

# Health, Physical Education & Athletics Division

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## Chapter 0: Alignment with College

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*How is your unit aligned with the college's goals?*

Unit Planning Discussion  
Brainstorming Notes-Laurie Swanson  
October 9, 2003

Part of Introduction – How long have you been at LCC?

.5	7, 7	14
2	9	22
4	10	32
5, 5, 5, 5	11.5	
6	12	
Total: 157		

### 2002-03 Successes in Department

- Excellent instructors
- Excellent support staff and division chair
- Maintain teaching positions that were open due to vacancies
- Southern Region Champions WBB
- 4<sup>th</sup> Place Finish NWAACC – WBB
- Men's – Women's Basketball Success
- Program Students passed ACSM test
- Finished application for ACSM endorsement
- Wellness Program approved
- Obtaining Wellness Planning Position
- Hired Health Teacher
- 2 Full-time Health hires
- Hired Health teacher
- Addition to Health faculty
- 2 new Health instructors to replace retirement
- Both Health positions saved from cuts!
- Maintain Health Positions
- Save minimal Athletic Program
- First Aid and Workplace Health became transfer credit
- We enhanced the Fitness Program
- Student Friendly Department
- Class offerings
- Completed some major maintenance items
- Received 2 grants
- Awarded Perkins Grant \$
- Pell grants for Fitness Specialist Program
- Enrollment increases in FEC
- Continue to grow in F.T.E.
- Approval of PowerPoint in classroom

## **Brainstorming – How Department Relates to the Six College Values**

### **VALUE 1: LEARNING**

- Excellent instruction and instructors
- Professional Fitness Training Program
- Sharing ideas with one another
- Students get up-to-date information using technology to improve and enhance learning
- Being inclusive

### **VALUE 2: DIVERSITY**

- Being inclusive
- Number of class offerings
- Meet the needs of many different types of students
- Recruitment of student athletes from different ethnic backgrounds
- Offering Global Health class
- Increase in percentage in students of color participation in Athletic Programs
- We offer classes to those with disabilities – TERP
- Offer many classes to meet student needs

### **VALUE 3: INNOVATION**

- Grant money
- New summer Health offerings
- Utilizing electronic media – PowerPoint program to enhance classes
- Doing more with less
- Grant funds purchasing cutting edge technology
- Developing new program curriculum – “Global Health”
- Personalized faculty website for students
- Developing the Hu. Performance area
- Excellent instruction
- Creating a viable program using our TERP area and Fitness Specialist Program
- Fitness Cert. ACSM Certification
- Update tech. Etc.

### **VALUE 4: COLLABORATION & PARTNERSHIP**

- Collaboration between community and our Fitness Specialist Program in the training and development of personal fitness skills
- Fitness Training Program co-op sites in FEC, TERP, classes, etc.
- Attended Faculty Connections
- Co-op classes
- Department mentor instructors
- Patrick combining HPE with other departments

## VALUE 5: INTEGRITY

*(See additional comments below.)*

## VALUE 6: ACCESSIBILITY

- Provide clothing so all students can participate in PE classes
- Ramps to fields
- Variety of offerings to meet needs of students (PE, TERP, Health, etc.)

### Additional Comments on Values

- Overlapping – it takes integrity to do these other things
- Modest group-didn't want to brag
- 5 are priorities – integrity = values underneath others – inherent
- Same thing mentioned more than once – team members are on the same page
- Doing a good job
- Limited with budget restraints – too many students, with more resources could do more
- Like that mutual themes from different people – a good sign
- Folks thinking not just own program – broad base of support
- Accessible, everyone is – students and the new guy appreciate it
- Many things done by groups of folks (not individuals) and shows working together successfully for benefit of students and program
- Already a lot of collaboration in department
- Excited about new things starting up – new and established folks starting things
- Cool – a lot of respect for each other – support each other – can bring in diverse athletes too
- Everyone is helpful/receptive
- Great department to work in
- Accessibility out of our control somewhat – not enough classes
- Stickies lead to professionalism and integrity more than “just a paycheck”

## **Brainstorming - How Department Relates to 4 Strategic Directions (NOW)**

### FINANCIAL STABILITY

- Be efficient, don't waste supplies
- Generate funds through full classes
- Low cost FTE in the Fitness Center
- High number of students = FTE = \$ and many of our students take more than one class!
- High quality and low cost FTE
- Bring in money by increasing FTE (high enrollment of classes)
- Student fees adequately cover program costs
- Develop multi-year plan for department budget. Equipment, supplies, materials, facility repair
- Awareness of many budget demands
- Classes are self-support
- Differential pricing pilot

- We are a pilot for differential pricing to increase revenue
- Community involvement
- Fundraise, fundraise, fundraise
- Continue to recruit students
- More with less

#### COLLEGE CLIMATE

- ✓ Encouraging positive behavior and attitudes by example
- ✓ Recruit diverse students
- ✓ Promote Health and Wellness of employees at Lane Community College
- ✓ We keep students and staff healthy and informed of fitness and health
- ✓ Placing students first – main priority
- ✓ Community involvement – diversity
- ✓ Recruit students from diverse backgrounds
- ✓ Uphold high level of grading criteria
- ✓ Be positive and encouraging
- ✓ Positive attitude
- ✓ Positive attitude! : )
- ✓ Appreciation BBQ
- ✓ By believing in and having a passion for educating students

#### INFRASTRUCTURE

- Increased student capacity in lab – First Aid remodel, TERP
- Participation in across campus committees and groups
- New Student Health location and support
- Participation on college committees representing division
- Cross-campus connections with co-op, wellness, FEC and TERP, etc.

#### BWEL

- Collaboration with businesses through our co-op experience related to fitness

#### ADDITIONAL COMMENTS ON STRATEGIC DIRECTIONS

- Help with climate and financial
- Positive \$ makers
- Shows flexibility in department differential pricing being pushed and still maintaining integrity, surviving, helping students
- Doing a lot more with scheduling meet needs of students, summer offerings
- Many participate in cross campus committees chair has three departments
- Be positive and energy – contagious
- Other departments want to have what we have: focus on students, being positive, common goal, working together collaboration
- Cross campus feedback – you are fortunate – great group of folks
- Extended learning is lots with community sports programs, co-op, fitness centers, schools, corporate fitness facilities, Fitness Training Program students hired in FEC

- Reevaluate classes and loads to move and change to meet student needs – staffing willingness to adapt and change
- Infrastructure – on campus – feedback very positive – do good work – contribute to college as a whole - fitness center too
- Financial stability is in front of us whether we like it or not
- Established more relationships with universities Global Health Class – Harvard /videos/OSU, PSU, Southern Oregon

## LEARNING CENTERED PRINCIPLES DISCUSSION

How does our department create substantive change in individual learners?

- By implementing important teaching cues that foster positive and successful experiences
- With well-planned and well-taught classes we inform, challenge, and educate our students in meaningful ways
- Create change through class instruction and assignments
- Offer classroom and lab along with practical experience ex. Co-op
- The students establish goals and evaluate academic possibilities in progress
- Hands on lab experiences
- By creating a safe learning environment
- We challenge students to critically assess their lives and make positive change
- Give relevant information to students
- Instill lifelong healthy choices
- Encourage, support, and assist in making lifelong healthy choices
- Provide accurate and relevant information for personal health, fitness, and activity
- 80% graduation or transfer rate for student athletes compared to 6% college wide
- Being open to learning ourselves
- Provides on-the-job training for students
- Fitness Program students get hired

How does our department show when improved and expanded learning is documented for the learners?

- Feedback in P.E. class is evaluated on personal goals and achievement toward optimal health
- By getting evaluations that indicate student success growth
- Making the changes
- Feedback from students about the positive changes they have experienced
- Fitness Training Program students complete KSA's (knowledge, skills, and abilities) list
- Feedback to students in Fitness Program comes in K.S.A. and A.C.S.M
- Pre and Post assessments
- Pre and Post testing in class – fitness evaluations – lifestyle/healthy habit changes
- Assessment, evaluation, feedback, and support
- Students pass certification exams
- Fitness Certificate Portfolio/Skill Assessment record sheet
- Tracking of students in our Fitness Specialist Program in their jobs and related fields

- Individuals are capable and self-confident to perform practical skills and abilities
- When they return to the FEC after no longer Lane student
- Increased enrollment
- Repeat “student” customers

#### ADDITIONAL COMMENTS ON LEARNING PRINCIPLES

- Majority are already addressed headed in right direction
- Heard from students that we are doing this
- Balance day to day with big picture – connected with rudder will make financial decisions based on strategic directions – positioning
- Incredible how department impacts lifelong learning

#### ONE WORD DESCRIBING THE DEPARTMENT

- Team
- Student-centered
- Resilient
- Survivors!
- Flexible!
- Caring
- Family, Family, Family
- Productive
- Busy
- Awesome, Awesome
- Fun
- Positive, Positive Happy (mostly)
- Healthy

Chapter 1: Unit Description

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*Who are you?*

*Answer this question by providing the following information*

➤ **Unit Mission/Vision**

To provide educational programs, both in practice and theory, that are dedicated to empowering people in the areas of health and fitness by encouraging regular exercise, healthy eating habits, and sufficient rest and relaxation.

*The Division staff are currently engaged in an every five-year process to review and revise the Division's mission and vision.*

➤ **Catalog Description**

➤ **History/Significant Program Events**

The department offers approximately 360 sections of 45 different curricula in Health, First Aid, Physical Education, Fitness Education, Professional Fitness Technician/Specialist, Recreation, Social and Aerobic Dance, and Therapeutic Exercise. The department promotes and organizes intramural and extramural activities and special events. In addition, intercollegiate athletics for Track and Field, Cross Country and Basketball are offered. For students with physical disabilities, the department offers the Therapeutic Exercise and Rehabilitation Program. The Fitness Education Center provides fitness programs for both students and faculty. The department offers one and two-year degree programs in Professional Fitness Training, as well as a suggested course of study in both Coaching and Physical Education.

Health courses continue to be highly enrolled with First Aid and Work Place Health and Safety now fulfilling the Health transfer degree requirement. The team has developed a Global Health class, adding a new dimension to an already solid program and meeting the Ethnic/Gender/Cultural Diversity requirement.

The department offers lower division courses that meet requirements for students transferring to two-or four-year institutions. Opportunities for earning credit through cooperative education are available in the areas of: Aerobics, Coaching, Fitness, Health Occupations, Physical Education, Physical Therapy and Recreation.

All courses with a Physical Education prefix may be used to meet the graduation requirements for the Associate of Arts and Associate of Applied Science degrees. All Health prefix classes may be used to meet the Oregon transfer degree requirement. All courses offered through the department carry transferable credit. All courses listed in the catalog have been offered in the past five years. Several sections of Physical Education activity classes have been dropped due to budget reductions.

➤ **Degrees and Certificates**

- Two-Year Associate of Applied Science Degree  
Two-Year Associate of Applied Science Degree Program:  
Fitness Specialist
  
- Two-Year Certificate of Completion  
Two-Year Certificate of Completion Program:  
Fitness Specialist  
One-Year Certificate of Completion Program:  
Fitness Technician
  
- Cooperative Education
  - ✓ Aerobics
  - ✓ Coaching
  - ✓ Fitness
  - ✓ Health Occupations
  - ✓ Physical Education
  - ✓ Physical Therapy
  - ✓ Recreation

➤ **Organizational Structure**

➤ **Staff/Faculty**



***Health, Physical Education & Athletic Department  
2002 - 2003 Organizational Chart***

Lane Community College Associate Vice President for Instruction and Student Services Sonya Christian
Health Physical Education & Athletics Division Chair Patrick Lanning

<b>Health</b>
<b>Contracted Faculty</b> *Jim Boutin Susie Cousar Sharrie Herbold Lynne Weissfeld * ~ Lyndell Wilken
<b>Part-Time Faculty</b>  Brad Carman Tina Davis Lisa Rowley Mary Schreiber * Pam Twardzik

<b>Physical Education</b>
<b>Contracted Faculty</b> ~ Rodger Bates * Jim Boutin Grady O'Connor ~ Shannon Gaul Sean MonDragon Greg Sheley
<b>Fitness Education Center Coordinator</b> Amy Riggins
<b>Fitness Education Instructional Specialist</b> Wendy Simmons
~ Sue Thompson * ~ Lyndell Wilken
<b>Part-Time Faculty</b> Shan Ambika Becky Cacioppi Wes Chamberlain Livia Evans Marianne Gardner Donny Harrel Sean Hayes John Huang Steve Oxenford Larry Robbins Bob Radcliff Kathleen Seeley Wendy Simmons * Pam Twardzik Dale Weigandt

<b>Facilities</b>
<b>Facility Coordinator</b> Mike Zimmerman
<b>Locker Room Coordinators</b> Sherry Franzen Kim Gilbert

<b>Athletics</b>
<b>Interim Athletic Director</b> Sean MonDragon

<b>Rec Sports/Special Events Coordinator</b> Brent Ellison
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<b>Interim Athletic Trainer</b> Pam Twardzik
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<b>Athletic Coaches</b>	
<b>Men's Basketball Head Coach</b> Jim Boutin	<b>Women's Basketball Head Coach</b> Greg Sheley
<b>Assistant</b> Allan Acord	<b>Assistants</b> Karen Bauer
Kevin McMann	Kevin Grumbley
<b>Track &amp; Field/ Cross Country Head Coach</b> Grady O'Connor	<b>Baseball Head Coach</b> Donny Harrel
<b>Assistant</b> Chad Schacht Hal Werner	<b>Assistants</b> James Atwood Nate Pratt
<b>Women's Volleyball Head Coach</b> Dale Weigandt	
<b>Assistant</b> Tamarah Allen	

<b>Administrative Support</b>		
<b>Administrative Specialist</b> Lisa Parker	<b>Administrative Support Specialist</b> John Downes	<b>Administrative Specialist</b> Sharon Foster

\* Teaches in Health & PE  
~ Co-op Supervisor

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## Chapter 2: Program Outcomes (Curriculum)

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*What does your program intend to do? What does the learner acquire after completing your program? How does your program contribute to enhancing the core abilities (as defined in the catalogue) of the learner?*

➤ Program Level:

▪ Program Outcomes

Graduates of the Professional Fitness Training Program will:

- demonstrate interpersonal skills in the areas of leadership, motivation, and communication.
- understand and apply basic exercise principles related to applied kinesiology, physiology, injury prevention, conditioning, resistance training, and functional training.
- administer various fitness assessments including the measurement of cardiovascular endurance, body composition, flexibility, muscular strength and endurance.
- design and demonstrate safe and effective exercise programs for individuals, groups, and special populations within current fitness industry standards and best practices.
- utilize appropriate library and information resources to apply current fitness industry research and support lifelong professional education.
- apply and interpret basic algebraic formulas to fitness assessment data and exercise programming.

▪ Program accreditations/national standards if applicable

The American College of Sports Medicine (ACSM) endorses Lane Community College's Professional Fitness Training Program as providing training for the knowledge, skills and abilities as specified for ACSM certification. ACSM states: *"The American College of Sports Medicine has endorsed the curriculum for Lane Community College's associate of applied science program. This curriculum covers the knowledge, skills, and abilities expected of an ACSM Health/Fitness Instructor®. This curriculum has been reviewed for the educational content and has been endorsed by ACSM. This does not reflect ACSM endorsement of the college or its other academic programs."*

- Core Ability Outcomes
  - communicate effectively.
  - think critically and solve problems effectively.
  - increase understanding of the relationship between self and community, including self-awareness, personal responsibility, and the development of cultural competence.
  - explore academic disciplines.

➤ Course Level:

- Course Outcomes  
Individual course outcomes are listed in course syllabi, and are on file in the Department Office as well as in the Curriculum Office.
- Instructional Methods
- Instructional Environment (classroom type/technologies)  
The facility is a two-story building having a main gymnasium (which can be divided), a weight room, a dance facility, three classrooms, the Fitness Education Center, a therapeutic exercise and rehabilitation area, an athletic treatment center, two large locker facilities for students, two staff locker rooms, two team locker areas, and an equipment room. There are four study and testing carrels for student use adjacent to the instructor's offices.  
  
The outdoor activity area consists of four tennis courts, a 400-meter track, archery and golf ranges, a soccer bowl, miles of running and walking trails, an outdoor fitness station, a baseball field with generous space for extra practice stations, two dugouts with a storage room, and a track storage shed.  
  
Much of the physical education equipment is aging, but is slowly being replaced by revenue generated through activity class fees on a planned repair/replacement schedule. Lockers and clothing for activity classes also are provided through the fee structure.  
  
The indoor classrooms are equipped with TV/VCR and overhead projectors. Use of the college portable LCD projector has increased significantly for on-line and Power Point presentations during lecture classes.

➤ Faculty/Staff Contributions

➤ Advisory Committee

The Professional Fitness Training Program Advisory Committee meets to provide input regarding current fitness industry practices and business trends. This information is collected in a variety of methods (e.g. formal meetings, on-site visits, phone conversations, e-mails, etc.) Our program faculty also have direct observation of various worksites through Cooperative Education student placements. The gathered information is periodically analyzed by program faculty during overall program and curriculum evaluations. The committee members also observe individual program students' performance, as many internship placements are at the committee members' worksites. This exchange of information is a vital part of the committee's role in determining program effectiveness.

Our committee members are local professionals with fitness-related careers. Specific job titles represented include: fitness director (3), personal training, program coordinator, activity coordinator, instructor of Health and Physical Education, and wellness coordinator.

## Health, Physical Education & Athletics Division

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### Chapter 3: Program Outcomes Data (Student, Fiscal,.....)

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#### ➤ Enrollment data

- Program Level: Student FTE  
Health & Health Education: 186.3  
Physical Education: 616.2  
Professional Fitness Training Program: 25.6  
*(IRAP 4<sup>th</sup> Week Enrollment Reports 02-03)*
- Course Level: Student FTE
- Student FTE/Faculty FTE ratios  
Student FTE: 824.87 Faculty FTE: 14.235 Ratio: 57.95
- Capacity Analysis  
Maximum Enrollment: 10,880  
Actual Enrollment: 10,610  
Percent of Total Capacity: 97.5%  
*(Budget Criteria Report 02-03)*

#### ➤ Student Success Data

- Student Retention ratios  
80%  
*(IRAP Enrollment Reports 02-03)*
- Student Completion ratios  
92.8%  
*(IRAP Enrollment Reports 02-03)*

➤ Demographic profile of students

**2002-03 Professional Technical Core Students**  
**Gender/Ethnicity/Special Populations/Satisfactory**

Health, PE & Athletics

*<-Special Populations Duplicated*

		02-03 Total Core	Female # %		Male # %		Minority* # %		Disabled # %		Acad/Econ Disad # %		AcadDisad # %		EconDisad # %		Total Special Pops Undup # %	Satisfactory Prog(2.0+ GPA) # %
<b><i>Fitness Specialist</i></b>																		
901	Fitness Specialist/2yrC	11	3	27%	8	73%	1		1	9%	10	91%	4	36%	9	82%	10	91%
900	Fitness Specialist/AAS	32	14	44%	18	56%	7	26%			19	59%	10	31%	15	47%	18	56%
	<b><i>Program Totals:</i></b>	43	17	40%	26	60%	8	21%	1	2%	29	67%	14	33%	24	56%	28	65%
<b><i>Fitness Technician</i></b>																		
902	Fitness Technician/1yrC	10	7	70%	3	30%	3	38%			6	60%	3	30%	2	20%	5	50%
	<b><i>Program Totals:</i></b>	10	7	70%	3	30%	3	38%			6	60%	3	30%	2	20%	5	50%
	<b><i>Dept/Division Totals:</i></b>	53	24	45%	29	55%	11	24%	1	2%	35	66%	17	32%	26	49%	33	62%

Core students are students who have completed 6+ required core credits in their self-declared professional technical

**Program totals in boldface numbers are within the Carl Perkins grant fund parameters for equity (25%+ female and**

**\*Minority percent is calculated by dividing the number of minorities by the number of known ethnicities (unknowns excluded/international**

Winter 2004

Source: OCCURS Student Tracking

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➤ Budget

- General Fund:
  - Actual Costs  
\$1,557,115
  - Revenues (Course Fees,.....)  
\$214,916 PE Fees
  - Cost/Student FTE  
 $1,557,115/824.87 = \$1,887.71$
- Restricted Fund: Fund 8 (Grants,.....)
  - Costs  
\$58,029 – Carl Perkins Grant
  - Revenues  
\$58,029 – Carl Perkins Grant
- Restricted Budget: Fund 9 ( Tuition-based sections,.....)

Athletics Department Only

Costs: \$426,890  
Revenues: \$28,736  
Budget: \$394,474  
Net Working Capital: \$80,218

➤ Facilities/Equipment

- Space Description
- Utilization Ratios (actual/available)
  - Fitness Education Center 05/101 – 6:30 am to 10 pm
  - Weight Room 05/130 – 8:00 am to 7:30 pm
  - Gymnasiums 05/202 & 203 – 9:00 am – 9:00 pm
  - Therapeutic Exercise 05/103 – 9:00 am – 9:00 pm
  - Courts & Fields – 10:00 am – 6:00 pm
- Equipment Inventory and
- Replacement Cycles

<b>Class</b>	<b>Equipment/Supplies</b>	<b>Number</b>	<b>Life Expectancy</b>	<b>Year Purchased</b>	<b>Projected Replacement Date</b>
Aerobics	CD Player	2	6	2005	2011
	Floor Maintenance				
	Mats	60	8	2003	2011
	Microphone	2	6	2004	2010
	Microphone Belt	3	2	2005	2007
	Music	2	2	2005	2007
	Rechargeable Battery	2	5	2004	2009
	Resistance Bands	110	4	2005	2009
	Speakers	1	10	2000	2010
	Steps	85	8	1999	2007
Archery	Arm Guards	36	10	1996	2006
	Arrow Holder	1	15	2004	2019
	Arrows	225	8	2000	2008
	Bales	36	3	2005	2008
	Bows	45	16	2005	2021
	Cart	1	15	2004	2019
	Covers	12	20	1998	2018
	Gloves	22	5	2002	2007
	Grounds Maintenance				
	Paint				
	Posts	24	15	1998	2013
	Strings	52	3	2005	2008
	Target Holders	36	3	2005	2008
	Targets	36	3	2005	2008
Badminton	Birdies	120	1	2005	2006
	Nets	5	5	2003	2008
	Rackets	32	4	2002	2006
	Standards	1	15	1995	2010
	Floor Maintenance				



<b>Class</b>	<b>Equipment/Supplies</b>	<b>Number</b>	<b>Life Expectancy</b>	<b>Year Purchased</b>	<b>Projected Replacement Date</b>
Basketball	Backboards (Glass)	4	12	1996	2008
	Backboards (Metal)	8	12	1994	2006
	Basketballs	20	3	2005	2008
	Floor Maintenance				0
	Nets	12	2	2005	2007
	Pennies	36	2	2005	2007
	Rims (Glass)	4	12	1996	2008
	Rims (Metal)	8	12	1994	2006
Conditioning	Mats	1	20	1988	2008
	Stretching Ropes	20	4	2004	2008
	Stationary Bikes	12	8	2002	2010
	Foam Rollers	36	4	2005	2009
	Therapy Balls	12	4	2005	2009
	Jump Ropes	36	3	2003	2006
	Heart Rate Charts	3	8	2005	2013
	Heart Rate Monitors	30	4	2004	2008
Exercise & Weight Control	Heart Rate Monitors	30	4	2004	2008
	Mats	1	20	1988	2008
Exercise Walk/Jog	Mats	1	20	1988	2008
	Shoe Scrapers	4	4	2003	2007
	Trail Maintenance				0
	Jump Ropes	36	3	2003	2006
	Clock w/ Second Hand	1	5	2002	2007
	Heart Rate Charts	3	8	2005	2013
	Heart Rate Monitors	30	4	2004	2008
Fencing	Breast Protectors	10	7	1999	2006
	Floor Maintenance				0
	Foils	35	7	2003	2010
	Grips	35	7	2003	2010
	Jackets	35	6	2002	2008
	Masks	35	7	2004	2011

<b>Class</b>	<b>Life</b>	<b>Year</b>	<b>Projected</b>
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	Equipment/Supplies	Number	Expectancy	Purchased	Replacement Date
Fitness Center	Versa Climber	1	6	2002	2008
	Treadmill-Precor	3	4	2001	2005
	Treadmill-Life Fitness	3	4	2002	2006
	Cross Trainer-Life Fitness	3	4		
	Cross Trainer	4	4	2002	2006
	Elliptical/EFX	4			
	Elliptical/EFX	2			
	Stair Climber	3			
	Recumbent Bike	4	4	2003	2007
	Recumbent Bike	2	4	2000	2004
	Upright Bike	4	4	2003	2007
	Upright Bike	2	4	2000	2004
	Rower	6	7	2002	2009
	Rower	4	7	1995	2002
	X/C Ski Trainer	2		1997	n/a
	Stationary Bike	6			
	Paramount Equipment	19	7	1996	2003
	Cybex	1			
	Equalizer	1		1996	
	Dumb Bell Sets	20	10	2003	2013
	Dumb Bell Sets	8	10	2000	2010
	Fan-Wall Mounted	10	6	2003	2009
	Fan-Free Standing	7	3	2001	2004
	Mat	1	25	1980's	2008
	Individual Mats	8			
Flag Football					0
	Cones	14	3	2005	2008
	Field Maintenance				0
	Flags	40	5	2005	2010
	Footballs	10	4	2003	2007
	Paint				0
Golf					
	Bags	20	5	2001	2006
	Balls	1500	1	2005	2006
	Clubs (Sets)	12	8	1999	2007
	Field Maintenance				0
	Hitting Tee Mats	20	8	2001	2009
	Paint				0
	Shag Bags	6	8	2002	2010

Class		Life	Year	Projected
	Equipment/Supplies	Number	Expectancy	Purchased Replacement Date

Indoor Soccer					
	Floor Maintenance				0
	Goals	1	8	2004	2012
	Indoor Balls	10	3	2005	2008
	Nets	2	8	2004	2012
	Pennies	25	2	2004	2006
Karate					
	Crash Mats	3	8	2004	2012
	Heavy Bags	2	8	2002	2010
	Mats	1	8	2003	2011
	Pads	20	4	2002	2006
	Target Pads	6	4	2002	2006
	Protective Body Vest	4	7	2003	2010
Meditation					
	Blankets	35	5	2003	2008
	Eye Covers	35	4	2003	2007
	Foam Rollers	20	4	2005	2009
	Therapy Balls	8	4	2004	2008
	Mats	35	8	2003	2011
	Music	2	3	2003	2006
	Stretching Straps	35	6	2005	2011
	CD Player	1	6	2000	2006
Personal Defense					
	Crash Mats	3	8	2004	2012
	Heavy Bags	2	8	2002	2010
	Mats	1	8	2003	2011
	Pads	20	4	2002	2006
	Target Pads	6	4	2002	2006
	Protective Body Vest	4	7	2003	2010
	Rubber Knives	20	3	2005	2008
	Foam Clubs	20	3	2005	2008
Soccer					
	Balls	10	3	2005	2008
	Field Maintenance				0
	Goals	2	12	2003	2015
	Nets	4	5	2003	2008
	Paint				0
	Pennies	25	2	2004	2006

Class	Equipment/Supplies	Number	Life Expectancy	Year Purchased	Projected Replacement Date
Strength Training					

Bars	16	12	2004	2016
Benches	18	15	1993	2008
Dumbbells	65	15	2005	2020
Total Hip Machine	3	10	2002	2012
Leg Extension/Curl	2	10	2002	2012
Leg Press - Nebula	1	12	2000	2012
Leg Press - Penatta	1	12	1995	2007
Lat Pull	1	10	1999	2009
Lat Pull	1	10	1999	2009
Cable Cross-over	1	10	2004	2014
Chin/Dip	1	8	1998	2006
Standing Calf	1	10	2000	2010
Seated Calf	2	10	2000	2010
Pec Deck	2	10	2003	2013
Smith Machine	1	8	2004	2012
Hack Squat	1	8	2003	2011
Preacher Bench	3	12	1996	2008
Roman Chair	2	15	1993	2008
Stationary Bikes	2	8	2005	2013
Mats	10	8	2003	2011
Fixed Weight Bars	35	15	1991	2006
Flooring	1	12	1999	2011
Handles/Attachments	25	15	2004	2019
Power Lifting	1	12	2003	2015
Squat Racks	4	15	1992	2007
Weight Plates	200	20	1987	2007
Jump Ropes	20	3	2005	2008
Bar Pads	6	3	2003	2006

#### Softball

Ball Bag	1	3	2003	2006
Balls	36	3	2005	2008
Bases	1	6	2005	2011
Bats	3	5	2004	2009
Field Maintenance				0

#### Tai Chi

Floor Maintenance				0
Music				0
Sound System				0

Class	Equipment/Supplies	Number	Life Expectancy	Year Purchased	Projected Replacement Date
Tennis	Rackets	25	5	2003	2008

	Nets	4	6	2004	2010
	Balls	800	4	2005	2009
	Standards	8	15	1991	2006
	Storage Shed	1	15	1999	2014
	Court Maintenance				0
	Ball Machines	2	12	1997	2009
	Backboards	4	10	1998	2008
	Court Dryers	2	5	2004	2009
Volleyball					
	Cart	1	8	2004	2012
	Floor Maintenance				0
	Nets	3	5	2002	2007
	Standards	4	8	2004	2012
	Volleyballs	20	3	2005	2008
White Water Rafting					
	Raft	1	7	2005	2012
	Raft	1	7	1999	2006
	Raft	1	7	1999	2006
	Life Jacket	40	6	2004	2010
	Paddles	40	5	2003	2008
	Throw Rope	4	3	2005	2008
	Dry bag	5	3	2003	2006
	Cam Straps	10	3	2003	2006
Yoga					
	Blankets	50	5	2003	2008
	Eye Covers	50	4	2003	2007
	Foam Rollers	20	4	2005	2009
	Therapy Balls	8	4	2004	2008
	Mats	50	8	2003	2011
	Music	2	3	2003	2006
	Stretching Straps	50	6	2005	2011
	CD Player	1	6	2000	2006
Clothing Exchange					
	Shorts	2250	3	2003	2006
	Socks	1500			0
	Sweat Pants	2000	3	2004	2007
	Sweat Shirts	2000	3	2004	2007
	Towels	4800	3	2004	2007
	T-shirts	3000	3	2005	2008

*(Health & PE Department Facility/Equipment Repair and Replacement Plan)*