Name: Clinton MS/HS Physical Education Department

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In what grade level or discipline/department do you work?
I.e. 6th grade/Math and Science

Middle School and High School Physical Education

What is the level of interest of others in your grade level, department, school or district to use this product?

Due to the cross-curricular possibilities (ex. Student-created videos for cardiovascular machine console screens) the new equipment will provide, there is high interest throughout both the middle school and the high school.

Describe your request.
Write a short summary of what you are requesting the Foundation to purchase.

We are requesting the purchase of new cardiovascular equipment for the fitness center. This updated, safer equipment will include video screens on the consoles, as well as the capability of tracking activity in order to integrate technology, utilizing cross-curricular content, to receive tangible feedback showcasing individual progress, and enhance academic performance (instructional videos incorporating multiple disciplines).

Current practice.
What are you trying to get students to do or know and how do you currently accomplish this?

The current practice in middle school physical education is an instructional sequence in which teachers provide instruction pertaining to safe equipment usage, becoming accustomed to the different movement mechanics required for productive use, and a brief overview of general fitness concepts. The high school physical education program provides an option, during one instructional sequence, between participation in the fitness center (equipment usage and personalized instruction) or participation in a more competitive environment in the gymnasium (ex. basketball). Additionally, the high school utilizes the fitness center to provide options for individualized fitness testing.
Enhanced Instructional Practice
How will the use of this product enhance the current method of accomplishing this goal?

There is a plethora of ways in which our instruction will be enhanced ranging from technological integration resulting in increased student interest, to extensive differentiation pertaining to fitness, academics, and lifetime skills. Providing up to date, safer, more technically advanced equipment will allow the program to entice a much higher level of usage. This, in turn, will produce more physically fit students. Numerous studies (Godman, Harvard Health Blog; Asp, “Women’s Health”) indicate a variety of benefits resulting from fitness including, but not limited to, increased academic performance, stress relief, and higher self-esteem. Furthermore, there is amazing potential for the equipment to be a student-centered, cross-curricular learning tool through the creation of and the viewing of videos via the screens on the consoles. The process of video creation, as well combining movement with the intake of essential information, will be invaluable with regard to deeper learning, exhibiting mastery, differentiation, life skills (effective communication), peer teaching opportunities, and increased personal fitness levels.

Support for the Product
How did you find out about this product? Have you any experience with it? Are you aware if other area schools are using it?

Due to the need for updated equipment, there have been meetings with George Shaheen, of George’s Gym Equipment, for the purpose of information gathering and brainstorming possibilities. The CCS physical education department, in keeping with the district’s high achieving tradition and “Blue Ribbon” status, is excited about pioneering a cutting-edge fitness curriculum. Additionally, we embrace the opportunity to guide other districts which will, ultimately, accomplish much more widespread results pertaining to increasing youth fitness levels.

Item(s) Requested
List specifics to be purchased.

6 - Treadmills
2 - Elliptical Trainers
2 - Upright Cycles
Other Costs
Please note that the CCSD Foundation does not pay for: Curriculum Development, Professional Development, Annual upkeep or replacement of supplies. Please check with your Principal about the feasibility of the district paying for these costs. What are the long term costs to maintain this product?

The cost quote provided below is all inclusive with set-up and maintenance.

Cost
Cost of the items to be purchased.

In response to follow-up questions, the money being asked for has been divided into two categories.

The money amount request for the fitness center is $80,158.

The money request for adding screens to the gymnasium for a variety of instructional methods is $20,000.

Follow Up Questions by Foundation Subcommittee:

I am curious about length of time of the maintenance included. Does the district have an ongoing commitment to the maintenance?

Aside from the manufacturer’s warranty of 5 years on parts and two years on labor, annual preventative maintenance will be performed for 5 years. This service is provided by George’s Gym Equipment as part of their ongoing effort to ensure the success of this program. There is no additional cost for this, and there would be no deductible cost should the District decide it does not want this service.

Are these machines replacing the old ones?

Yes, these machines will replace the older, outdated machines.
Are the old ones broken?

Due to the frequent utilization of the cardiovascular equipment, there are a variety of issues. Treadmills frequently have “Do Not Use” signs posted on them (one treadmill powers off when the down arrow for a decrease in speed is pressed), the consoles on the bicycles are frequently broken or don’t generate the data being sought, the ellipticals are uncomfortable as a result of the awkward placement of the pedals (the gate can be uneven). The updated equipment will enable students to be comfortable when active, to have access to encouraging and personalized data, and provide the opportunity for authentic and individualized fitness assessments.

The current Vision Fitness treadmills, ellipticals and cycles in October of 2004, making them 14 years old. The average life of these units in a non-public use setting is 8 years.

These machines are far beyond their useful life and should have been retired at least 5 years ago from a cost of repair/usefulness analysis.

The high school is currently administering personalized fitness assessments. Students have the option of completing a few fitness components in the fitness center. One treadmill and one elliptical currently have “Out Of Order” signs posted on them, and a different elliptical periodically shuts off WHILE it is being used.

Due to a variety of learning styles as well as advancing technology, the new and updated equipment serves multiple purposes. Instructors will have the capability of providing an overview of information pertaining to the learning objectives for students who need extended and individual assistance, students will have the ability to watch instructional videos after school for review, and students will become accustomed to health club quality equipment resulting in a greater likelihood of lifetime fitness upon commencement.

Does this address instructional technology needs in the gym for other units?

There has been discussion with Dr. Lee and Jordan pertaining to the installation of screens in the gymnasium in order to view instructional videos. Current practice involves sharing Chromebooks. The content to be viewed on the console screens of the
new cardiovascular equipment will be different, but possessing the capability in both areas will greatly enhance instruction.

Because gymnasiums are built differently, the process of installing large, technically advanced screens will involve a separate contractor communicating with physical education instructors and administration. This process involves deciding on screen placement, and the specific instructional needs. The rough estimate, for each side of the high school gymnasium is $10,000-$15,000.

Can content be viewed on the treadmill screens? How is it controlled/filtered? Can it be integrated in the network or is it standalone input on each machine?

Content can be viewed on the TV screens provided it is uploaded to an appropriate video storage medium, and available via one of the apps on the monitor/pc. This would include a YouTube channel. A user would only be able to choose the video when operating the fitness equipment at very low speeds, but watch the content once chosen at any appropriate speed for their fitness level. The audio portion of the content would feed through the headphone jack of each machine and the student would need to plug in headphones to hear it.

I would like a bit more of a breakdown of the cost, 12 items and maintenance for 80K. More info is better for me, cost per unit.

6 - Matrix T3xe Commercial Treadmills @ $5,495 each x 6 = $32,970
2 - Matrix A3xe Commercial Ascent Trainers @ $5,998 each x 2 = $11,996
2 - Matrix U3xe Commercial Upright Cycle @ $3,998 each x 2 = $7,996
2 - Matrix R3xe Commercial Recumbent Cycle @ $4,598 each x 2 = $9,196

Total equipment cost = $62,158
Added software/App purchase for 3 years = $6,000, then approx, $500 per year thereafter. The District would cover the ongoing cost.

Power/Infrastructure estimate to wire additional outlets, CAT6/Ethernet, etc = $8,000
Estimated installation costs of equipment/training = $4,000

I thought we were not dealing with the ongoing maintenance on our end of the project.
Each piece comes with a manufacturer’s warranty. Based on the above list, the warranty for parts is 5 years and the labor is 2 years. Additionally, the district will budget for the required, ongoing maintenance.