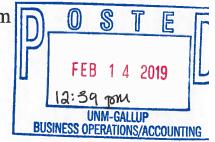
University of New Mexico-Gallup Campus Staff and Faculty Mini-Grant Application Form For 2018 - 2019 Fiscal Year

(please type or print)		
Division <u>Gymnasium</u>	Project Title	Purchase gym equipment
New Project: YesX	_No	

Have you received funding this fiscal year? Yes No X



1. Description of the project:

The kettlebell is that ball-shaped weight with a U-shaped handle which means the center of gravity isn't in the middle of the handle, like a dumbbell, but is constantly shifting depending on what movements a person is performing. Kettlebell training more difficult than dumbbell training, but also more effective as a total-body training tool. The gym would like to purchase a Kettlebell set. A stationary set will include a total of 12 kettlebells (2 ea 4 kg; one (1) of the following: 6kg (13lb); 8kg (18lb); 12kg (26lb); 16kg (35lb); 20kg (44lb); 24kg (53lb); 28kg (62lb); 32kg (70lb); 36kg (80lb); and 40kg (88lb). Plus a stationary rack, and 3 kettlebell training charts for a total price of \$1,099.00

Along with the kettlebell set the gym would like to purchase 15 new Wilson Evolution Basketballs.

2. Rationale for how the project will benefit the faculty, staff, students, UNM-G, or the communities at large:

The benefit of purchasing the items would be to promote a healthier individual. Kettlebells will be a new item to the gym it will improve cardiovascular as well as strengthening hips, legs, lower back, and abdominal muscles in the individual. The basketballs and mats would be replacements. The basketballs we currently have are well worn and lose air quickly. The basketballs are used for recreation time (open gym) and during some classes.

The mats we currently have are torn and worn, having mats that hang will keep the mats off the floor which will be more sanitary as well as prevent people from tripping over them.

3. Expected outcomes or products of this project:

The expected outcome is to have a safe, sanitary, fun, and exciting time at the gym. Having new basketballs will help a person's playing ability. New mats will create a safe and sanitary gym. The kettlebells will create a heathier stronger person.

4. Describe the timeline for the project, resources needed, and the person responsible for each action step.

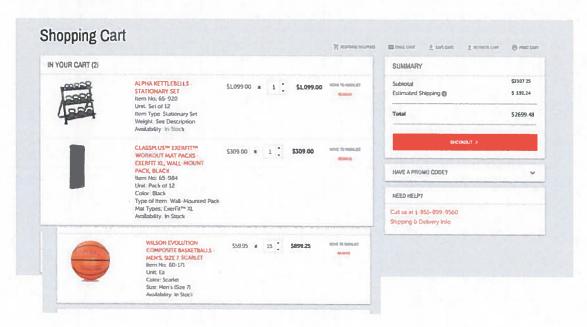
When: The product will be put to use once we get the equipment

Action Step: Will give an overview on proper usage to people who have never used the equipment before.

Resources Needed: No outside resources needed.

Responsible Person: As the coordinator of the gym will oversee the equipment.

5. Estimated budget with justifications: The total cost of the kettlebells, mats and basketballs will be \$2,699.48 price quote is from Gophersport.com



6. What other funding sources have you explored? Give details. (Note: funds for this mini-grant must be expended by June 30, 2019)

The index for the physical education center is beyond lean and currently supports the gym coordinator's salary only; unfortunately we do not have any additional money to purchase equipment.

1. If application is approved, the applicant must electronically submit the written final report as a pdf file to the Committee Chair, Carmela Lanza, Eng48@unm.edu within two weeks upon the completion of the project.

Prepared by (please type or print): _Michae	<u>ela Henry</u> Date: <u>02/13/2019</u>
Approval or Denial (please circle one):	
Division Chair or Supervisor	02 (14 19 Date
Approval or Denial (please circle one) Chair, Mini-Grant Committee	3/5/2019 Pate
Approval or Denial (please circle one) Director of Business Operation	3/4/19 Date

Please submit your mini-grant application to Ms. Geralene Lahi, Accountant I, Business Office (SSTC 286, extension 7577), after you obtain your division head's or supervisor's signature.

Reason(s) for denial. (Applicant may resubmit proposal for 2019-2020):

Due to Geraldine Lahi's Office by Friday, 2/15/2019 5:00 p.m.

Decisions will be announced by no later than 3/01/2019