icon is displayed on the image LCD Panel.

2 Press the **Shutter** button twice to erase your selection.

ErA or _ErA_

Dream tip: If you don't press the Shutter twice within 5 seconds, the erase function is aborted.

More Modes

The Sportsman isn't just a great camera, it's also a handy aid if you're planning to lose weight, get fit and generally improve your lifestyle. Simply select the features you want to use. It's that easy.

This section talks you through all the modes available.

Default LCD
The main LCD panel will look like this when you first time turn the camera on.
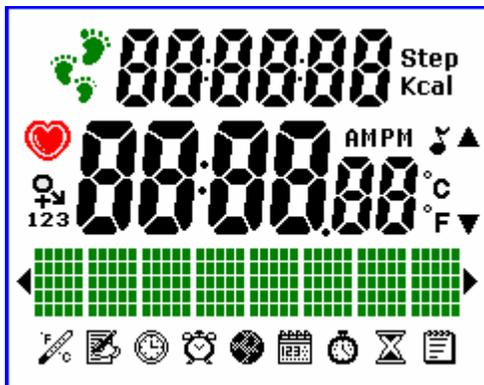
Calorie counter: a built in pedometer means you can estimate how many calories you burn when you're on the move

Temperature display: indoors or outside you can find out the temperature just by looking at the display

Personal details: simply enter a few details and your Sportsman will be able to help you set up and stick to a healthier lifestyle

World clock: Check out the time in more than 45 world cities

Alarm settings: why settle for one alarm when you can set up 3 just as easily?

Calendar: keep track of your busy days with this handy calendar

Stopwatch: a great way to monitor the time you spend doing almost anything!

Pulse counter: this intelligent tool makes tracking your fitness levels even easier

A – Calorie counter

Whether you want to trim up or feel your personal best, the sportsman's calorie counter makes it easier – and more fun! It works with a pedometer that keeps count of every step you take and estimates how much energy you're using. You can reset the counter whenever you want and use it as often as you choose.

1. Check your step count: Repeatedly press the ▲ button until the pedometer count is displayed on the top right of the main Lcd screen

2. Check the calories used: press the ▲ button once to switch from pedometer count to calorie count. Press again to return to pedometer count.

3. Reset the pedometer/calorie counter: press and hold the ✷ button for 3 seconds until "confirm" is displayed and then press the ↵ button.

Dream tip: Don't be alarmed if you hear a rattle in your camera. It's probably the sensor that activates the counter when you're walking or jogging.

B – Temperature display

Wherever you are you can now see the temperature at a glance thanks to the Sportsman's built-in digital thermometer.

Simply press the F button until the icon 🌡️ appears in the main LCD window. The temperature will then automatically be displayed for you. You can then:

1. Press ↵ button once to activate the settings
2. Press ▲ or ▼ button to select Celsius or Fahrenheit mode
3. Press ↵ button to return to the main reading
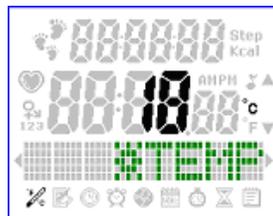
Dream tip: for the best readings remember to allow the camera a few seconds to adjust to changes in environments (e.g. indoors to outdoors).

C – Personal settings

The Sportsman really is a camera for the image conscious. As well as taking great looking digital photographs it can also help you keep track of your weight, activity levels and calorie count! A few easy to enter details are all that's required to personalise these terrific features.

1. name: Repeatedly press the ꜰ button until the 'name' field is displayed in of the main lcd window. Press the ▲ or ▼ button to select the first letter of your name. Press ↵ to confirm. Repeat the process to enter your full name.

2. sex: Press the ▲ button to switch between M/F. Press ↵ to confirm.

3. weight: Press the ▲ button to switch between KGS or LBS. Press the ▲ button to enter your weight. Press ↵ to confirm.

4. height: Press the ▲ button to enter your height. Press ↵ to confirm.

5. age: Press the ▲ button to enter your age. Press ↵ to confirm.

6. activity level: Press the ▲ button to select your activity level. Low/Middle/High. Press ↵ to confirm.

7. ownzone: Press the ▲ or ▼ button to enter your maximum and minimum heat rate levels and press ↵ to confirm.

8. Warning: Press the ▲ or ▼ button to select "on" or "off" for a warning to exercise.

9. keytone: press the ▲ button to activate/ deactivate this feature. Press ↵ to confirm.

10. Animator: Press the ▲ or ▼ button to select display animation On/Off and adjust the time of inactivity until the LCD display displays animation.

To edit your details once you have entered them select 🖋, press the ↵ button and press the ▲ or ▼ button to go through your details. Once you have reached the item you wish to edit press the ☀ button to change using the ▲ or ▼ button and press ↵ when you have finished.

Dream tip: the more accurate the information you provide is – the more useful your Sportsman will be.

D – World clock

With the Sportsman you can check the time in more than 45 World cities. All you have to do is set your local time and let the Sportsman do the rest!

To set local time press the ꜰ button until the 🕐 icon is shown in the main LCD window. Then:

1. Press the ▲ or ▼ buttons to select your local time zone (e.g. London).
2. Press ↵ to confirm.
3. Press the ▲ or ▼ buttons to select 12/24hrs clock mode.
4. Press ↵ to confirm.
5. Repeat instructions 4 & 5 to set the hours / minutes / year / month / date
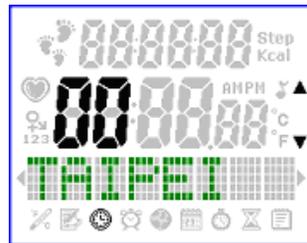
Dream tip: remember that you only have to set your local time. Your Sportsman will then automatically calculate the world clock times for you!

E – Alarm settings

Whether you need an early morning wake up call, midday reminder or late night alert the Sportsman makes it easy to set up all 3!

To set the Alarm press the F button until the ⏰ icon is shown in the main LCD window and press ↵
Then:

1. Press the ▲ or ▼ buttons to set the alarm "on" or "off"
2. Press ↵ to confirm.
3. Press the ▲ or ▼ buttons to select hours.
4. Press ↵ to confirm.
5. Press the ▲ or ▼ buttons to select minutes.
6. Press ↵ to confirm.

When the alarm sounds simply press the ↵ to stop the alarm clock.

Dream tip: the Sportsman is a flexible as your lifestyle so you can set 1, 2 or all 3 alarms when and where you want.

F – Calendar

Once set, the Sportsman's built in digital calendar makes keeping track of your days incredibly easy!

1. Repeatedly press the F button until you see the 📅 icon in the main LCD window
2. Use the ▲ or ▼ buttons to select the year
3. Press ↵ to confirm.
4. Repeat instructions 2 & 3 to set the month and date

Dream tip: Need to know what day of the week a certain date will be? Simply enter the date in calendar set–up and find out.

G – Stopwatch

Take the Sportsman out with you on your next early morning run and you can monitor your performance as easily as you can photograph the route!

1. Repeatedly press the F button until you see the ⏱ icon in the main LCD window
2. Press ↵ to 'start' / 'stop' the clock
3. Press the ☀ button to reset the counter
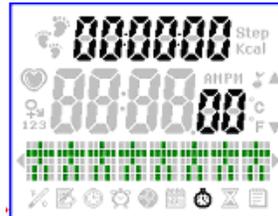
Dream tip: keep a daily record of your results so you can see just how quickly you're improving.

H – Pulse monitor

Now you can monitor your heart rate wherever and whenever you want to.   It's a useful way to find out how fit (or unfit) you are and it's incredibly easy to do.

Set up your OwnZone
The first thing you should do is input your own personal settings. You can then use the Pulse Monitor to show you your current pulse rate and warn you if it falls below or exceeds your settings.

1. Select Start/ Stop Safety Alarm Bell
2. Select ON and set /reset your target minimum and maximum heart rate. Once activated a safety alarm will alert you if your heart rate falls below or goes beyond the figure you set. You can use the following guide to help you set your OwnZone target.

Age group	Max. Heartbeat (time/ Min.)	60%	70%	80%
20	200	120	140	160
30	190	115	130	150
40	180	110	125	145
50	170	100	120	135
60	160	95	110	130
70	150	90	105	120
80	140	85	100	110

3. Remember that the pulse monitor is only an approximate guide to your activity levels. We recommend that you first check with your doctor before beginning any exercise routine.

Monitor your pulse
Follow these easy steps to start using your Pulse Monitor.

1. Plug in the Pulse sensor cable
2. Hold the sensor between your thumb and forefinger
3. Press the ↵ button
4. Relax.
5. The Pulse Display will now show and be updated every 5 seconds

Dream tip: people who exercise regularly tend to have slower heart rates than people who don't.

Connecting the Camera to PC

Relax, we've also made connecting to your pc easy. Just follow these simple instructions and get ready to get creative.

To transfer (download) the images data from the camera to your PC, connect the camera to your PC with the supplied USB cable.

1 Insert the smaller terminal of the USB cable into the camera's **USB port**.
2 Plug the other end of the USB cable into the **USB port** of your computer.
3 Perform downloads to your computer by referring to the section on "Downloading images" later in this manual.
4 Operate the camera as web camera by referring to the Digital Dream Mail help within the program.

Dream tip: Don't forget that you must install the bundled software into your computer before you can transfer your images to your pc. If you haven't installed it yet just follow the instructions in the section on "Utility Software Installation" of this manual.

Software for starters

The amazing thing about your Sportsman is the unlimited flexibility it gives you. You don't have to buy any film for it or wait around to see how your pictures have come out – you simply plug in to your PC, download and enjoy! Follow these simple instructions to install the software you'll need.

Windows users:

1. Insert your Digital Dream software choose your language and you should see this screen.

- **Camera Driver -** important software that creates a connection between your camera and pc
- **Ulead PhotoExpress –** an amazing image editing software suite
- **Digital Dream Mail** – fun software you can use to prepare and send images via email
- **User Manual** – The full user manual on this CD
- **Digitaldream** – a direct link to our website.

2. **Restart your PC if prompted after installation.**

Mac users:

Follow this step-by-step guide to install the Sportsman driver for your system os x Mac. Remember that you will need to restart your computer after installation.

1. Drag the USBMultiMode.dmg.sit from the CD to your desktop. Double click to unstuff and create the following file. Then double click on the USBMultiMode.pkg icon.
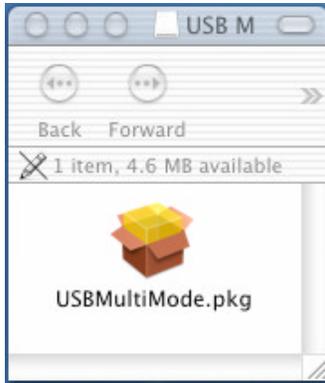
2. Enter your administrators name and password or phrase. Click OK to continue.
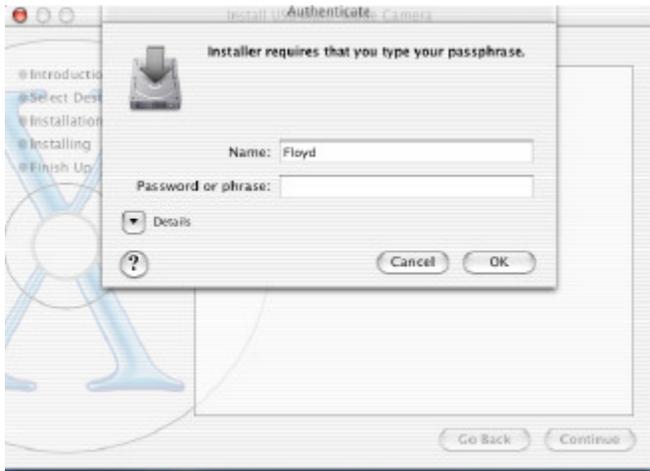
3. Follow the on-screen prompts.

4. Select your destination disk.
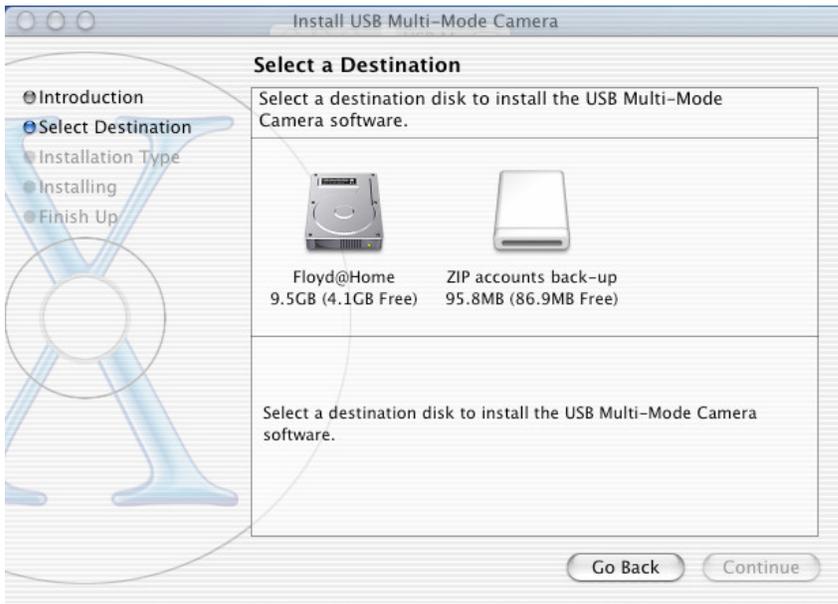
5. Click install to continue.
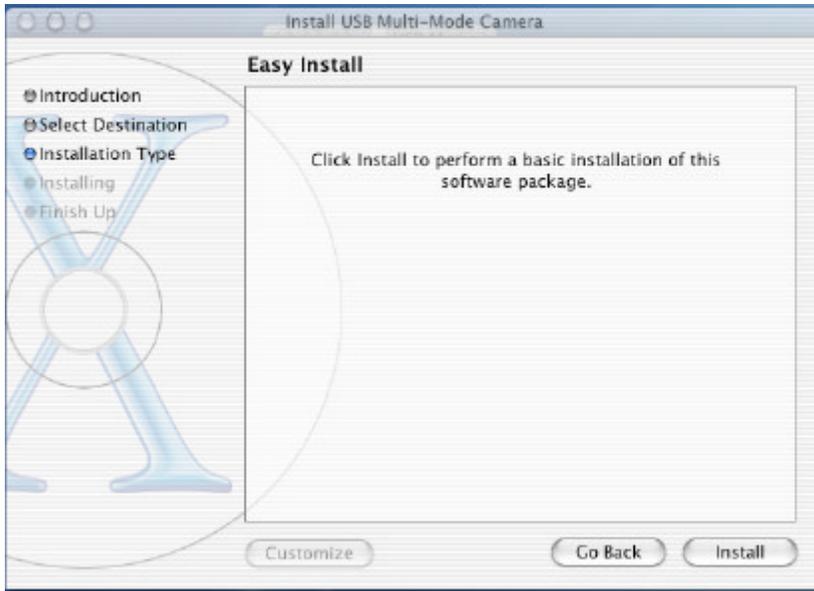
6. Click Continue Installation
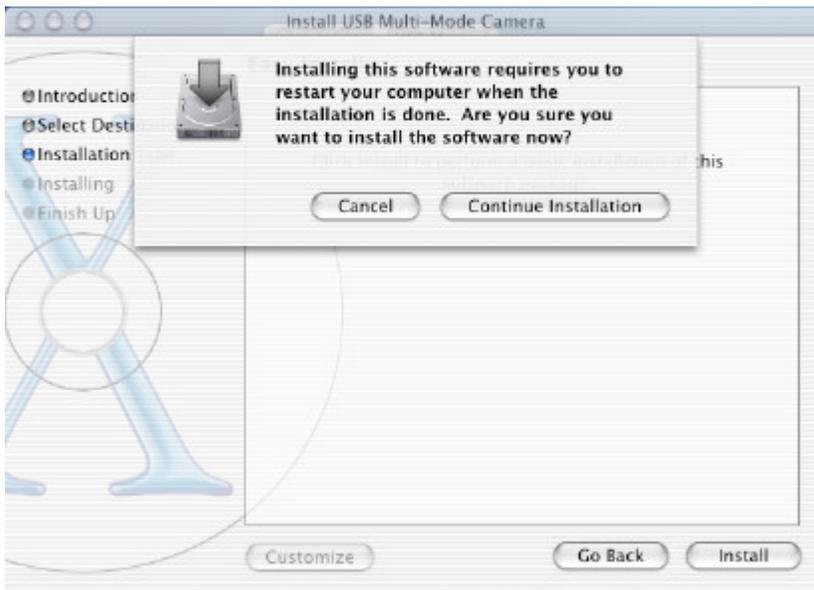
7. Click Restart.
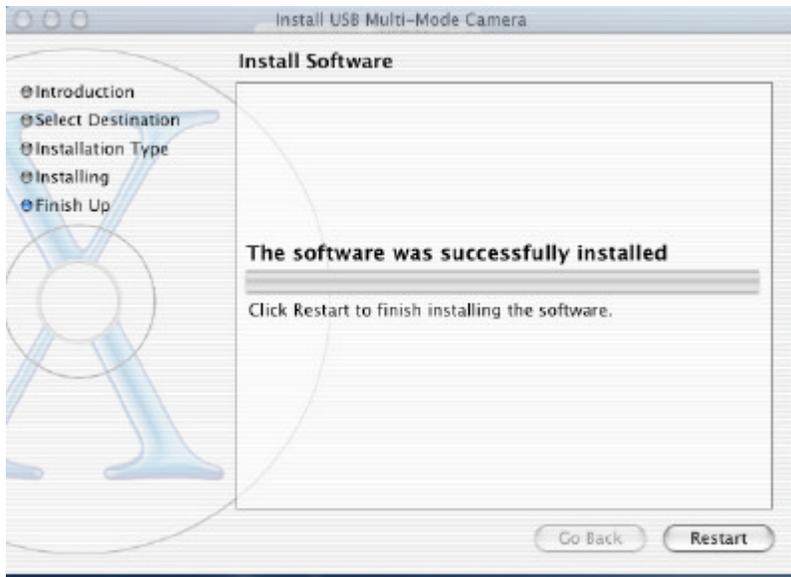
The first time you connect your Sportsman to your Mac your default viewing software should open (e.g. iPhoto). Once open you should operate the software as normal.

To connect your Sportsman to your Mac:

1. Connect the camera to your computer using the USB lead provided.
2. Switch your camera on.
3. Your default image software should launch. If it doesn't try to launch it manually.
4. Once open you should be able to download and organise your images from the camera in the normal way.

Requirements

- Mac running MacOS X.1 or later
- Image Capture Application (installs as part of OS)
- iPhoto (free download from http://www.apple.com/macosx/)

B. Take Control

Downloading your pictures to your Windows PC or Apple Macintosh computer is incredibly easy.

Windows users:

The **Sportsman Digital Camera** interface will automatically launch when you start downloading images from your digital camera to any of your image-editing software.

Download

Click the **Download** button to transfer and/or download another set of images from your Camera. Existing images will be overwritten.

Exit

Click the **Exit** button to close/quit

Sportsman Digital Camera Interface.

Acquire

Click the image that you wish to send and process to an image-editing software, and then click the **Acquire** button.

AVI
If you have a video clip stored on your camera the ▮▮▮ icon will be displayed in the window. Simply double click it and you will be prompted to save the movie to your computer.

Acquire All
Click the **Acquire All** button to send and process all the thumbnail images on the panel to a selected application.
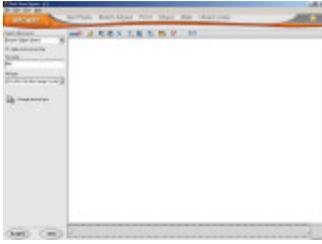
Using Ulead Photo Express

To Launch **Photo Express** just select the following in quick succession: **Start, Programs - Photo Express**.

2 Click the **Photo mode** tab from the left side bar of the screen. The **Photo mode** window should now appear.

3 From the Toolbar, click the '**Get**' button and then the '**Camera**' icon and the Select Data Source dialog box should appear. Now choose **Sportsman digital camera** from the list, and click the **Acquire** button.

4 The **sportsman Digital Camera** interface should now be displayed. Please refer to the previous page for a description of this window.

5 Click **Exit** when you are ready to return to Photo Express to further enhance the selected image(s).

Dream tip: For more details on how to enhance/add special effects to your images, or create digital albums, greeting cards etc., please refer to the Help menu of Photo Express.

Mac users.

Importing your sportsman images directly to your mac is equally simple provided that you are running mac os x and have iPhoto installed.

1. To launch iPhoto simply connect your sportsman to your Mac and click the iPhoto icon in the dock or applications folder.

2. Once open, click the'import' button on the bottom right of the window.

3. Your mac and sportsman should now automatically connect and you can choose to download or delete your cameras images.

Once imported you may edit, enhance, save and delete your images using iPhoto in the normal manner. Please refer to Mac Help for details of how to make the most of your iPhoto software.

Dream tip: Other mac photo suites may also be compatible with the sportsman. We suggest that you try to operate them as normal to see whether or not they respond to your sportsman.

Help and Support

For on-line technical support please visit our website: www.digitaldreamco.com