



INSTRUCTIONAL EQUIPMENT REQUEST

Due in Dean/Unit Head's Office on September 19, 2011 (FALL) and March 1, 2012 (SPRING)

The Definition of Instructional Equipment can be found in the California Community College's Budget and Accounting Manual. A copy of these definitions is on the PBC webpage: <http://grapevine/pbc/InstructionalEquipment.php>

Name of Requestor: Diane Staedel

Division/Unit : Physical Education, Health and Athletics

Brief title of request (equipment or materials being requested must be similar, related or part of a system. Insta-Pulse 11" unit with wall mount

Request amount (unit cost and total cost including tax and shipping. Please include all costs including installation, modification to existing facilities to accomodate new equipment, etc.):
This should come from the vendor quote

Item (s) cost	\$ <u>284.05</u>
Tax (.0875)	\$ _____
Shipping	\$ <u>24.14</u>
Installation	\$ _____
Facilities Modification	\$ _____
Other	\$ _____
Total Cost	\$ <u>308.19</u>

Attach copy of quote(s), estimate(s) and requisition(s):
(Must attach quote & requisition; absence of either will delay processing)

Brief description of specific equipment or materials requested and what they will be used for: (include the # pieces being requested; i.e.: 10 crayola crayons, sky blue, etc. in 250 words or less)

The pulse monitor allows students to instantly find out what their heart rate is before, during and after exercise. This monitor will be mounted on the wall where both standing and wheelchair students will have access to it. SLO for the Adapted Weight Training class require students to monitor their heart rate and understand the importance of what exercise can do to improve the strength of their hearts.

Often disabled students are not able to get their own heart rate. Having the insta-pulse will give them a way to access their heart rate and see what happens to it during and after exercising. They will also be able to perceive their rate of exertion and relate it to what their heart rate is.

Is this in your Program Review? Yes No

Students will demonstrate improved cardiorespiratory endurance by finding their resting heart rate. They will take their heart rate before and after exercise and understand how exercise strengthens the heart muscle. They will also be aware of how their medications affect their heart rate.

Is it a replacement? Yes

Upgrade? Yes

New technology? Yes

Please explain?

Many of the disabled students in the Adapted Weight Training class are not able to find and count their own heart rate. The Insta-Pulse monitor is a simple technology that required the student to grip the monitor.

Coaches could use this monitor with their athletes and monitor stress levels after practices and competition.

Following is the evaluation criteria; please see corresponding Instructional Equipment Rubric.

Instructional and Service Impact

How will this item have a positive impact on instruction and/or teaching and learning in the classroom? Is this for use by the instructor or students, or both?

Students will be able to use this independently. They will be able to see and understand how they feel while doing their exercise program.

The instructor will be able to accurately monitor heart rates after walking, riding the bikes and doing weight lifting exercises.

Students and instructors will be able to discuss how the heart rate shows the benefits of exercise. The instructor can give guidelines to students on goals and wellness concerns dealing with the individual's heart rate.

Impact on Enrollment

Will the equipment impact enrollment, attract or increase the number of students participating in a course or program?

The insta-pulse can be used by not only the Adapted Weights class but athletes and others who can access the Training Room. The Personal Fitness and Boot Camp classes can also benefit from using this technology.

Access

How does this item promote the principles of universal design, by providing opportunities for under-represented populations & accommodate students with diverse learning styles?

The Insta-Pulse Monitor allows all students to instantly get their heart rate. Those students with disabilities or cannot find their heart rate easily can independently use the Insta-Pulse with success. Students will not have to watch a clock and count at the same time.

Outcomes

How will this equipment enable or enhance SLOs? What are the consequences related to learning outcomes if request is not funded?

One of the SLO for the Adapted Weight Training class is for the students to find and record their resting heart rate. The instructor cannot easily, and accurately get resting and training heart rates of those students who cannot independently find their own heart rate. Without this information being accurate, the SLO is not meaningful.

Total Cost of Ownership (This is an attempt to identify what the ongoing costs of purchasing this equipment will be to the institution)

- a) What is the lifespan of the equipment? 5 years? 10 years? 20 years?
- b) Is there sufficient current/planned space available for the storage and use of this equipment? If so, where will it be housed? If not, is there a proposed location and are there any costs associated with installation or modifications to the space?
- c) Are there operating costs and how will they be covered by the department?
- d) What will be required to maintain the equipment, such as regular servicing or upkeep? Who will perform maintenance, and what will the estimated costs be?

I would expect the lifespan of the Insta-Pulse to be at least 5 years. This would be based on the use in the Adapted Weight Training class only.

There are no operation costs or maintenance that can be foreseen.

Visibility/Profile within Community

Is this a “flagship” item that will bring recognition/notoriety to the College or raise the stature of the program? Will it attract students and/or enhance the image of the College in the community because of its rare, one-of-a-kind status?

This will bring recognition and raise the stature of the adaptive program by enabling the students to be able to measure their hear rate on their own. Also it will help athletes that access the training room to take there own heart rate before and after practice or games.

InstaPulse Heart Rate Monitors can measure your heart rate simply, instantly and accurately during aerobics, or while jogging or walking, without requiring a cumbersome chest belt or ear lobe attachments. It will automatically turn on and continuously update your heart rate, measuring the effectiveness of your workout. InstaPulse Heart Rate Monitors are highly regarded in the fitness industry.

Commitment to Sustainability

How does this equipment exceed basic sustainability goals and encourage renewable resources at the College? Is the design/operation of this item in keeping with the College's commitment to sustainable practices?

It is made from durable steel. Gopher has an unconditional guarantee on all its products. Comes with a 9 volt battery.

Health, Safety & Security

Does this equipment address any health, safety & security concerns? If so, please explain below.

It helps assist a health concern by allowing the users to check their pulse and heart rates. There is a concern especially with some of our adaptive students with regard being touched. This will alleviate that concern since they will be checking their pulse themselves. This equipment will be mounted which will help to address security concerns with being taken and not returned.

Signatures (required)

(If requesting computer-related equipment/software, LPC IT Department Review is **required**.)

Requested by *Shane Stuedel*

Dean/
Unit Head

[Signature] 3-13-12

IT Department Signature

Vice President *[Signature]*

LPC VP Business/President _____

LPC Business Office Use (Account Number) _____

GOPHER Performance

2525 Lemond St SW, PO Box 998
Owatonna, MN 55060-0998
Phone: 1-800-847-5334 Fax: 1-800-862-0761
Online: www.gopherperformance.com

Quote

Thank you for choosing Gopher Performance®!
Every quality product on this quote is backed by our
Unconditional 100% Satisfaction Guarantee.

Quote No. 158440 Quote Date: 06-FEB-12 Expire Date: 06-MAY-12 Sales Representative: Jenny Reid JennyR@gophersport.com Direct Phone: 800.533.0446 Direct Fax: 800.451.4855	Account Number: 5316544 Contact Name: Diane Staedel Email Address: Shipping Address: Las Positas College 3000 Campus Hill Drive LIVERMORE, CA 94551 Billing Address: Las Positas College 3000 Campus Hill Drive LIVERMORE, CA 94551
---	--

ITEM NO	QTY	ITEM DESCRIPTION	UOM	UNIT PRICE	EXTENDED PRICE
91-260	1	Insta-Pulse - 11" Unit w/ Wall Mount	Each	\$284.05	\$284.05
				Sub Total:	\$284.05
				Tax Total :	\$0.00
				Shipping, Handling & Processing:	\$24.14
				Total:	\$308.19

Thank you for choosing Gopher Performance®!

If you have any questions about your quote or would like to place an order, please contact me at JennyR@gophersport.com or by phone at 1-800-847-5334.



Unconditional 100% Satisfaction Guarantee

If you are not satisfied with any Gopher Performance® purchase for any reason at any time, contact us and we will replace the product, credit your account, or refund the purchase price.

No restocking fees. No hassles. No Kidding.