

INSTRUCTIONAL EQUIPMENT REQUEST 2018-2019

Internal Use
IE #: Fall-16
Total \$: _____

Requester Name: Jason Craighead Division Name: BHAWKS

SUMMARY INFORMATION

Title of Item: Olympic Power Lifting Platforms, Power Rack, Lifting Bars and Plates

Equipment Location Building: 2500 Room: 203

Location 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:

(3)Power lifting platforms, (3) Power racks, (3) bars, and plates. This equipment will be new to LPC, we currently do not have anything of this kind. In addition, the Power Lifting Platforms come with ramps that will allow wheelchair access!

These are platforms, racks, bars, and weights that are designed for Olympic lifts and are all integrated units. The platforms are designed for impact, as some Olympic lifts require the weight to be dropped once lifted. The Power Racks are used for traditional and olympic lifts, and are integrated with the platforms to make one solid and safe unit. The olympic bars are also specific for these types of lifts, as they have a specific flex for teaching proper technique and minimizing the risk for injury to lead to student success. The weights are also specific (we do not have any) and are designed for impact. Our current weights are not designed to be used in any fashion relating to these types of movements (they will break). Also included are storage racks as part of the power racks for organization and safety.

LPC - RECEIVED
SEP 28 2018
ADMINISTRATIVE SERVICES

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:

This equipment relates to safety while teaching. It would also allow mobility impaired students access to more exercises in a safe environment, and allow instructors to teach a wider variety of strength training exercises in a safe and controlled environment for all students.

The platforms create a one-on-one space with clearance around the platform to keep students safe while performing movements as well as other students in the class. This equipment is specific to Olympic lifts that have more stringent requirements for safety relating to the design of the equipment and space needed. The platforms are designed to withstand impact, protect the floor/students/equipment, the bars are designed with a specific flex and durability to allow for proper form and speed during the movements, and the weights are designed for impact.

We do not have any of this equipment currently

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 learning 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

Kinesiology Coaching 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 divers 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 ettiquete, 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 that 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.)

No storage or initial start up costs

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.

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:

N/A

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	18,255.02	
Taxes (9.5%)	1,877.31	
Shipping or Delivery Charge	3,200.00	
Installation Costs *		
Miscellaneous Costs:		
Facilities Modifications		
Operator Training		
Maintenance & Repair Training		
Storage		
Other: Non taxable item	375.00	
Vendor Discount		
Grand Total: \$ 23,707.33		

*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:

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SECTION 6: TOTAL COST OF OWNERSHIP (contd)

Part C: Incremental Labor Costs

OPERATOR:

Indicate the key operator: Instructors for the various classes

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 in duties

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 by the LPC IT Department.

Signatures:

[Signature]
Requester

9/19/18
Date

IT Department (if required)

Date

[Signature]
Dean/Manager

9/28/18
Date

[Signature]
Vice President

9/28/18
Date



LAS POSITAS COLLEGE Equipment, Apparatus and Service Requisition

#R

FOR REIMBURSEMENT: List payee name & ssn.				TAX ID#		FOR OFFICE USE ONLY	
SUGGESTED VENDOR		Conner Athletic Products, Inc dba POWER LIFT				RETURN COPY of REQUISITION TO:	
NAME OF STAFF MEMBER		DATE WRITTEN		DATE REQUIRED		DIVISION/DEPARTMENT	
Jason Craighead		12-Sep-18		12-Oct-18		BHAWK	
NAME OF STAFF MEMBER		DATE WRITTEN		DATE REQUIRED		DIVISION/DEPARTMENT	
Jason Craighead		12-Sep-18		12-Oct-18		BHAWK	
DESCRIPTION (PRODUCT, TYPE, SIZE, COLOR, STOCK NUMBER)							
INSTRUCTIONAL EQUIPMENT REQUEST FALL 2018							
Item No: OP681 = Power Lift Olympic Platform 6 X 8							
Item No: PWR8 = Power Lift 8' ft. Power Rack							
See attached Quote for additional items listed for purchase with amounts per items							
Equipment total=							
Vendor Information/ Remit To:							
Deliver To, include room # (optional):							
Las Positas College							
C/O William Eddy or Jared Watanabe							
PE Complex, Building 2500							
3000 Campus Hill Drive							
Livermore, CA 94551-7623							
(925) 424-1282 / 1291							
Comments:							
INSTRUCTIONAL EQUIPMENT REQUEST FALL 2018							
BT#							
Subtotal							
Tax							
Shipping (if available):							
TOTAL COST \$ 23,998.02							
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							



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 02C Los Positas College

Date: 9/19/2018
Quote / Prices Valid for 30 Days
3 Platforms 10 X 8

Sold To:
Jason Craighead
Los Positas College

Ship To:
Same

Quote Version: 2C
Customer #: LPC-01
Prepared by: Tony Tribolet
Phone/Cell: 949-795-0885
Email: ttribolet@power-lift.com
State: California
Delivery ETA: 2018
New/Exisitng?: EXISTING FACILITY

Item No.	Description:	Quantity:	List Price:	School/Adjusted:	Extended:
OP68I	Power Lift Olympic Platform 6 x 8, with insert into Rack 7' 8" Wide X 6 ft. Deep, 42" center, 3.5" Thick, Inserts into Rack - 48" Solid Red Oak Tounge and Groove 3/4" Thick Work Area Steel Cap Rail to Protect Edges Includes School Logo, UV Protected Logo Multi-Layer Urethane Finish on Oak Center. 3/4" Rubber Crash Mats, Option 1.5" Dual Rubber Crash Mats - no extra charge	3	\$ 2,599.00	\$ 2,339.10	\$ 7,017.30
PWR8	Power Lift 8' ft. Power Rack Includes: Dual Grip 1.5" Knurled Chin Bar (Wide Grip and Neutral Grip) Rhino Hook Bar Catches (Pair) Weight Storage - Accomdates Bumper Plates, total of 14 coated pegs Spot Bars (Pair) Spotter Platforms (Pair) Olympic Bar Storage (Pair) Accessory Storage	3	\$ 2,699.00	\$ 2,429.10	\$ 7,287.30
PR	Platform Ramps, Wheelchair access onto platforms.	3	\$ 99.00	\$ 89.10	\$ 267.30
OB20-SS-IWF	Stainless Steel Olympic Lifting Bar, 180K PSI SHAFT, 28mm, 20KG	3	\$ 488.00	\$ 439.20	\$ 1,317.60
UCBP45	Performance Olympic Bumper Plate 45 lb. RED	6	\$ 197.40	\$ 148.05	\$ 888.30
UCBP35	Performance Olympic Bumper Plate 35 lb. BLUE	6	\$ 161.70	\$ 121.28	\$ 727.65
UCBP25	Performance Olympic Bumper Plate 25 lb. ORANGE	6	\$ 132.30	\$ 99.23	\$ 595.35
UBOP10	Urethane Coated Olympic Plate 10 lb.	6	\$ 32.80	\$ 24.60	\$ 147.60
UBOP05	Urethane Coacted Olympic Plate 5 lb.	6	\$ 20.60	\$ 15.45	\$ 92.70
UBOP02.5	Urethane Coacted Olympic Plate 2.5 lb.	6	\$ 10.30	\$ 7.73	\$ 46.35
LJC-PRO	Lock Jaw Pro Olympic Lifting Collar - Black	3	\$ 49.95	\$ 44.96	\$ 134.87
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 11-13 WEEKS IF ORDER PLACED Email: ttribolet@power-lift.com					
INSTALLATION, FREIGHT AND SALES TAX:					
Del	Delivery and Assembly - by Power Lift Delivery Team, when in area.				\$ 3,200.00
ST	SALES TAX				\$ 1,900.70
NON-TAXABLE FREIGHT / ITEMS: BAR / BUMPER FREIGHT					\$ 375.00
SUB TOTAL:					\$ 18,522.32

To Process the order the following is needed:

- * Signed Quotation.
- * School Purchase Order / Universities or Schoool 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: \$ 23,998.02



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 02C Los Positas College

Date: 9/19/2018
Quote / Prices Valid for 30 Days
3 Platforms 10 X 8

Sold To:

Jason Craighead
Los Positas College

Ship To:

Same

Quote Version: 2C

Customer #: LPC-01

Prepared by: Tony Tribolet

Phone/Cell: 949-795-0885

Email: tribolet@power-lift.com

State: California

Delivery ETA: 2018

New/Existing?: EXISTING FACILITY

Item No.	Description:	Quantity:	List Price:	School/Adjusted:	Extended:
Approval: _____		Equipment Colors:			
Title: _____		Frames: N/A			
Date: _____		Upholstery: N/A			
		Other: N/A			
		Custom Logos: TBD - Platform			
		Chin Bars: N/A			