



**Henry Ford College
Technology Investment Fund
Progress Summary**

NAME OF PROJECT DIRECTOR		DEPARTMENT/DIVISION
Carole A. Sloan, Ph. D.		School of Health & Human Services
CURRENT DATE	SEMESTER GRANT AWARDED	PROGRESS REPORT STATUS
3/15/2018	Fall 2015	

PROJECT DESCRIPTION: *A brief summary of the project.*

To equip Exercise Science Laboratory with technology and student seating for a collaborative and flexible classroom that can have multiple uses (e.g. group work, exercise presentations, and exercise classes).

To develop an exercise science laboratory to support Fitness Leadership, Wellness, Stress Management, and Nutrition classes.

ITEMS PURCHASED: *Please indicate how you spent the funds allocated to you. Where are items purchased currently being used? (Attach separate sheet if necessary.)*

Attached, please find the list of all items purchased for the project. Currently, all equipment is located in E-134.

OUTCOMES EXPECTED: *What were the outcomes/goals expected from the project as listed in your original proposal?*

The establishment of this classroom and laboratory will provide an optimal learning environment for students who take certain classes in Health and Physical Education. Additionally, students will be provided with laboratory experiences that will strengthen their learning and make them more marketable employees and students.

PROJECT EVALUATION: *Please summarize how the project was evaluated and the result of that evaluation. What evidence do you have that the outcomes/goals were or were not met? Please include data collected--questionnaire results, etc. Were there any benefits you may not have expected? Any liabilities? Please share any strength and weakness of the proposed project--your honesty will be of help to others.*

The success of the use of the student funded TIF will be measured by the students receiving a more collaborative and experiential learning environment, by having more classes available to students in areas of interest, and providing students with exposure to equipment and knowledge they will be expected to know when entering the work environment. Specifically, to measure these outcomes, we can evaluate enrollment over several semesters and survey instructors/students on their experience in the classroom.

Find evaluation results attached to this report.

Classroom Equipment/Furniture

2	Marker BoardsLCS2410 4' x 10' 100 lbs
2	Marker BoardsLCS2048 4' x 8' 80 lbs
1	Instructor Computer
1	Monitor
1	CUP lockdown and monitor lockdown kit
2	Projector and Bulb
2	Projector lockdown, ceiling plate and extension
1	Cameras/lecture capture
1	Lockdowns for camera and desk components
4	In ceiling speakers
1	Switcher, wall bracket, wall plate,media
1	Distribution Amp
1	Screen
1	Laptop for Cardiocoach
1	Ipod Player
1	Instructor Desk
1	Instructor and Student Seating and Storage Cabinets
1	Huddleboards

Laboratory Equipment

24	Heart rate monitors Polar FTI 3170-60
1	Professional Scale 74500
1	Skyndex Skiifold Caliper 5555-47
1	CardioCoach Plus V02, RMR, and Lactate Threshold Test
1	CS 200 True Commercial Treadmill
1	Bicycle Ergometer
1	True Stretch 5602-34

Technology Investment Fund Evaluation of Effectiveness (Fall 2017) (N=18)

1. Choose the equipment you have had the opportunity to use or see demonstrated during class this semester. (Click all that apply)

- Bod Pod for body composition measurement
- Oxygen uptake measurement on treadmill or bicycle
- EMG recordings of muscle actions
- Heart Rate monitors
- Other (please specify)

RESULTS for Question #1

Bod Pod for body composition measurement - 10

Oxygen Uptake measurement on treadmill or bicycle - 7

EMG Recordings of muscle actions - 4

Heart Rate Monitors - 8

Other - Blood pressure cuffs, Kettle balls, Plyobox, TRX, TruStretch, Weights, Bands, Goniometer, Skinfolds, and Gym visit

2. How helpful was the lab equipment to your understanding of a concept such as oxygen uptake, body composition, or muscle contraction?

- Not helpful at all Somewhat helpful Helpful Very helpful Extremely helpful

RESULTS for Question #2

Not helpful at all = 1

Somewhat helpful = 1

Helpful = 2

Very helpful = 5

Extremely helpful = 10

3. Choose the equipment that helped you learn the most.

- VO2max measurement with treadmill or bicycle
- Bod Pod for body composition measurement
- EMG recording of muscle action
- Heart Rate monitors
- Other (please specify)

RESULTS for Question #3

VO2max measurement with treadmill or bicycle - 8

Bod Pod for body composition measurement - 9

EMG recording of muscle action - 3

Heart rate monitors - 5

Other - 4

Blood pressure measurement and visit to gymnasium

4. What additional equipment/laboratories would you recommend including in the classes you took in the exercise science lab?

RESULTS for Question #4

Actual fitness center, dumbbells, bigger lab, free squat rack, free weights, field trips, and top industry equipment

5. On a scale of 1 – 5 with 1 being the lowest and 5 being the highest how helpful were the pod chairs to your learning experience in the classroom?

RESULTS for Question #5

Not helpful at all – 1

Somewhat helpful – 3

Helpful – 2

Very helpful – 3

Extremely helpful - 9