Henry Ford College

Application for Funding through the Technology Investment Fund

Project Director: Bonnie J. Jobe Date: 9/17/14

Department: Fitness Division: Social Science, Arts, & Fitness

1. Please describe your project as specifically as possible. Include, but do not limit yourself to, answers to these questions:

a. What do you propose to do?

Update the Fitness Center equipment including cardio & strength training machines and a flat screen TV with portable stand

Install new Strength Training and Cardiovascular equipment into HFCC Fitness Center to enhance the Fitness Science curriculum. The proposed new equipment will create a fitness center that more closely matches the kinds of equipment & technology used in leading health clubs and colleges worldwide.

b. Why do you propose to do this?

The equipment is 13 years old and out of warranty. It needs to be replaced for safety reasons and to attract students. Students see higher tech equipment at other colleges and fitness clubs. We need to be current and competitive with other schools.

The proposed equipment includes features that can be used in the Strength Training & Physical conditioning classroom assignments and lab assignments. The Proposed Cardiovascular equipment records each user's "Work-out data" including exercise session dates, elapsed time, calories burned, miles/distance, average and peak heart-rates.

2. How many unique students will be served each academic year (Fall through Summer) by your project? "Unique students" refers to unduplicated headcount. Provide detail (course numbers, titles, and enrollments, for example).

We have approximately 1,000-1,200 students using the Fitness Center each academic year. This includes Strength Training & Physical Conditioning classes (HPEA 117 & HPEA 217), Athletic teams, Early College and Faculty/Staff and the open weight room hours.

"See Attached"

- 3. Please provide your project's budget. Address each of the questions, or meet each request, listed below.
 - a. What will be purchased (including model numbers, if appropriate), and what will it cost? Include amounts that are committed from funds other than the Technology Investment Fund, and indicate the source of those other funds.

"See Attached"

There are no other committed funds at this time.

b. Where will funds for future maintenance needs, consumables, and such come from?

General Fund, HPE Budget. We have had a blanket maintenance budget in the past.

The new equipment could have a 3 year ALL parts & labor warranty. This will decrease our maintenance cost for the first 3 years. The commercial fitness service tech company has provided us a 2 year fixed-rate for their 20 Point Annual Preventative Maintenance Service at 25.00 per cardio machine and 5.00 per strength machine. See attached presentation file.

c. Attach any support for your budget (quotes, for example) to this application, and indicate here what is attached.

"See Attached"

- d. Rank your needs so that the Technology Investment Committee will have guidance should only partial funding be available to recommend.
 - (1) Flat Screen TV with portable stand \$2,000.00
 - (2) Cardiovascular equipment Package A \$24,852.00
 - 1 Eliptical
 - 1 Stairclimber
 - 2 Treadmills
 - (3) Strength machines should be purchased at the same time for uniformity.

\$35,245.00

- 4. Regarding project location and equipment security, please address each of the questions, or meet each request, listed below.
 - a. Describe specifically where items to be purchased will be located or installed. Include room-layout diagrams if appropriate.

See Attached Floor Plan (PE-107)

b. Indicate the status of any necessary approvals for using the space in which items will be located or installed.

At this time we have infrastructure that will support the NetPulse Cardio Equipment and Flat Screen TV.

c. Who, specifically, will do the installation?

All Pro Exercise represented by Don King

d. How will equipment purchases be secured?

The room should be locked at all times if not supervised. Security checks are on a continual basis each day. It would help to have an email from an Administrator to Instructors, Coaches, Security, Custodians, and Student Workers expressing the importance of keeping the door locked. This would help to secure equipment and prevent liability problems.

Having a guard check ID's at the door of the Athletic Building would not only secure the Fitness Center, it would help secure the entire facility.

- How, specifically, will you determine the success or shortcomings of your project?
 - Increased Enrollment
 - Increased use of Facility
 - Increased levels of fitness
 - Increased overall health

Students could be required to report their cardiovascular workout data with their NETPULSE personal user ID. The cardio exercise data will be used to show exercise dates, degree of effort and rates of improvements. The proposed cardiovascular equipment will help students understand the "Target Heart Rate" method of cardiovascular exercise. The proposed new Cardiovascular Equipment has several "Fitness Test's" that will be used in the curriculum.

The Proposed Strength Training Equipment features digital "Repetitions Counters" and "Workout-Timers" that will encourage more accurate record keeping. This data will help students understand the principles of "Progressive Resistance Training" and "double-progression overload".

Please submit this form and any attachments to the chair of the Technology Investment Committee by the date you have been given. If you are submitting this form electronically, please combine any attachments into a single PDF. (This application form may be submitted as a document separate from the attachments.)

QUESTION #2

CLASSES:

FALL 2013 - HPEA 117- 142, HPEA 217-59 = TOTAL 201 Students

WINTER 2013 - HPEA 117 - 176, HPEA 217 - 108 = TOTAL 284 Students

SPRING 2013 - HPEA 117 - 53, HPEA 217 - 20 = TOTAL 73
Students

SUMMER 2013 - HPEA 117 - 44, HPEA 217 - 22 = TOTAL 66 Students

FALL 2014 - HPEA 117 - 140, HPEA 217 - 43 = TOTAL 183 Students

GRAND TOTAL = *807 Students

ATHLETIC TEAMS 90-100 Students

EARLY COLLEGE 100-150 Students (Estimated Number)

FACULTY/STAFF 20-30

Open Weight Room 50-100 Students

Occasionally other Fitness Classes use the Fitness Center

^{*}Most classes were full the first week.

Cardio

- C1. Matrix T3 Treadmill
- C2. Matrix E3
- C3. Matrix C3
- C4. Rower

Strenath

- S1. Chest Press
- S2. Shoulder Press
- S3. Lat Pulldown
- S4. Row
- S5. Chin/Dip Assist
- S6. Abdominal
- S7. Low Back
- S8. Seated Dip
- S9. Bicep Curl
- S10. Leg Press
- S11. Leg Extension
- S12. Leg Curl
- S13. Inner/Outer Thigh
- S14-tateral Raise

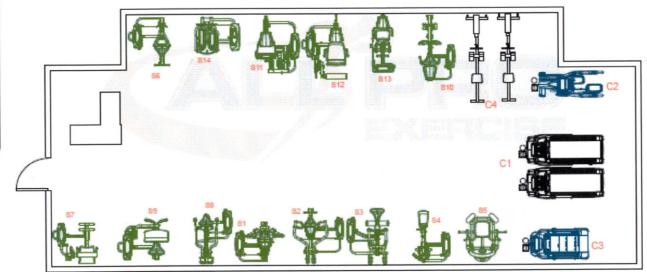
Electrical Key

- ☐ Treadmill Electrical Outlet
- Floor Electrical Outlet²
- Cable Feed³
- Ethernet Port *

Description

- 1. Treadmili electrical in US is 110volt, 20amp Dedicated circuit - NEMAS-20R Plug/Outlet
- 2. NEMA 5-16 Outlet 120V-15A
- 3. Coax cable -Active RF feed line can be a single line run from the Head End. Standard *RF taps* in appropriate db levels are used to soll off this single run and provide a connection point for each
- 4. Ethernet Connection Jack and dedicated Cat 6 or Cat 5e line.

Additional electrical information available on request



Don King All Pro Exercise

Project 0

Compliance

- ACA Certicovercular Equipment
 ACA Strength Equipment
- ASTM
- For more information on compliance pleas request our "Forest Center Compliance" Brockers 1 Eure to equipment verteiburs in strength equipment with compliance should be verified by trained equipment intraliers

Revisions

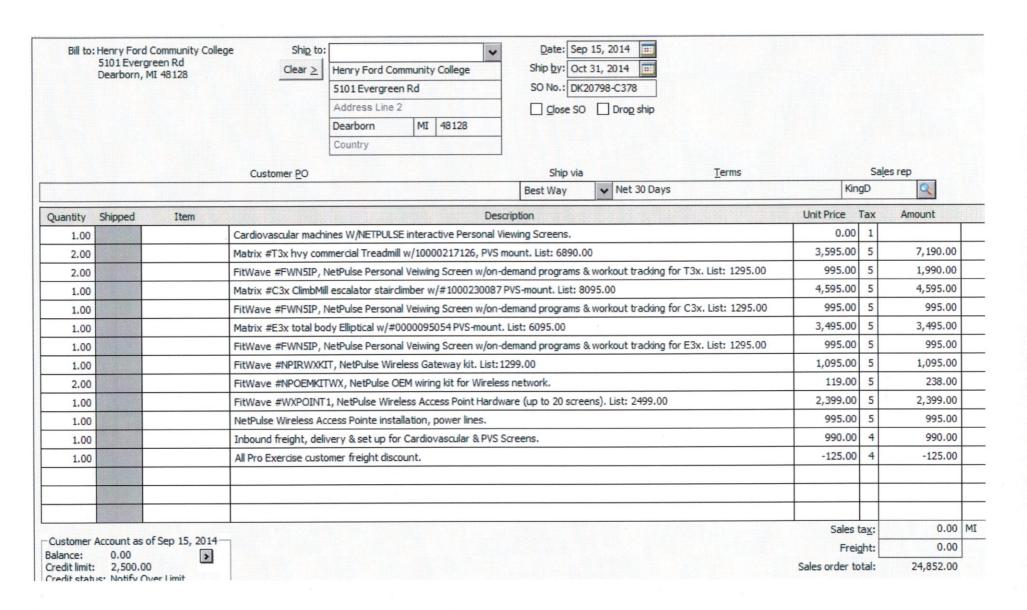
	#	Date	Remarks	
	02	7/1/14	per 7/1 email	
	03	7/28/14	per 7/28 email	
1				
	Project # Date Scale		HFCC-001	
			6/22/14	
			1/8"=1"	
	Dra	wn By	KAB	

 All Pro Euercine All Rigida Reserved Shake drawings are property of All Pro Exercise and are not to be used or reproduced in any manor without prior written permission.

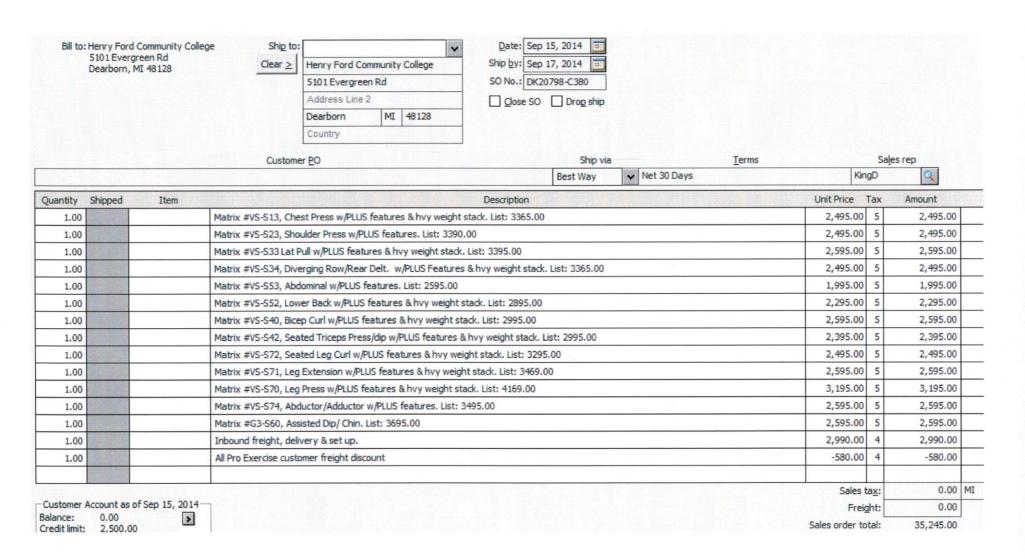
*Not for Construction

Disclaimer
The plans furnished herewith were prepared upon request based upon room specifications provided by client. No responsibilities for structural or dimensional errors or omissions are assumed. Client, contractor, or their assigned agent must verify and check all notes, details, elevations, sections and floor plans and notify the designer for possible corrections prior to equipment installation. No warranties are expressed or implied including compliance of this plan with applicable building code requirements. This design submission represents equipment placement solely and are not to be used as building documents.

Cardiovascular equipment package A 2 Treadmills, 1 Elliptical and 1 Escalator Stairclimber



Matrix Versa Strength Equipment quote with Digital "Set-Timer" and "Repetition's" counters (except the Assisted Dip/Chin)





20 Point Detailed Preventative Maintenance

\$35 Per Cardio Piece includes the following:

Remove Covers, Clean and Vacuum Out Interiors

Remove Dirt and Debris From Motor Vents And Circuit Boards

Inspect Wire Harnesses And Connections

Lube All Chains, Bearings, Bushings, Rollers, Pulleys And Pivots

Sand Build Up From Flywheels[where applicable]

Sand Motor Comutators (where applicable)

Check Condition of Motor And Alternator Brushes

Check Condition And Alignment Of All Drive Belts, Chains And Cables

Inspect Condition Of All Bearings And Bushings

Replace Above Parts Where Necessary

Inspect All Other Parts For Wear And Function

Tighten Loose Crank Arms, Belts And Pulleys

Check Calibration of Speed And Elevation Sensors, Recalibrate If Necessary

Lubricate Treadmill Decks (where applicable)

Grease Drive Assemblies And Elevation Assemblies

Check Machine Functions And Operation

Clean Exteriors

Log Mileage, Hours, Floors, Feet and Strides, Error Log.(where available)

Keep track of all service done on our service computer. Info. available at any time.

Complete detailed service report of current condition and possible future problems.

* See Note

OR 6 Point Preventative Maintenance

\$20 Per Cardio Piece includes the following for Spinning Bikes, AirDynes, Rowers etc.

Remove Covers, Cleaned And Vacuum Out Interiors
Remove Dirt and Debris From Motor Vents and Circuit Boards
Lube All Chains, Bearings, Bushings, Rollers, Pulleys and Pivots
Visual Inspection of all Moving Parts
Clean Exteriors
Check Machine Function and Operation
*See Note

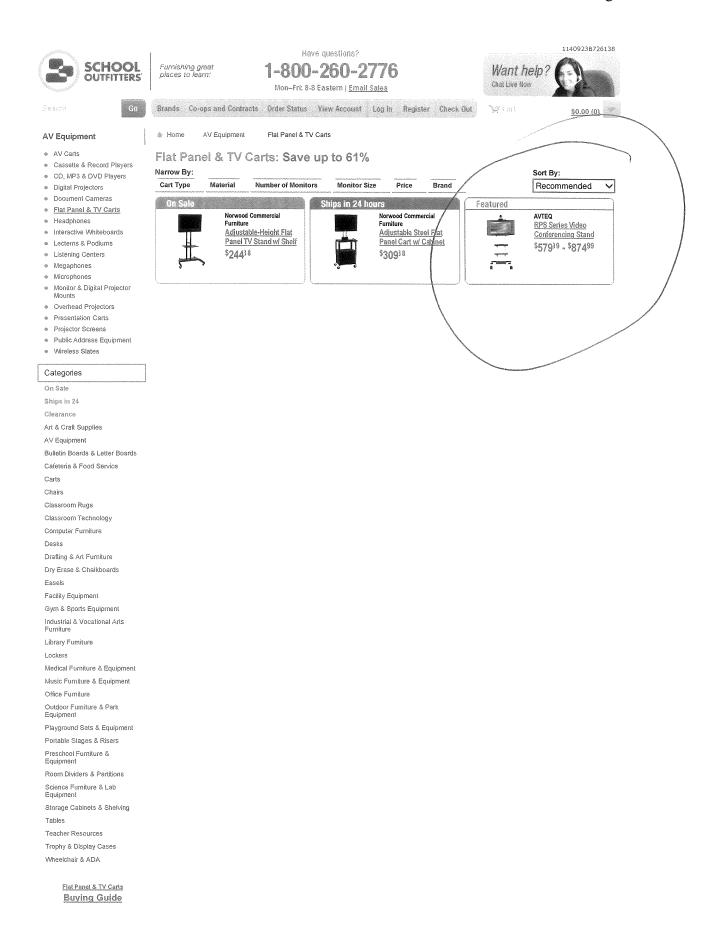
Strength Equipment PM Service

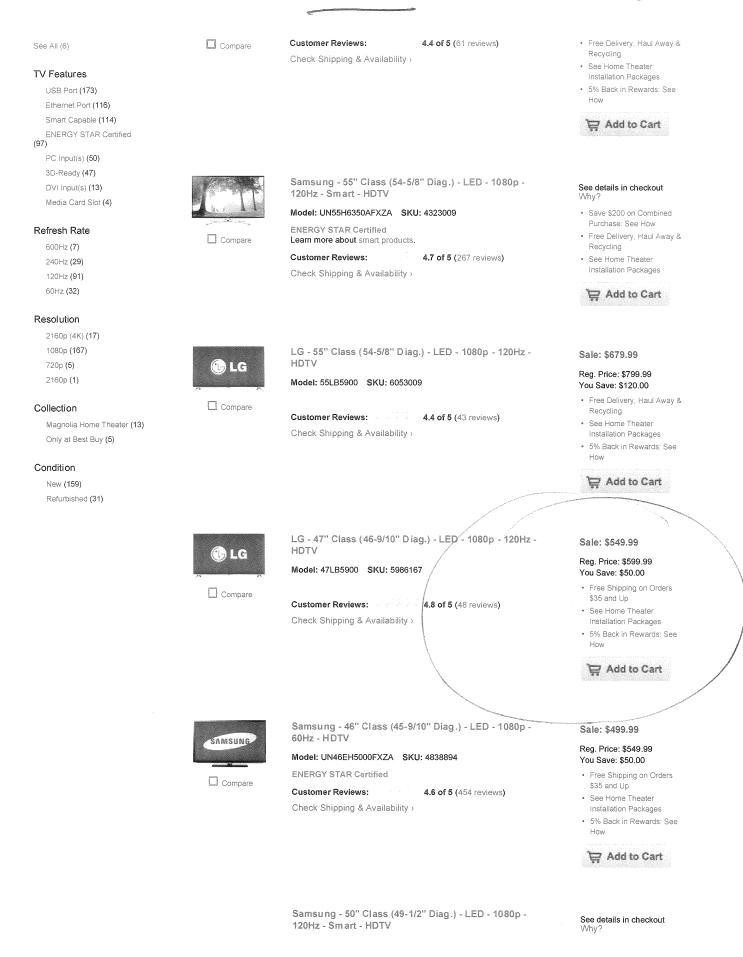
\$10 Per Strength [weight machine] includes the following:

Clean and lube all guide rods, pivot points, pop pin adjusters, bearings and bushings. Inspect all cables, chains, belts, pads and frames hardware.

Check machine for proper function and movement. Adjust if needed.

^{*} Price excludes service call, parts or extra labor needed to repair equipment.





DVI input(s) (9) 3D-Ready (3) Media Card Slot (1) Refresh Rate 600Hz (3) 240Hz (1) 120Hz (27) 60Hz (38) Resolution 2160p (4K) (1) 1080p (81) 720p (5) Collection Only at Best Buy (2) Magnolia Home Theater (1) Condition New (85) Refurbished (3)

Check Shipping & Availability >
-Ready (3)

Idia Card Slot (1)

SSh Rate

OHz (3)

OHz (1)

OHz (27)

Sony - BRAVIA - 40" Class

SONY

Compare

Sony - BRAVIA - 40" Class (40" Diag.) - LED - 1080p - 60Hz - Smart - HDTV

Model: KDL40W600B SKU: 3417011

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Compare

Samsung - 40" Class (40" Diag.) - LED - 1080p - 120Hz - Smart - HDTV

Model: UN40H6350AFXZA SKU: 4182001

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Compare

Samsung - 40" Class (40" Diag.) - LED - 1080p - 120Hz - Smart - HDTV

Model: UN40H6203AFXZA SKU: 6084131

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Learn more about smart products.

Customer Reviews: 4.6 of 5 (48 reviews)

Check Shipping & Availability >

Sale: \$499.99

Reg. Price: \$579.99 You Save: \$80.00

- Free Shipping on Orders \$35 and Up
- See Home Theater Installation Packages
- 5% Back in Rewards: See How





Insignia™ - 40" Class (39-1/2" Diag.) - LED - 1080p - 60Hz - HDTV

Model: NS-40D510NA15 SKU: 2992002

\$299.99

 Free Shipping on Orders \$35 and Up