

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:	\$18.99
Installation:	0
Facilities Modification:	0
Sales Tax:	0
Other:	0
Vendor Discount (if applicable):	0

Total amount: \$262.19 (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

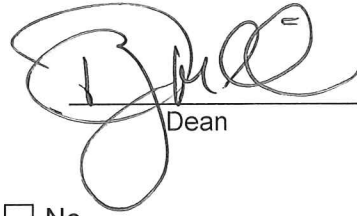
How long will this equipment last and when will it need to be replaced? When replacement is needed, how will it be paid for? (such as another IER, grant, etc.)

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

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

Signatures:


PAUL SAPSFORD
Requestor


Dean


Vice President
9/30/13

Request Approved: Yes No

Approved by:

<Approver>

Date Approved:

<mm/dd/yyyy>



365
431 US Hwy 70A East
Hillsborough, NC 27278
Tel: 1-877-776-7651
Fax: 1-800-443-8326

QUOTE
34836

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
719951..5	12	ZENON TRAINER BALL	\$16.48	\$197.76
719951..4	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

