



Instructional Equipment Request

SECTION 1: SUMMARY INFORMATION

Timeframe for the Request: Fall: Spring: Year: 2014
 Name of Requestor: Paul Sapsford Division/ Unit: Kinesiology
 Brief Title of the Request: Lacrosse sticks, balls & goals Equipment Location: L2500

SECTION 2: DESCRIPTION

Describe the specific equipment or materials requested and a brief explanation of how it will be used.
 (Please do not include cost data here.)

A lacrosse stick or crosse is used to play the sport of lacrosse. Players use the lacrosse stick to handle the ball, the head of a lacrosse stick is roughly triangular in shape and is strung with loose netting that allows the ball to be caught, carried (known as "cradling"), and thrown or shot. Additional items required to play the game include lacrosse balls and goals.

Check one of the following:

The equipment is: A replacement An upgrade New equipment

How does the equipment replace, upgrade or provide new technology to the college? What do you currently have in place?

None, this is new equipment request.

If request is motivated by a mandate, legal requirement or safety concern, please describe it and why it's important. Please provide any relevant documentation.

SECTION 3: EDUCATIONAL ITEMS

Which educational programs or institutional purposes does this equipment support?

Physical Education Rationale: As indicated in the LPC GE Criteria, this is a Physical Education activity course. As such, physical activity (with the resultant health benefits) is a major component of this course. Physical activity skills learned through this course contribute to healthy life-style practices which can enhance quality of life and well-being. This is an activity course involving physical movement, as such, this course meets the criteria for a Physical Education UC Transfer course.

Is this in your Program Review? Yes No

If yes, please cut and paste the appropriate wording here. If not, explain why.

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 lacrosse 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 lacrosse 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?

Lacrosse ranks as the nation's fastest-growing sport, with high school participants more than doubling in a decade, from 74,000 in 2000 to 160,000 in 2010, according to the National Federation of State High School Associations. Going back two decades, that growth is more than 500 percent, according to the NFHS. In California, the sport has shown serious growth, with high school participation tripling since 2002 when 4,000 boys and girls played on school teams, to more than 12,000 statewide in 2010, NFHS data shows. Therefore, we will be providing an avenue for high school players to continue to develop their skills or introduce the game for the first time to many of our students.

SECTION 5: SUSTAINABILITY

What is the potential life span of the requested equipment?: If used appropriately each stick should last 5 years or more, however, the net/mesh may have to be re-strung every 3-4 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?

The net/mesh may have to be re-strung every 3-4 years, this would be performed by the kinesiology/athletic assistants.

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

SECTION 7: FINANCIAL

Part 1

Total amount requested: \$1066.50 for 36 lacrosse sticks and 36 balls. \$700.20 for 4 Lacrosse goals from Gopher

Explain the details behind the amount requested above.

| | |
|----------------------------------|-----------|
| Equipment or Materials: | \$1766.70 |
| Delivery: | \$88.34 |
| Installation: | 0 |
| Facilities Modification: | 0 |
| Sales Tax: | \$158.99 |
| Other: | 0 |
| Vendor Discount (if applicable): | |

Total amount: \$2014.03 (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

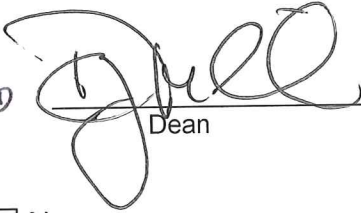
How long will this equipment last and when will it need to be replaced? When replacement is needed, how will it be paid for? (such as another IER, grant, etc.)

This equipment will last more than 5 years. The balls will be replaced approximately once every five years at minimal cost. 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:

 - Pavi Saestrom
Requestor


Dean


Vice President

9/30/13

Request Approved: Yes No

Approved by:

<Approver>

Date Approved:

<mm/dd/yyyy>

GOPHER

2525 Lemond St SW, PO Box 998
Owatonna, MN 55060-0998
Phone: 1-800-533-0446 Fax: 1-800-451-4855
Online: www.gophersport.com

Quote

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Quote Number: 222784
Quote Date: 24-SEP-13
Expire Date: 23-DEC-13

Sales Representative: Julie Dombrock
JulieD@gophersport.com
Tel: 800.533.0446
Fax: 800.451.4855

Account Number: 5316544
Contact Name: Paul Sapsford
Email Address: psapsford@laspositascollege.edu

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 |
|---|-----|--|------|------------|-------------------|
| 38-580 | 3 | STX Stinger Lacrosse Set - 12 Player Set | Each | \$355.50 | \$1,066.50 |
| 73-756 | 2 | Steel Lacrosse Goals with Nets - Pair | Each | \$350.10 | \$700.20 |
| Sub Total: | | | | | \$1,766.70 |
| * Estimated Tax Total: | | | | | \$158.99 |
| Shipping, Handling & Processing: | | | | | \$88.34 |
| Total: | | | | | \$2,014.03 |

* Tax Total is an estimate. Complete amount due for this purchase would be reflected on your invoice.

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