

#11

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Friday, January 15, 2021 10:57:33 AM
Last Modified: Friday, January 15, 2021 11:28:12 AM
Time Spent: 00:30:38
IP Address: 99.39.67.6

Page 1: Please review the following:

Q1

Contact Person:

Name	Rob Wojtkowski
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Q2

Department:

Kinesiology

Q3

Title of Request:

TRX equipment (functional fitness)

Q4

Location of Request:

D205

Q5

Equipment

Type of Request (Select one):

Q6

Description of Request: Please provide a description of the supplies, equipment, furniture or other request. When making your request, please be as specific as possible and include information such as make, model, manufacturer, color, quantity, etc.

TRX Pro 4 (\$250 each), needed 29
TRX Grey X Mount (\$40 each), needed 29

Q7

Estimated Cost:

\$9000

Q8

Respondent skipped this question

Please attach quote, if available

Q9

Total Cost of Ownership: Can this request be maintained with existing funding sources? If not, please explain your plan to maintain this request. Example: potential yearly service agreements, warranties, and replacement costs.

The TRX equipment can be maintained with existing Kinesiology department budget.

Q10

Justification of Request: Please select the applicable criteria(s) and provide the details of how the criteria(s) relate to your request.

Health and safety,

Critical need,

Program expansion,

Impact on student success and access,

Innovation,

Provided details::

Health and Safety Cuyamaca College's has a diverse population. Many of our students struggle with the equipment that the Exercise Science Department uses in its ES classes. TRX equipment will be a safer piece of exercise equipment for our students to use in many of our course offerings that utilize D205 (dance room). Many of our Kinesiology students are ESL students who have a difficult time understanding the directions from our instructors. Some students can and have been hurt by using our ES equipment incorrectly; even after many hours of demonstration and instruction. However, TRX equipment is a low-impact workout that uses gravity and your own bodyweight to develop strength. This equipment is a safe way to complete strength training exercises and classes. Some of the exercises that the TRX equipment mimics are similar with exercises which most people have used prior to attending Cuyamaca College such as push-ups and pull-ups. However, these simple exercises are enhanced by utilizing the TRX equipment. These students would not only be able to perform a fitness program with the TRX equipment safely, they would be able to exercise at a level that will promote health and fitness. Furthermore, many of our older students at Cuyamaca College do not have many ES courses that they are capable of participating in due to health issues that come with age. While we do offer ES 001 (adaptive ES classes), the Kinesiology department would be able to capture many of these students in classes that utilize safer equipment such as TRX equipment. Critical Need Cuyamaca College Kinesiology department does not only compete with other community college for students, but the Kinesiology department competes with private fitness clubs and YMCA's. Many of our former Kinesiology students have stopped taking our ES classes because of the lack of innovation in the Kinesiology department. With the remodel of D203 (fitness center), Cuyamaca College has a state of the art facility to attract new students and keep our current students on our campus so they choose to take our ES classes as opposed to going to another community college. However, we need to have equipment that will support classes (such as functional fitness) that the community would want to take. Program Expansion The 29 TRX equipment stations will allow the Kinesiology Department to expand our course offerings. By adding these

29 TRX equipment to the existing exercise equipment in our facilities, the Kinesiology department will be able to offer classes with an emphasis in “functional fitness.” These functional fitness classes are very popular at private health clubs, universities and other community colleges. Not only will this new TRX equipment allow the Kinesiology department to add additional classes, instructors who teach current classes such as our ES 19abc (physical fitness), ES 10 (cardio fitness and nutrition), ES 11 (circuit training), ES 12 (sports conditioning), ES 24abc (fitness boot camp) , ES 001 (adaptive physical exercise), ES 13 (flexibility fitness), ES 14abc (body building) and all our intercollegiate classes can use this TRX equipment in their current classes. Impact on student success and access As shown in our program review, our Kinesiology Department has 27% in the Spring of 2020 and 24% in the Fall of 2019 of our students who are 40 years or older. This compares to a consistent 15% college wide in each of those semesters. This shows that the Kinesiology Department has a significant number of older students when compared to the college wide population. Besides these older students, we have many students that have physical difficulties who need to take our adaptive classes (ES 001). By offering these “functional fitness classes” with the TRX equipment, our Kinesiology Department will be able to offer additional classes for our adaptive students and a safe class for our older students to enroll in and complete. These students will not be discouraged by the difficulty of mastering complex movements or using many different pieces of equipment. The TRX equipment is a safe piece of equipment that our students can use and be able to master throughout the semester class. Innovation As stated above, by purchasing the TRX equipment, the Kinesiology department will be able to offer “functional fitness Classes.” These functional fitness classes are very popular at private health clubs, universities and other community colleges. In order to provide classes that will benefit our students, the Kinesiology department at Cuyamaca College would like to provide classes that will promote life-long participation in exercise and be on the “cutting edge” of exercise science.

Q11

Program Goal: Please identify the program goal(s) this request would help your program achieve and provide a brief explanation of how it would do so.

This TRX equipment would allow us to support our ES classes which is our Kinesiology Department Goal #4. Our goal states:

"Purchase TRX equipment (functional fitness) to offer functional fitness classes that will better serve our college population. The TRX equipment is being used by private fitness gyms, personal trainers and individuals. Many of the students that take Kinesiology (Exercise Science) classes at Cuyamaca College are unique to our campus. Many are older or with disabilities. While we offer two adaptive classes (ES 001) a semester, we do not have the equipment necessary to teach our ES 001 or other courses effectively such as ES 19abc (physical fitness) and ES 24abc (fitness boot camp). The TRX system uses the students own body weight when exercising which will allow students of all ages and fitness ability levels to take advantage of the curriculum in the class. This TRX system is more conducive for older students and disabled students. The Kinesiology (Exercise Science) department's student characteristics have changed over the past five years according to the data provided by the college. In Spring 2015 22% of the Kinesiology (Exercise Science) student population was over 40 years old. As of Spring 2019 27% of the Kinesiology (Exercise Science) student population is over over 40 years old. If this trend continues, the Kinesiology (Exercise Science) department will be serving over one third of its students who are over 40 years old. We need equipment that will be appropriate for our students. We need equipment like this TRX system that will be safe for our students and prevent injuries. The Kinesiology (Exercise Science) department is confident when the TRX system is placed in D205, our classes (ES 001, ES 10, ES11, ES 12, ES 19abc, ES 206, ES 209, ES 218, ES 230, ES 227, ES 248) that use this system will not only increase in file rate but also increase in popularity. The college will be able to offer more classes utilizing this equipment."

Q12

Cuyamaca values equity and our resource allocations should reflect our values. How does this request support the college's equity and anti-racist work? Or how does this request contribute to more equitable student outcomes? District's Governing Board Resolution: To view, please visit the Governing Board's site here, view the June 16, 2020 meeting, and view agenda item 8.1 "Resolution No. 20-015 In Denunciation of Violence Against Black Americans and Commitment to Anti-Racism" Cuyamaca College's Academic Senate's Resolution Cuyamaca College's Equity Plan

The courses that will be using this TRX equipment are mostly lecture/lab or lab classes that are physical fitness classes that do not discuss equity and anti-racist work in their SLO's. However, as discussed above, this TRX equipment will be especially beneficial for students who are older or who have physical issues that make it difficult to complete some of our more rigorous courses such as weight training or boot camp. Also, with many ESL students taking classes in our Kinesiology department, they might find using this TRX equipment which utilizes their own weight as a resistance similar to completing exercises from previous experiences. These students will not only have less apprehension signing up and successfully completing these classes, more importantly, these classes might encourage them to see the benefits of using this TRX equipment after they complete the class. These students would become life-long learners in physical fitness and achieve one our Kinesiology departments Program Learning Outcomes which is to "Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout the lifespan."