



Instructional Equipment Request

SECTION 1: SUMMARY INFORMATION

Timeframe for the Request: Fall: Spring: Year: 2013

Name of Requestor: William Eddy Division/ Unit: BSBA/KINESIOLOGY

Brief Title of the Request: Weight Plates Equipment Location: 202,203

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.)

Iron weight plates to be used in the weight rooms for weight training and fitness classes. The plates are used on bars and plate loaded machines. Requesting quantity of 30 for pounds 5 through 45 and quantity of 20 for 2.5 pounds.

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?
The current weight plates contain a urethane cover that melted. These plates are 8 years old. The new plates are iron with no coating.

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.

Due to the deterioration of the current plates it is unsafe for students to stack the plates together for a workout. The plates become too much weigh for the students to lift when stuck together.

SECTION 3: EDUCATIONAL ITEMS

Which educational programs or institutional purposes does this equipment support?
Supports all Kinesiology weight training, fitness, rehab and conditioning classes.

Is this in your Program Review? Yes No

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

The need for updated equipment was discussed in program review to provide support to all physical education, health, athletics and intercollegiate programs. Based on the program review, the plates meet the needs of the general population along with students with special needs. The plates can be used in many classes to work on core strength, rehabilitation, stability and flexibility. The Kinesiology department is heavily reliant on the use of equipment. Without this equipment instruction is more difficult. When instruction is comprised unfortunately so is student learning.

SECTION 4: TEACHING AND LEARNING

Describe in detail the impact this equipment or materials will have on teaching and learning.

The iron weigh plates requested will be used in classes such as Weight training, Fitness Center, Women in Weights, and Adaptive Weights. It is always important to offer a variety of ways to develop strength, flexibility and core development in fitness development. The plates are used to work on strength exercise, stretching and core development. Using a plate on a machine or bar can help a student find the right muscles to use. Students will be using the weight plates with demonstration from the instructor as well as the diagrams posted in the activity rooms and on machines. Adaptive weights class provides special needs students with the opportunity to keep their bodies healthy, by using certain modifications and

adjustments to the standard gym curriculum. This equipment will help students achieve their SLO's for all fitness and weight training classes. This equipment supports the strategic goal of teaching and learning by providing quality weight training programs.

Number of classes or sections (per academic year) that will be impacted: 10

Will the Tri-Valley benefit from the equipment, and if so how?

Currently our fitness rooms are only open to students so the Tri-valley will not benefit directly. Indirectly though the students that are healthier and in better shape due to working out will benefit the community.

SECTION 5: SUSTAINABILITY

What is the potential life span of the requested equipment?: 10 to 15 years

How does this equipment meet or exceed basic sustainability efforts and/or provide renewable resources to the college?

Please explain

Iron can be recycled. Not made with any toxic materials.

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?

Maintenance will be performed by the Kinesiology and Athletic Assistants. The weights are inspected daily for cracks or wear. No cost for upkeep.

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?

Be used in PE complex 202 and 203 fitness centers. No new storage is needed. Plates are stored on racks, and on machines.

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?

The Kinesiology department emphasizes the importance of physical well being. Pre and post test fitness assessments is a professional evaluation tool in this subject area. The iron weigh plates can help insure all the major muscle groups exercised, tone, strength and endurance are improved. The major muscles that helps stabilize and support all of your body movements are made up of the back and the deep abdominal muscles. With the plates no matter how 'deep' or 'into the core' these muscles are, they are still exercised.

Any exercise that strengthens your muscles will help to reduce body fat. With regular exercise using the iron plates, weight loss is an added bonus.

SECTION 7: FINANCIAL

Part 1

Total amount requested: 3881.71

Explain the details behind the amount requested above.

Equipment or Materials:	3300.60
Delivery:	284.07
Installation:	
Facilities Modification:	
Sales Tax:	297.04

Other:
Vendor Discount (if applicable):

Total amount: 3881.71 (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.

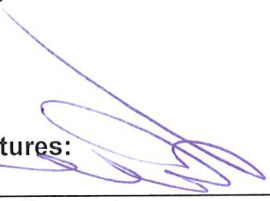
COSTS
Upkeep and Maintenance:
Storage:
Other :

How will these ongoing costs be paid for?

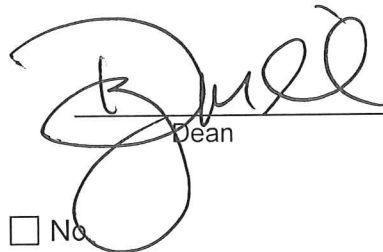
Part 2

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.)
Expected to last 10 to 15 years. When replaced will use another bond if needed or apply for grant funding.

What outside sources of funding, discounts or help have you explored and what is the outcome? (items such as CTE and grants)
None

Signatures:


Requestor



Dean



Vice President

9/30/13

Request Approved: Yes No

Approved by:

<Approver>

Date Approved:

<mm/dd/yyyy>

LAS POSITAS COLLEGE Equipment, Apparatus and Service Requisition #R

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

SUGGESTED VENDOR **FIT-TECH SERVICE, INC.** RETURN COPY of REQUISITION TO: **Mary Hargiss**

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

DESCRIPTION (PRODUCT, TYPE, SIZE, COLOR, STOCK NUMBER)	UNIT	QTY	UNIT PRICE	Air
INSTRUCTIONAL EQUIPMENT REQUEST				
IRON WEIGHT PLATES				
Olympic Grip Plate (2.5lbs=20 @ \$2.60 ea=\$52.00)				\$ 2,804.50
Olympic Grip Plate (5lbs=30 @ \$5.35 ea=\$160.50)				
Olympic Grip Plate (10lbs=30 @ \$10.80 ea=\$324.00)				\$ -
Olympic Grip Plate (25lbs=30 @ \$27.00 ea=\$810.00)				\$ -
Olympic Grip Plate (45lbs=30 @ \$48.60 ea=\$1,458.00)				\$ -

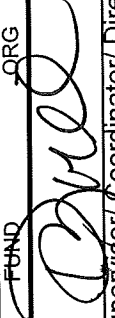
Vendor Information/ Remit To: Deliver To, include room # (optional):
FIT-TECH SERVICE, INC. Las Positas College
 2487 Courage Drive, Suite 8 C/O William Eddy or P J Johnson
 Fairfield, CA 94533 PE Complex, Building 2500
 3000 Campus Hill Drive
 Tel: 888-434-8832 Livermore, CA 94551-7623
 Fax: 707-416-2226 Tel: 925-424-1282 / 1291

Comments:

IRON WEIGHT PLATES-OLYMPIC GRIP	Subtotal	\$ 2,804.50
	Tax	\$ 278.95
	Shipping (if available):	\$ 295.00
	TOTAL COST	\$ 3,378.45

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

ACCOUNT # _____ **FUND** _____ **ORG** _____ **ACCT** _____ **PROGRAM** _____ **Business Office**

APPROVALS  **Supervisor/Coordinator/Director** _____ **Dean/VP/ President**



Fit-Tech Service Inc
 2487 Courage Drive
 Suite 8
 Fairfield CA 94533
 Phone: 888-434-8832
 Fax: 707-416-2226

QUOTE

QUOTE NUMBER

0000034238

QUOTE DATE

9/25/2013

BILL TO:

LAS POSITAS COLLEGE
 PHYSICAL EDUCATION CENTER
 3033 COLLIER CANYON ROAD
 LIVERMORE CA 94551

SHIP TO:

LAS POSITAS COLLEGE
 PHYSICAL EDUCATION CENTER
 3033 COLLIER CANYON ROAD
 LIVERMORE CA 94551

CUST ID		TERMS		SALES PERSON	
0000408		NET 15			
QUAN	ITEM	DESCRIPTION	PRICE EACH	AMOUNT	
20.00	OLYMPIC GRIP PLATE 2.5LBS		2.60	52.00	
30.00	OLYMPIC GRIP PLATE 5LBS		5.35	160.50	
30.00	OLYMPIC GRIP PLATE 10LBS		10.80	324.00	
30.00	OLYMPIC GRIP PLATE 25LBS		27.00	810.00	
30.00	OLYMPIC GRIP PLATE 45LBS		48.60	1,458.00	
1.00	SHIPPING & HANDLING		295.00	295.00	
			Approval Signature		
SUBTOTAL				\$3,099.50	
TAX				\$278.95	
TOTAL				\$3,378.45	