

# **Instructional Equipment Request**

SECTION 1: SUMMARY INFORMATIO	)N		,	
Timeframe for the Request:	Fall:	Spring:		Year: 2014
Name of Requestor:		Division	/ Unit:	
Brief Title of the Request: Rugby balls f	or touch/flag rug	by		Equipment Location: L2500
SECTION 2: DESCRIPTION				
Describe the specific equipment or mate (Please do not include cost data here.)	erials requested a	and a brie	f explai	nation of how it will be used.
A rugby ball is a diamond shape ball us popular non-contact version of the inter	e for easier pass national game.	sing. The	y will b	e used to teach a course in touch/flag rugby a
Check one of the following: The equipment is:	ment 🗌 An	upgrade	e	New equipment
How does the equipment replace, upgra	ade or provide ne	ew techno	logy to	the college? What do you currently have in place?
None, this is new equipment request.				
If request is motivated by a mandate, le provide any relevant documentation.	gal requirement	or safety	concerr	n, please describe it and why it's important. Please
SECTION 3: EDUCATIONAL ITEMS				
Which educational programs or institution	onal purposes do	oes this ed	quipme	nt support?
physical activity (with the resultant hea through this course contribute to health This is an activity course involving physicansfer course.	Ith benefits) is a ny life-style pract sical movement,	major cou ices whic	mponei h can e	is a Physical Education activity course. As such, nt of this course. Physical activity skills learned enhance quality of life and well-being. urse meets the criteria for a Physical Education UC
Is this in your Program Review?	Yes	☐ No		
If yes, please cut and paste the approp	riate wording her	re. If not,	explair	why.
Regular undates to curriculum are reco	ommended by Pi	rogram R	eview.	Active participatory courses in Kinesiology meet

Regular updates to curriculum are recommended by Program Review. Active participatory courses in Kinesiology meet the mission of the California Community Colleges and Las Positas College. Active participatory courses in Kinesiology provide students with learning opportunities necessary for the completion of certificates, degrees and transfer. These courses are required for completion of AA, AS, and AA-T degrees; they are CSU and UC transferable; they fulfil CSU GE Area E. This course will be a part of the Short/touch tennis family. A family of courses is related in content, but different skill levels or variations are separated into distinct courses with different student learning outcomes for each level/variation (title 5 (55040)).

#### **SECTION 4: TEACHING AND LEARNING**

Describe in detail the impact this equipment or materials will have on teaching and learning.

Students' learn how exercising while participating in touch/flag rugby affects their body. For example, they'll notice more frequent muscle contraction, raised body temperature and pulse, and deeper breathing known as tidal volume. Longer-term effects occur as the body adapts to regular exercise, including your heart getting larger, bones becoming denser and the vital capacity of your breath deepening. Students will gain confidence from learning rugby skills.

Students will learn effects of regular lacrosse training for bones, joints and muscles:

Muscles increase in size (hypertrophy)

Muscular endurance improves

Muscles, tendons and ligaments around joints get stronger

Joints become more stable and flexibility at joints increases

Bone width and density increases

Students will learn effects of regular lacrosse training for the cardiovascular system:

Heart muscle increases in size and strength.

Cardiac output increases. Cardiac means relating to the heart so this is the amount of blood that the heart pumps out to the body.

Lower resting heart rate, quicker recovery from exercise.

Reduced risk of heart disease.

Increased number of capillaries in muscles.

Increased volume of blood and red blood cells.

Students will learn effects of regular lacrosse training for the respiratory system:

Increased strength of diaphragm and intercostal muscles.

Greater number of alveoli.

Increased ability of the lungs to extract oxygen from the air.

Increased vital capacity.

Increased amount of oxygen delivered to, and carbon dioxide removed from, the body.

Number of classes or sections (per academic year) that will be impacted: 2

Will the Tri-Valley benefit from the equipment, and if so how?

The success of the men's rugby program at UC Berkeley illustrates the interest and participation of rugby in the Tri-Valley. There are youth rugby clubs in Pleasanton, Danville, Dublin and more than 31 rugby clubs in 19 Bay Area cities. Therefore, the course will allow Tri-Valley residents access to our high quality fields and continue their enjoyment of the game (or be introduced to the game for the first time).

## **SECTION 5: SUSTAINABILITY**

What is the potential life span of the requested equipment?: minimum of 10 years

How does this equipment meet or exceed basic sustainability efforts and/or provide renewable resources to the college? Please explain

What will be required to maintain the equipment, such as regular servicing or upkeep? Who will perform the maintenance and are the costs included in the Finance Section? n/a — only inflation of balls required

Where will the equipment be used or housed? If new storage is needed, describe the storage, location and costs to provide for it. Are these costs included in the financial section?

Outdoor storage area below turf field, there are no costs associated with this.

## **SECTION 6: OUTCOMES**

How will equipment enable student learning outcomes to be achieved? What are the consequences related to learning outcomes if request is not funded?

Equipment will allow students to participate in the game of lacrosse. As a result of undertaking this activity, they will be able to respond to the following learning outcomes:

- 1. How touch/flag rugby training benefits the cardiovascular system
- 2. How touch/flag rugby training benefits bones, joints and muscles
- 3. How touch/flag training affects the respiratory system
- 4. Knowledge: Identify importance of physical and social activities for lifetime health
- 5. Analyze a touch/flag rugby match using two methods; (1) Compare performance against a model performance using a focused observation criteria, and (2) Use a match analysis performance graph to ascertain strengths and areas to improve

# **SECTION 7: FINANCIAL**

#### Part 1

Total amount requested: \$247.20 for 15 rugby balls from worldrugbyshop.com

Explain the details behind the amount requested above.

Equipment or Materials: \$247.20
Delivery: \$14.99
Installation: 0
Facilities Modification: 0
Sales Tax: 0
Other: 0
Vendor Discount (if applicable): 0

**Total amount:** \$26**2**.19 (Attach copies of quotes or estimates)

NOTE: Requests for computer related equipment must be reviewed by LPC IT Department

IT Department Authorized Signature:

In addition to the amount requested above, what ongoing costs will be incurred per year? This is trying to determine the total cost of ownership.

COSTS

Upkeep and Maintenance: 0
Storage: 0
Other : 0

How will these ongoing costs be paid for? n/a

#### Part 2

How long will this equipment last and when will it need to be replaced? When replacement is needed, how will it be paid for? (such as another IER, grant, etc.)

The balls will be replaced approximately once every ten years.. Another IER form will be completed at that time.

Signatures:

Requestor

Request Approved: Yes No

Approved by:

Approver>

<mm/dd/yyyy>

What outside sources of funding, discounts or help have you explored and what is the outcome? (items such as CTE and

grants)

Date Approved:



365 431 US Hwy 70A East Hillsborough, NC 27278 Tel: 1-877-776-7651

Fax: 1-800-443-8326

Customer Number: 19311787

BILL paul sapsford TO 3000 campus hill dr LIVERMORE, CA 94551 SHIP paul sapsford TO 3000 campus hill dr LIVERMORE, CA 94551

ItemNumber	Quantity	Description	Price	Total
7199515	12	ZENON TRAINER BALL	\$16.48	\$197.76
7199514	3	ZENON TRAINER BALL	\$16.48	\$49.44
			Merchandise Total	\$247.20
			Customization Total	\$0.00
			Shipping Total	\$14.99
			Tax	\$0.00
			Order Total	\$262.19

LAS POSITAS COLLEGE Equipment, Apparatus and Service Requisition

SUGGESTED VENDOR NAME OF STAFF MEMBER FOR REIMBURSEMENT: List payee name & ssn DESCRIPTION 431 US Highway 70A East 365 Incorporated Vendor Information/ Remit To: INSTRUCTIONAL EQUIPMENT REQUEST Original invoices and receipts must be attached for payment. Include current taxes unless incorporated in price Comments: Fax: 1-800-443-8326 Hillsborough, NC 27278 (15) Zenon Trainer (Rugby) Balls Tel: 1-877-776-7651 Zenon Trainer (Rugby) Ball APPROVALS Dyan Miller ACCOUNT # (PRODUCT, TYPE, SIZE, COLOR, STOCK NUMBER) DATE WRITTEN 365 Incorporated Supervisor, 25-Sep-13 Coordinator/ Director DATE REQUIRED DIVISION/ DEPARTMENT For inventory purposes include room # where 25-Oct-13 BSBA PE Complex, Building 2500 3000 Campus Hill Drive Deliver To, include room # (optional): Livermore, CA 94551-7623 C/O William Eddy or PJ Johnson Las Positas College AX ID# Tel: 925-424-1282 / 1291 ACCT S BT# PROGRAM Dean/ VP/ President Shipping (if available): Subtota **Business Office** QTY UNIT PRICE 5 RETURN COPY of REQUISITION TO: 6 Mary Hargiss TOTAL COST FOR OFFICE USE ONLY 16.48 4 4 <del>()</del> ₩ ↔ <del>⇔</del> 4 6 4 \$ 4 <del>()</del> <del>()</del> 4 Δir 247.20 247.20 262.19 14.99 ı