

# #15

**COMPLETE**

**Collector:** Fall 2021 (Web Link)  
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Page 1: Please review the following:

## Q1

Contact Person:

Name	<b>Rob Wojtkowski</b>
Email Address	<b>rob.wojtkowski@gcccd.edu</b>

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## Q2

Department:

Kinesiology

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## Q3

Title of Request:

Indoor cycles

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## Q4

Location of Request:

D203

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## Q5

**Equipment**

Type of Request (Select one):

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**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.

Schwinn IC4 Indoor Cycles  
13 total cycles  
Company is Schwinn

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**Q7**

Estimated Cost:

Cost per cycle is \$899. Total Cost approximately \$12,000

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**Q8**

**Respondent skipped this question**

Please attach quote, if available

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**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 Kinesiology department has a maintenance and service contract already in place for the indoor cycles currently in D203. These 13 new indoor cycles will cost no additional funds to maintain and service.

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**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,**

**Duplication,**

**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. Indoor cycles will be a safer piece of exercise equipment for our students to use in many of our course offerings that utilize D203 (fitness center). 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, indoor cycles are similar to bicycles which most people have used prior to attending Cuyamaca College. These students would not only be able to perform a fitness program on these indoor cycles 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 indoor cycles. Equipment Replacement In order to offer a spin class, a minimum of 25 life cycles are needed. While these new 13 indoor cycles will be duplicates not replacement cycles, these new cycles coupled with the current 12 indoor cycles already in D203 will allow us to offer spin classes. 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 spin classes) that the community would want to take. Program Expansion The 13 new indoor cycles will allow the Kinesiology Department to expand our course offerings. By adding these 13 new indoor cycles to the

offerings. By adding these 13 new indoor cycles to the existing 12 indoor cycles, the Kinesiology department will be able to offer "Spin Classes." These spin classes are very popular at private health clubs, universities and other community colleges. Spin class sections could eventually be offered 2-4 times a semester. Not only will these new indoor cycles allow the Kinesiology department to add spin classes, instructors who teach current classes such as our ES 19abc (physical fitness), ES 10 (cardio fitness and nutrition), and ES 12 (sports conditioning) can use these indoor cycles 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 "spin classes" with the indoor cycles, our Kinesiology Department will be able to offer an additional class 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 indoor cycle is a safe piece of equipment that our students can use and be able to master throughout the semester class. Duplication The ES department has a 12 indoor cycles currently in D203. These 13 new indoor cycles will be similar life cycles to the ones in D203. These are better quality and at a lower cost than the current 12 indoor cycles in D203. Innovation As stated above, by adding these 13 new indoor cycles to the existing 12 life cycles, the Kinesiology department will be able to offer "Spin Classes." These spin 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.

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### 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.

These indoor cycles would allow us to offer spin classes which is our Kinesiology Department Goal #2. Our goal states:

"Offer a "spin cycle" course in D203. Since last program review, our Kinesiology (Exercise Science) department has put in the curriculum (ES 008abc) so that our college can offer indoor cycling. Spin cycle classes are popular classes at many colleges. We are confident that this course will not only easily fill, more importantly it will be a popular course with many of our colleges different populations including adaptive students, older students and ESL students. Currently our Kinesiology (Exercise Science) department has 12 indoor cycles in D100. The additional 13 life cycles will allow us to offer ES 008abc. Due to the size of the classroom (D203) only 25 indoor cycles can fit in that space. As this course grows in popularity on our campus, the Kinesiology (Exercise Science) department can offer more "spin" classes. Three years ago and last year our equipment request received the top score for funding by the ROC. However, the college choose not to fund it. "

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### 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 these indoor cycles 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 class 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 these indoor cycles similar to riding a bike from previous experiences. These students will not only have less apprehension signing up and successfully completing this spin class, more importantly, this class might encourage them to see the benefits of riding a bike after they complete this 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."