



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: Tennis racquets & sponge/foam balls for short/touch tennis 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.)

Tennis racquets must be no shorter than 20.8 inches and no longer than 21.5 inches. Most manufacturers "21 inch" racquets fall within this variation despite being labeled as 21 inches in length. Head size may be no greater than 107 sq inches. Also the sponge balls are 8cm diameter cut foam ball using high-density foam. This equipment will be used to play the game of short/touch tennis, which is recognized by the USTA and is based on tennis.

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?

We currently possess no racquets for short/touch tennis.

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.

Balls are sponge/foam, so safety concerns are alleviated.

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 with short/touch tennis 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 skills, and be able to apply/transfer these skills to the outdoor, full-court version of the game.

Students will learn effects of regular short/touch tennis 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 short/touch tennis 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 short/touch tennis 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?

Tennis is a well-established sport in the Tri-Valley. For example, there are tennis centers in Pleasanton, Livermore Valley, Tracy and Brentwood. However, there are no public indoor courts, so this would allow the community to continue to exercise in the winter months. The game of short-touch tennis is particularly valuable for youngsters as it provides a fun and safe environment. It allows children to experience success in developing their skills as the game is age-appropriate compared with conventional tennis.

SECTION 5: SUSTAINABILITY

What is the potential life span of the requested equipment?: As these racquets will be used with a sponge/foam ball it's safe to assume the racket's will be useable for 10 years. The sponge/foam balls will be replaced approximately once every three years at minimal cost.

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?

There are no maintenance requirements. Using sponge balls means the racquets will not require a re-string.

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?

No new storage is required as items will be stored in the gym.

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 short/touch tennis. As a result of undertaking this activity, they will be able to respond to the following learning outcomes:

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

SECTION 7: FINANCIAL

Part 1

Total amount requested: \$82.50 for 45 foam balls (includes shipping) + \$478.50 (for 30 x 21" racquets)

Explain the details behind the amount requested above.

Equipment or Materials:	\$561
Delivery:	included
Installation:	0
Facilities Modification:	0
Sales Tax:	included
Other:	0
Vendor Discount (if applicable):	0

Total amount: \$561 (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

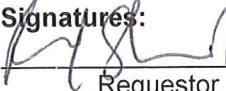
Part 2


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 approximately 10 years. The sponge/foam balls will be replaced approximately once every three 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:


Requestor


Dean


Vice President
9/30/13

Request Approved: Yes No

Approved by:

<Approver>

Date Approved:

<mm/dd/yyyy>

Good Afternoon,

Thank you for your inquiry. The items quotes are as follows;

Item # 020220 PENN QST 36 FOAM BAG OF 3 \$5.50 each x 15..\$82.50

Item # 090281 HEAD SPEED 21 (232093) \$15.95 each x 30...\$478.50

Please contact us if we can assist you further.

Martha
Customer Service Specialist
Holabird Sports
9220 Pulaski Highway
Baltimore, Maryland 21220

Call-

Toll-Free (866) 860-1416

Local (410) 687-6400

Email-

info@holabirdsports.com

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LAS POSITAS COLLEGE Equipment, Apparatus and Service Requisition

#R

FOR REIMBURSEMENT: List payee name & ssn. TAX ID#

SUGGESTED VENDOR **HOLABIRD SPORTS**

NAME OF STAFF MEMBER
Dyan Miller

DATE WRITTEN
25-Sep-13

DATE REQUIRED
25-Oct-13

DIVISION/ DEPARTMENT
BSBA

For inventory purposes include room # where

RETURN COPY of REQUISITION TO:
Mary Hargiss

FOR OFFICE USE ONLY

DESCRIPTION (PRODUCT, TYPE, SIZE, COLOR, STOCK NUMBER)

UNIT QTY UNIT PRICE

UNIT PRICE

Air

INSTRUCTIONAL EQUIPMENT REQUEST

PENN QST 36 FOAM BAG OF 3 @ \$5.50 EACH x 15 = 45 BALLS 15 \$ 5.50 \$ 82.50

HEAD SPEED 21 (#23093) RACQUET @ \$15.95 EACH X 30 30 \$ 15.95 \$ 478.50

Vendor Information/ Remit To: Deliver To, include room # (optional):

Holabird Sports Las Positas College

9220 Pulaski Highway C/O William Eddy or PJ Johnson

Baltimore, MD 21220 PE Complex, Building 2500

Tel: 1-866-860-1416 3000 Campus Hill Drive

Email: info@holabirdsports.com Livermore, CA 94551-7623

Tel: 925-424-1282 / 1291

Comments:

PENN QST 36 FOAM BAG OF 3 @ \$5.50 EACH x 15 = 45 BALLS

HEAD SPEED 21 (#23093) RACQUET @ \$15.95 EACH X 30

BT#

Subtotal

Tax

Shipping (if available):

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

TOTAL COST \$ 561.00

ACCOUNT #

FUND _____ ORG _____ ACCT _____ PROGRAM _____

Business Office

APPROVALS

 9/25/13
Supervisor/ Coordinator/ Director

Dean/ VP/ President