

INSTRUCTIONAL EQUIPMENT REQUEST

FALL 2019-2020

Internal Use
IE #: Fall 19-10
Total \$: 7,213.88

Requester Name: ANDREW CUMBO Division Name: KINESIOLOGY

SUMMARY INFORMATION

Title of Item: Weight Lifting Benches & Weight Lifting Plates

Equipment Location Building: 2500 Room: 202

Location and Delivery Comments:

SECTION 1: EQUIPMENT DESCRIPTION

The equipment is: A Replacement An Upgrade New Equipment/Technology

Describe the specific equipment requested and how it will be used to replace, upgrade or provide new technology to LPC from what is currently in place:

These three weight lifting benches will go with the three new weight lifting platforms and squat racks that we purchased last year. This new equipment has wheels and is easy for the instructor to move in and out of the racks and on and off the platforms. The existing benches do not have wheels and are heavy and cumbersome and can also scratch the hardwood surface of the platforms. These new benches preserve the life of the platforms and racks and will be easier to move. These rubber bumper plates are meant to be used on platforms and racks and we currently don't have many rubber bumpers, we only have the metal ones. The new bumper plates will be used with the new racks and platforms that were ordered last semester. There is currently a limited amount of bumper plates for the students to use and this new equipment will allow for more activity on the platforms and in the racks. These new plates will allow us to utilize the new equipment better.

RECEIVED
Las Positas College
SEP 20 2019
Administrative Services
Office of the Vice President

SECTION 1: EQUIPMENT DESCRIPTION (contd)

If applicable, describe the legal requirement, mandate, or safety concern for purchase of this equipment, making specific reference to the legal requirement or regulation:

NA

SECTION 2: LPC MISSION STATEMENT AND LPC PLANNING PRIORITIES

LPC MISSION STATEMENT:

LPC is an inclusive learning-centered institution providing educational opportunities and support for completion of students' transfer, degree, basic skills, career-technical, and retraining goals.

LPC PLANNING PRIORITIES:

- ❖ **Accreditation:** Establish regular and ongoing processes to implement best practices to meet ACCJC standards.
- ❖ **Curriculum:** Provide necessary institutional support for curriculum development and maintenance.
- ❖ **Tutoring Services:** Expand tutoring services to meet demand and support student success in Basic Skills, CTE, and Transfer courses.
- ❖ **Professional Development:** Coordinate available resources to address current and future professional development needs of faculty, classified professionals, and administrators in support of educational master plan goals.

Specify how the equipment supports *LPC's Mission Statement and Planning Priorities:*

The equipment requested supports the LPC Mission Statement as it provides support for students' to transfer and/or earn local degree(s)/certificate(s). The instructional courses that will use the equipment listed are tied to the Kinesiology Transfer Degree, Kinesiology A.A. Degree, Coaching Certificate, and Personal Trainer Certificate (In progress).

For Accreditation and meeting ACCJC standards, the primary area for this IER relates to Standard III (The institution effectively uses its human, physical, technology, and financial resources to achieve its mission and to improve academic quality and institutional effectiveness):

Standard III.B. Physical Resources

1. The institution assures safe and sufficient physical resources at all locations where it offers courses, programs, and learning support services. They are constructed and maintained to assure access, safety, security, and a healthful learning and working environment.

2. The institution upgrades or replaces its physical resources, including facilities, equipment.

The ACCJC standards also state the "The institution effectively uses delivery modes, teaching methodologies and leaning support services that reflect the diverse and changing needs of its students, in support of equity in success for all students."

SECTION 3: EDUCATIONAL ITEMS – PROGRAM REVIEW

Specify the educational programs this equipment supports:

Kinesiology AA-T (Area 4: Fitness requirement) Area 4: Fitness (7 courses) KIN BC1 Boot Camp1 for Flexibly & Core Development, KIN WT2 Weight Training, KIN WTW, Weight Training for Women, KIN WTW2 Women's Circuit Training, KIN XT1 X-Training

Kinesiology A.A. degree (Courses In addition to those listed above)

KIN WT 1 - Weight Training, KIN BC3 - Boot Camp for Power & Strength, KIN WT 3 - Strength Training (In progress), KIN WT 4 - Power Lifting (In Progress)

Intercollegiate Athletics Men's & Women's Soccer/Basketball/Swim & Dive/Water Polo, and Women's Volleyball

Personal Trainer Certificate & KIN 6 - Personal Trainer Certificate

Adapted Weight Training, Adapted Individualized Exercise, & Adapted Individualized Exercise

If this equipment is included in your Program Review, please include the exact wording. If equipment is not included, explain why:

We do not list specific equipment as the nature of our department and activity disciplines utilize a wide variety of equipment that needs to be replaced and/ or upgraded.

From our Program Review:

IV. Resources, C. Financial "Continued maintenance, repair, and replacement of existing facilities and equipment for both activity courses and Intercollegiate Athletics."

2. Rationale for financial request(s). "We are a program that is very heavy on equipment. Without resources to maintain what we already have or purchase new/replacement equipment to meet our diverse offerings, student learning will decrease."

SECTION 4: TEACHING AND LEARNING

Describe in detail the impact this equipment will have on teaching:

As an instructor, this will allow us to teach a wider variety of exercises in a safe and controlled environment. Students are interested in Olympic Lifts and Power lifting, and we currently do not have the space or equipment to teach them. As a result of student interest, we are requesting this equipment as well as creating two new courses to the Weight Training Family.
The equipment requested can be used in to teach various exercises in 22 different activity courses.

Describe in detail the impact this equipment will have on learning:

Students with varying ability and experience will all have the same opportunity to learn specific exercises in a safe and controlled environment. Having three stations will all for more student learning, especially since we average 30 students per class. 21 different courses could utilize the equipment requested.

Each academic year, this equipment will impact: 21 # of classes/sections 600 # of students

SECTION 5: OUTCOMES (SLOs)

Using your documented SLOs, specify how the equipment will enable student learning outcomes to be achieved.

This equipment will enable student learning outcomes to be acheived through new equipment/technology that will allow the content of the courses to be discussed, demonstrated, and taught in a safe and controlled environment that is equitable to all students. This equipment supports all of the following SLO's:
Practice a variety of exercises and methods to increase student's physical capabilities,
Apply physical activity skills to support health and wellness,
Demonstrate safe and effective strength training principles and weight room etiquette,
Perform various core strength exercises, Perform measurable power and strength fitness tests,
Identify and demonstrate basic weight training exercises for each major muscle group,
Demonstrate how to utilize the weight training equipment safely and proper gym etiquette,
Perform a personal assessment of physical conditioning/fitness and weight training program,
Employ a pre-season weight program using principles of overload and progression,
Develop a high level of physical conditioning.

What are the consequences related to learning outcomes if request is not funded?

Learning outcomes would be limited. We are working towards creating more opportunity for out students. It would limit our ability to expand on what we teach, the ability to provide new curriculum, meet the needs of students interests and abilities, as well as the needs of our students • hat are seeking a KIN degree and Personal Training/Coaching Certificates.

SECTION 6: TOTAL COST OF OWNERSHIP (FINANCIAL & SUSTAINABILITY)

What is the potential life span of the requested equipment?

10+ years.

If new storage is needed what are the storage requirements, location requirements, and costs associated with the new equipment: (NOTE: Specific storage costs should be detailed in the “Part A: Initial Start-up Costs” section below.)

NA

If this equipment replaces old equipment but the old equipment will not be retired, are there on-going storage requirements, location requirements, and costs associated with the old equipment? If so, provide details.

We do not plan to retire the other 3 benches or the non rubber plates. We will still use that equipment but it will not be used on the platforms or racks.

If your proposed equipment will require assembly or installation, please explain what is required, who will perform it, and what the cost will be

No assembly required.

What will be required to maintain the equipment, such as regular servicing or upkeep? (Specific on-going costs should be detailed in the “Part B: On-Going Annual Operating Costs” sections below as applicable.)

Basic maintenance will be cleaning and sanitizing as part of the normal weight room operation.

Explain how this equipment meets or exceeds basic sustainability efforts and/or provides renewable resources to the college:

NA

SECTION 6: TOTAL COST OF OWNERSHIP (contd)

Part A: Initial Start-up Costs

<u>Item</u>	<u>Cost</u>	<u>Comments</u>
Equipment or Materials	5,719.80	
Taxes (9.5%)	529.08	
Shipping or Delivery Charge	965.00	
Installation Costs *		
Miscellaneous Costs:		
Facilities Modifications		
Operator Training		
Maintenance & Repair Training		
Storage		
Other: _____		
Vendor Discount		
Grand Total:		\$ 7,213.88

*For items requiring installation, requesters are required to check with District Purchasing (Victoria Lamica) regarding District policies.

Part B: On-Going Annual Operating Costs

<u>Item</u>	<u>Cost</u>	<u>Comments</u>
Annual Service or Maintenance		NA
Estimated Parts Replacement Per Year		
Outside Standardization or Calibration Costs		
Storage Costs		
New Supply Costs		
Miscellaneous Costs:		
Maintenance & Repair Labor		
Other: _____		
Annual Operating Costs:		

Indicate the source of funding for on-going annual operating costs:

SECTION 6: TOTAL COST OF OWNERSHIP (contd)

Part C: Incremental Labor Costs

OPERATOR:

Indicate the key operator: Instructors for the various courses.

Is this in their current scope of duties? Yes

Indicate cost to train key operator (include in Initial Start-up Costs above): 0

Indicate amount of time per month key operator will use equipment: 96

MAINTENANCE & REPAIRS:

Indicate the person performing maintenance and repairs: Athletic Assistant/Contractor

Is this in their current scope of duties? Yes

Indicate cost to train for maintenance and repairs: Already Included

Indicate amount of time per month maintenance will be required: NA

APPROVALS

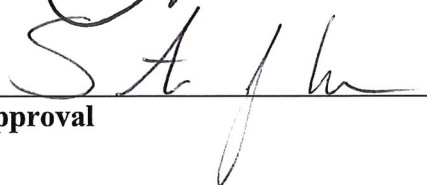
Funded requesters will be expected to respond to a brief RAC feedback survey by a requested deadline.

- ❖ Requests for computer-related equipment and printers must be reviewed and signed off by the LPC IT Department.
- ❖ Requests that require M&O assistance with assembly or installation must be signed off by M&O.

SIGNATURES:


Requester

9/12/19
Date


IT Approval

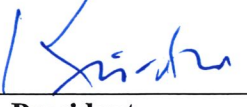
9/02/19 N/A
Date

M&O Approval

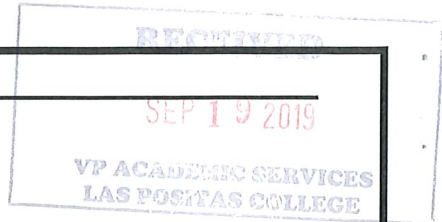
Date


Division Dean

9.19.19
Date


Vice President

9/20/19
Date



LAS POSITAS COLLEGE Equipment, Apparatus and Service Requisition #R

FOR REIMBURSEMENT: List payee name & ssn. **Power Lift** TAX ID# _____ FOR OFFICE USE ONLY

SUGGESTED VENDOR **Power Lift**

NAME OF STAFF MEMBER: Mary Hargiss
 DATE WRITTEN: 19-Sep-19
 DIVISION/DEPARTMENT: BHAWK / KIN
 DATE REQUIRED: 19-Oct-19
 For inventory purposes include room # where equipment will reside: PE202

DESCRIPTION (PRODUCT, TYPE, SIZE, COLOR, STOCK NUMBER)	UNIT	QTY	UNIT PRICE	Air
INSTRUCTIONAL EQUIPMENT REQUEST FOR FALL 2019				
Weight Lifting Benches & Weight Lifting Plates			\$	-
(See attached Quote for Various Descriptions of Items being Requested)			\$	5,719.80
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
			\$	-
Vendor Information/ Remit To:			\$	-
Power Lift			\$	-
900 E Hwy 30			\$	-
Jefferson, IA 50129			\$	-
Phone: 515-386-3717			\$	-
Comments:			\$	-
INSTRUCTIONAL EQUIPMENT REQUEST FOR FALL 2019			\$	5,719.80
	Subtotal		\$	529.08
	Tax		\$	965.00
	Shipping (if available):		\$	

Original invoices and receipts must be attached for payment. Include current taxes unless incorporated in price.

TOTAL COST \$ 7,213.88

ACCOUNT # _____ FUND _____ ORG _____ ACCT _____ PROGRAM _____

Business Office

APPROVALS

Supervisor/ Coordinator/ Director _____

Dean/VPT/President _____

RECEIVED Las Positas College



Conner Athletic Products, Inc. dba POWER LIFT
 PO Box 348, 900 E. Hwy 30
 Jefferson, IA 50129
 HQ: 515-386-3717, Rep: 949-795-0885
 Fax: 515-386-3220
 www.Power-Lift.com
 Since 1999

QUOTE - WEIGHTS / BENCHES V2

Date: 9/4/2019
 Quote / Prices Valid for 30 Days
 3 BENCHES
 WEIGHTS

Sold To: Jason Craighead Las Positas Community College 3000 Campus Hill Dr Livermore, CA 94551	Ship To: Same
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Quote Version: 2
 Customer #: LPC-01
 Prepared by: Tony Tribolet
 Phone/Cell: 949-795-0885
 Email: ttribolet@power-lift.com
 State: California
 Delivery ETA: 2019
 New/Existing?: EXISTING FACILITY

Item No.	Description:	Quantity:	List Price:	School/Adjusted:	Extended:
60000A	Power Lift Adjustable Bench - PDBB 0, 15, 30, 45, 60 and 80 Degrees. Lock in at all angles. <i>Includes wheels and handle. Patented Seat Adjustment System.</i>	3	\$ 1,099.00	\$ 989.10	\$ 2,967.30
UCBP45	UMAX Performance Olympic Bumper Plate 45 lb. RED	6	\$ 197.40	\$ 148.05	\$ 888.30
UCBP35	UMAX Performance Olympic Bumper Plate 35 lb. BLUE	6	\$ 161.70	\$ 121.28	\$ 727.65
UCBP25	UMAX Performance Olympic Bumper Plate 25 lb. ORANGE	6	\$ 132.30	\$ 99.23	\$ 595.35
UBOP10	UMAX Urethane Coated Olympic Plate 10 lb.	6	\$ 32.80	\$ 24.60	\$ 147.60
HTP-10LB	HITech Composite 10 lb. Bumper Plate - EACH	6	\$ 80.00	\$ 65.60	\$ 393.60
PAYMENT TERMS: PURCHASE ORDER OR FULL PAYMENT CONNER ATHLETIC PRODUCTS, INC. dba POWER LIFT 900 East HWY 30 Jefferson, IA 50129 ** CURRENT LEAD TIMES IS 12-14 WEEKS IF ORDER PLACED Email: ttribolet@power-lift.com					SUB TOTAL: \$ 5,719.80
INSTALLATION, FREIGHT AND SALES TAX:					
ST	SALES TAX , 9.25%				\$ -
NON-TAXABLE FREIGHT / ITEMS: Delivery / Freight - Common carrier weights. Delivery of Power Lift Benches - Crate / Common Carrier, Lift Gate Service.					\$ 396.00 \$ 569.00

To Process the order the following is needed:
 * Signed Quotation.
 * School Purchase Order / Universities or School Districts or approved facilities.
 * Balance Due NET 30 with approved school/district purchase orders
 * Estimated Lead Time for Delivery: PLEASE CONTACT REP FOR CURRENT LEAD TIMES
 * Quote / Prices Valid for 30 Days from quote date.

Total Amount: **\$ 7,213.88**

Approval: _____
 Title: _____
 Date: _____

Equipment Colors:
 Frames: N/A
 Upholstery: N/A
 Other: N/A
 Custom Logos: TBD - Platform
 Chin Bars: N/A

