CALIFORNIA COMMUNITY COLLEGES
AND
SADDLEBACK
COMMUNITY COLLEGE DISTRICT

#92-0042
**Loan Application for Life Fitness Center Equipment**

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**PROJECT DIRECTOR**

Susan Long, Coord Health, Phys Ed & Athletics

**PROJECT SUPERVISOR**

Susan Long, Coord Health, Phys Ed, & Athletics

**PROPOSAL DESCRIPTION**

This is an application for an FII loan to enhance the College’s Fitness Center and to improve instruction in the center both for students taking fitness courses for their personal goals and for the students who are in the college’s fitness specialists certificate program. A computer network will be installed so as to enable the daily monitoring of the students’ participation and the providing of risk factor analyses, lifestyle profiles, and dietary assessment.
Loan Application for Life Fitness Center Equipment

This is an application for an FII loan to enhance the Irvine Valley College Life Fitness Center. The funds will make it possible to improve instruction in the center both for students taking fitness courses for their personal goals and for the students who are in the college's fitness specialists certificate program. The funds will enable the college to purchase a local area network for the center and acquire advanced exercise equipment.

A computer networking system is invaluable to a center such as this where an estimated 2,500 students will enroll each semester. This system will enable the students' participation to be monitored daily, as well as provide risk factor analyses, lifestyle profile, and dietary assessment.

Funding for the aerobic ergometry will allow a greater variety of equipment to be available to students to meet their individual needs. A students' needs will change based upon his/her level of fitness, age differences, and specific health problems.

This equipment will not only aid the many students using the Life Fitness Center, but will provide interns from the Fitness Specialist Certificate Program opportunities for a wide range of learning experiences. These experiences will include computer skills that are used in the area of exercise testing and prescription, and exposure to a wide variety of state-of-the-art aerobic ergometry equipment.

The college proposes to evaluate the effectiveness of the project by using course-end student and intern questionnaires, and narrative evaluations from the faculty and staff that work in the facility.

The results of this project will be disseminated through a public open house to be held in the facility upon completion, an open door policy for visitation of the facility by schools interested in this type of facility, and a presentation on the facility at a conference.
Loan Application for Life Fitness Center Equipment

1. Specific Educational Program Being Addressed

[NO “PROGRAM” ACCOMPANIES THIS DOCUMENT.]
2. Specific Problems Being Addressed

Specific Problems Addressed

Irvine Valley College is in the process of developing a Fitness Center to serve physical education instructional needs and to provide hands-on training for students in our Fitness Specialist Certificate program, an approved vocational program. The funds are needed to enable the Center’s staff to individualize instruction, to provide a full range of exercise options and to give certificate students experience with the kind of equipment found in the private sector.

The Life Fitness Center is part of a new physical education complex being completed. There are already $650,000 invested in building and equipping the new center, but funds are not available for two key elements, a Local Area Network and advanced exercise equipment.

Non-traditional and Individualized Programs.

The Irvine Valley College Fitness Center is a non-traditional physical education facility in that it operates as an open lab in which large numbers of students can be tested, evaluated, and their progress and participation monitored. This allows for personalized training that will fit any students schedule. The effectiveness of the center is highly dependent upon a sophisticated computer network system to perform these tasks. Each student that enters the center or that is involved in this program will have his/her class participation monitored daily by checking in and out through the computer system. The personal data for each student will be input to formulate a risk factor analysis, lifestyle profile, and dietary assessment. This computer network will be used additionally to evaluate fitness testing performed on each student to provide an overall fitness profile and exercise prescription. Use of the computer system for all of these tasks will enhance the individualization of the program in that students can workout at times that fit their school and work schedules, as well as provide a workout program and assessments that are tailored to their fitness level and lifestyle.

Funding for aerobic ergometry will allow an increase in the variety of equipment available to students. This will enable the fitness center to meet the needs of a greater number of students with regard to specific health problems (ie., obesity, arthritis, orthopaedic problems, etc...), age differences (16-60 years), and varied levels of fitness.

Internships.

Irvine Valley currently has a highly-regarded Fitness Specialist Certificate Program that trains individuals in the area of exercise testing and prescription. As part of the program, students will serve an internship in the Fitness Center. This will provide students with a variety of computer skills that are used in the area of exercise testing and prescription such as: data input, student management, and evaluation of exercise and health assessments.
By providing a variety of aerobic ergometry equipment within the fitness center, the interns will have a broad base of experience using state-of-the-art exercise equipment.
3. Population To Be Served

Populations To Be Served

The fitness center will serve IVC students and staff, residents of the local community, and employees of local businesses. Non-traditional physical education programs such as this have been particularly attractive to the working adult population. This course offers flexible hours as well as an exercise program that is tailored to the individual.

Currently the Fitness Specialist Certificate Program has an enrollment of over 100 students. This population, coupled with exercise science students at surrounding four year institutions interested in gaining practical experience following their formal education, provides another large population that will be served within this facility.
4. Objectives

Proposal Objectives

1. To acquire and install a computer network with the capability to monitor the daily use of the center, provide computer generated fitness assessments and health risk appraisals, and evaluate student progress as a result of training in the fitness center.

2. To provide student interns the opportunity to master data input techniques and understand the workings of the computer network as it applies to the fitness setting. Specific tasks that would be learned are: data entry, operation of the daily student management system, and generation and evaluation of computer generated exercise and health assessments.

3. To provide a variety of aerobic exercise stations to serve the student population within the fitness center.

4. To expand the range of equipment within the fitness center to meet the individual needs of a diverse student population with regard to health needs, level of fitness, and age.

5. To expand the range of equipment to provide a wide variety of learning experiences to student interns.
5. Workplan Narrative

[NO “WORKPLAN” ACCOMPANIES THIS DOCUMENT.]
6. Expected Outcomes

Expected Outcomes

1. By the program providing a wide range of equipment, students with individual differences that may exist with regard to their health status, age, level of fitness, and preference of exercise will be able to improve fitness levels.

2. The installation of a computer network will allow a greater number of students to be monitored, assessed, and evaluated efficiently within the fitness center. Lack of computer support would drastically limit the use of the fitness center.

3. Student interns will receive a wide range of learning experiences on state-of-the-art exercise equipment, as well as computer experience in record management, exercise prescription, dietary analysis, and risk factor assessment.
7. Evaluation Plan

Evaluation Plan

1. At the end of their internship, the student interns will fill out a questionnaire to evaluate their learning experiences.

2. At the end of the first semester, the students involved in the fitness center will fill out a questionnaire, evaluating the program with respect to variety and quality of equipment, efficiency of the center's computerized management system, and testing and evaluation procedures.

3. At the end of the first semester, the faculty and staff of the fitness center will meet to evaluate the operation of the center with regard to ease of management, testing and evaluation procedures, and equipment performance and popularity.
8. Dissemination Plan

Dissemination Plan

1. The college will hold an open house in the fitness center and invite the local community colleges.

2. The college will continue to have an open door policy for schools interested in visiting this type of facility.

3. A presentation on the Irvine Valley College Fitness Center will be conducted at a sports medicine conference.
9. Budget Narrative

[NO “BUDGET NARRATIVE” ACCOMPANIES THIS DOCUMENT.]