

# INSTRUCTIONAL EQUIPMENT REQUEST 2016-2017

Internal Use

IE #: Fall 29

Total \$: 7,092.99

Requester Name: Steven Navarro Division Name: KIN/Health

## SECTION 1: SUMMARY INFORMATION

### Brief Title of the Request:

Twenty-five spin bike computers (Keiser KIT-UPGRADE-MXi-BLK), used for a spin-bike class that was added to the Kinesiology schedule of classes. These spin bike computers will be used to retro-fit the spin bikes that should have been ordered with the bikes that were purchased last year.

Equipment Location Building: GYMNASIUM Room: GYM

## SECTION 2: 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:

Twenty-five spin bike computers (Keiser KIT-UPGRADE-MXi-BLK), used for a spin-bike class that will enable the instructor to give precise instructions and coaching as far as the lesson plan. There is nothing attached to the current spin bikes and therefore it is impossible for the instructor to give specific directions as far as cadence/revolution per minute. This is standard at all colleges and throughout the fitness industry. We are competing for our student's interest and desire to take our classes and as stated above all the fitness studios in Northern Ca. have these computers for their spin bikes..

If applicable, describe the legal requirement, mandate, or safety concern for purchase of this equipment, making specific reference to the legal requirement or regulation:

N/A



## SECTION 3: 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:

- ❖ Establish regular and ongoing processes to implement best practices to meet ACCJC standards.
- ❖ Provide necessary institutional support for curriculum development and maintenance.
- ❖ Develop processes to facilitate ongoing meaningful assessment of SLOs and integrate assessment of SLOs into college processes.
- ❖ Expand tutoring services to meet demand and support student success in Basic Skills, CTE, and Transfer courses.

Specify how the equipment supports *LPC's Mission Statement and Planning Priorities:*

The "spin,computers" will aid and support the educational opportunities in the Kinisiology Department. The Kinesiology depart is in the process of updating and creating new certificates. One certificate being considered is personal training. Personal trainers utilize spin bikes for training of groups or individuals for teaching cardio workouts and weight maintenance. Obtaining the correct equipment & updating the certificates will assist completion of students' transfer, degree, basic skills, and retraining goals.

## SECTION 4: EDUCATIONAL ITEMS – PROGRAM REVIEW

Specify the educational programs this equipment supports:

The Kinesiology depart is in the process of updating and creating new certificates. One certificate being considered is personal training. Personal trainers utilize spin bikes for training of groups or individuals for cardio workouts and weight loss or weight maintenance. Continue to maintain and increase the diversity of course offerings is in our department program review.

If this equipment is included in your Program Review, please include the exact wording. If equipment is not included, explain why:

The Kinesiology depart is in the process of updating and creating new certificates. One certificate being considered is personal training. Personal trainers utilize spin bikes for training of groups or individuals for cardio workouts and weight loss or weight maintenance. Continue to maintain and increase the diversity of course offerings is in our department program review.

## SECTION 5: TEACHING AND LEARNING

Describe in detail the impact this equipment will have on teaching:

Offers dozens of functions, including heart-rate, speed and cadence that are all valuable when teaching spin class. Allows detailed post-ride analysis of your lesson plan and thus the students workouts. You'll burn a lot of calories. Most one hour spinning classes will help you burn 500 calories on average.

Describe in detail the impact this equipment will have on learning:

Offers dozens of functions, including heart-rate, speed and cadence that are all valuable when teaching spin class.. Shows exactly how well you're riding and you can gage your pacing. Great for pacing yourself in class and fitness/wellness training. Reacts instantly to any changes in effort which is very important in a spin class and letting the student know how to proceed and giving the instructor feedback as well.

Each academic year, this equipment will impact: 3-4 # of classes/sections 150 # of students



## SECTION 6: OUTCOMES (SLOs)

Using your documented SLOs, specify how the equipment will enable student learning outcomes to be achieved?

The spin computers will help with all these SLO's:

1. Demonstrate effective and safe riding technique to maximize endurance gains.
2. Identify major muscle groups and their function in cycling performance.
3. Demonstrate the biomechanics of proper pedaling.
4. Measure current fitness and formulate an individualized cycling program.
5. Learn the appropriate attire and footwear for efficient cycling conditioning.
6. Improve cardiovascular endurance through target heart rate in a non impact activity.

What are the consequences related to learning outcomes if request is not funded?

It is very difficult to instruct the students how t complete the lesson plan with out this computer equipment. I have tried over the past 9 weeks and it is one of the most challenging classes I have taught because we do not have the correct equipment..

## SECTION 7: TOTAL COST OF OWNERSHIP (FINANCIAL & SUSTAINABILITY)

What is the potential life span of the requested equipment?

What is the potential life span of the requested equipment?: 8 to 10 years

If new storage is needed, describe the storage, location, and costs: (Specific storage costs should be detailed in the "Part A: Initial Start-up Costs" section below.)

No additional storage is necessary.

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.)

N/A

Explain how this equipment meets or exceeds basic sustainability efforts and/or provides renewable resources to the college:

N/A



**Part A: Initial Start-up Costs**

<u>Item</u>	<u>Cost</u>	<u>Comments</u>
Equipment or Materials	4,675.75	187 x 25= 4,675.75
Taxes (9.5%)	615.37	
Shipping or Delivery Charge	76.87	
Installation Costs *	1,725.00	
Miscellaneous Costs:	0.00	
Facilities Modifications	0.00	
Operator Training	0.00	
Maintenance & Repair Training	0.00	
Other: _____	0.00	
Vendor Discount	0.00	
<b>Grand Total:</b>	<b>7,092.99</b>	

**Part B: On-Going Annual Operating Costs**

<u>Item</u>	<u>Cost</u>	<u>Comments</u>
Annual Service or Maintenance	0.00	
Estimated Parts Replacement Per Year	0.00	
Outside Standardization or Calibration Costs	0.00	
Storage Costs	0.00	
New Supply Costs	0.00	
Miscellaneous Costs:	0.00	
Maintenance & Repair Labor	0.00	
Other: _____	0.00	
<b>Annual Operating Costs:</b>	<b>0.00</b>	

**Indicate the source of funding for on-going annual operating costs:**





**Part C: Incremental Labor Costs**

**OPERATOR:**

Indicate the key operator \_\_\_\_\_ Students, instructors and KIN staff assistants. \_\_\_\_\_

Is this in their current scope of duties? Yes \_\_\_\_\_

\_\_\_\_\_ Indicate cost to train key operator  
(include in Initial Start-up Costs above): \_\_\_\_\_ Indicate amount of time per

month key operator will use equipment: \_\_\_\_\_ MAINTENANCE &

**REPAIRS:**

Indicate the person performing maintenance and repairs: KIN staff assistants and maintenance \_\_\_\_\_

Is this in their current scope of duties? \_\_\_\_\_ Yes \_\_\_\_\_

Indicate cost to train for maintenance and repairs: \_\_\_\_\_ None \_\_\_\_\_

Indicate amount of time per month maintenance will be required: \_\_\_\_\_

~~Indicate amount of time per month maintenance will be required: \_\_\_\_\_~~  
~~SECTION 8: APPROVALS~~

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:**

Steven Navarro  
Requester

10-17-16  
Date

N/A  
IT Department (if required)

/  
Date

[Signature]  
Dean/Manager

10-18-16  
Date

[Signature]  
Vice President

10/24/16  
Date



# PRECOR<sup>®</sup> COMMERCIAL FITNESS

# Proposal

Pacific Fitness Products LLC  
 dba Precor Commercial Fitness  
 12326 Beverly Park Rd #101  
 Lynnwood WA 98087-1506  
 United States  
 425.338.2008, Fax 425.338.3538  
 www.precorcf.com, Orders@precorcf.com

Date	Proposal #
8/8/2016	18513

Bill To	Ship To
Accounts Payable Chabot-Las Positas Community College District 7600 Dublin Blvd., 3rd Floor Dublin CA 94568 United States	Dyan Miller (925) 424-1275 Las Positas College Receiving Department 3000 Campus Hill Drive Livermore CA 94551

Quote Expires	Terms	Sales Rep	PO #	Ship Via	Ship Date
9/7/2016	50% down, 50% Net 30	Betsy Jasny			

Qty	Item	Description	List Pri...	Our Pr...	Ext. Price
25	PKE-550866B-M3MonitorKitComplete	Keiser KIT-UPGRADE-MXi-BLK	285.00	187.03	4,675.75
25	Delivery	Installation, Delivery and Setup Charges		69.00	1,725.00
1	Shipping	Incoming Freight, Shipping and handling charges		76.87	76.87

Additional Notes: 25 monitors

Authorized by: \_\_\_\_\_  
 Special order cancellations subject to a restocking fee.  
 Our estimate assumes cash or check payment. Credit card payments are gladly accepted with an additional 3% convenience fee.

Subtotal  
 Tax (AVATAX 9.5%)  
 Total

6,477.62  
 615.37  
 \$7,092.99



# LAS POSITAS COLLEGE Equipment, Apparatus and Service Requisition #R

FOR REIMBURSEMENT: List payee name & ssn. **TAX ID#**  
**SUGGESTED VENDOR** **PRECOR COMMERCIAL FITNESS**  
 NAME OF STAFF MEMBER **Steve Navarro** DATE WRITTEN **17-Oct-16** DATE REQUIRED **16-Nov-16** DIVISION/ DEPARTMENT **BHAWK** For inventory purposes include room # where **Mary Hargiss**  
 RETURN COPY OF REQUISITION TO:

DESCRIPTION (PRODUCT, TYPE, SIZE, COLOR, STOCK NUMBER)	UNIT	QTY	UNIT PRICE	FOR OFFICE USE ONLY
<b>INSTRUCTIONAL EQUIPMENT REQUEST</b>				
Precor PKE-550866B-M3 Monitor Kit Complete Keiser KIT-UPGRADE-MXi-BLK (Spin Bike Computers)		25	\$ 187.03	\$ 4,675.75
Installation, Delivery & Setup Charges=		25	\$ 69.00	\$ 1,725.00
Incoming Freight, Shipping and Handling Charges=		1	\$ 76.87	\$ 76.87
				\$ -
				\$ -
				\$ -
				\$ -
<b>Vendor Information/ Remit To:</b>				
Pacific Fitness Products LLC	Deliver To, include room # (optional):			
dba Precor Commercial Fitness	Las Positas College			
12326 Beverly Park Rd #101	C/O William Eddy or Cesar Cardenas			
Lynnwood, WA 98087-1506	PE Complex, Building 2500			
Tel: (425) 338-2008	3000 Campus Hill Drive			
Fax: (425) 338-3538	Livermore, CA 94551-7623			
	(925) 424-1282 / 1291			
<b>Comments:</b>				
<b>INSTRUCTIONAL EQUIPMENT REQUEST FALL 2016</b>				
	Subtotal			\$ 6,477.62
	Tax		\$ 0.0950	\$ 615.37

**TOTAL COST \$ 7,092.99**

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

**ACCOUNT #** \_\_\_\_\_ **FUND** \_\_\_\_\_ **ORG** \_\_\_\_\_ **ACCT** \_\_\_\_\_ **PROGRAM** \_\_\_\_\_

**APPROVALS** \_\_\_\_\_ **Supervisor/ Coordinator/ Director**

\_\_\_\_\_ **Dean/ VP/ President**

Business Office

