Student Technology Fee
Special Initiative Request Form
Fiscal Year 2008-09
Northwestern State University of Louisiana

ALL BLANKS MUST BE FILLED COMPLETELY

Prepared by: Juanita Darby For: Exercise Equipment

Department/Unit: NSU Leesville College: NSU Leesville Campus: Leesville

Which NSTEP Goals/Objectives does this project meet? NSTEP Objective 2

Requested equipment will be located/installed/housed? Building 552 Room Student Union

Are department property policies and procedures in place for requested equipment? YES

Which individual will be responsible for property control of the requested equipment?

Signature: Juanita Darby Date: 8-22-08

Proposal Requested Amount: $27,573 Budget Attached (circle one) YES/NO

Proposal delivered to Student Technology located in Watson Library, Room 113. Date 8-25-08

The proposal must include all specifications, description, model number, quotation, cost, state contract number, and vendor for each item. If the proposal does not include all requested information, it will be returned to requestor.

1. Describe target audience.

All students enrolled in the NSU Leesville/Fort Polk campus. Many students living in this area commute to main campus and use the facilities on this campus because they are more convenient.

NSU Leesville/Fort Polk averages around 450 students during the Fall and the Spring semesters and about 200 during the Summer semester. Approximately 60-70% of the students are civilian, 20% are military family members and 10% are active duty military.

Two hundred students are enrolled in HED 1090, 1010, & HP 1110 classes each year. Nursing and Nutrition classes will also benefit from the use of this equipment.
2. Describe project/initiative for which you are requesting funds.

Students are requesting 2 tread mills and 2 elliptical machines to be located in the Student Union area.

3. State measurable objectives that will be used to determine the impact/effectiveness of the project.

Students will record their baseline rates and chart their progress over the semester. Students will become aware of the advantages of regular exercise on health and fitness.

4. Indicate how each project objective will be evaluated.

Students enrolled in HED and HP classes and students who choose to use the equipment will fill out a survey evaluating the equipment.

The machines will be incorporated with the one card service at a later date. At this time, there isn't any equipment available that limits or prohibits riders for a branch campus with this type of equipment.

5. If funded, which NSTEP objective(s) will this funding of this project advance. How will funding of the project advance the University and College/unit technology plan?

NSTEPS Objective 2. To improve classrooms with updated technology and multimedia.

6. Provide a justification for funding of this project. Estimate the number of student that will be served per academic year and in what ways. Please indicate also any unique needs of the target group.

All students must take HED 1010, HED 1090, or HP 1110 to meet the core requirements. Currently, 200+ students are enrolled in these classes each year on the Leesville campus. These courses are offered during A-term and B-term each semester and during the summer session. In addition, nursing and nutrition classes would have access to this equipment for their courses.

The importance of exercise and life-time sports are emphasized in each of these courses, but NSU Leesville campus has no exercise equipment or walking paths or sports equipment.
Students need the opportunity to practice what they are being taught. The Student Union area on the Leesville campus has been enlarged and can accommodate an exercise area. We are requesting 2 tread mills and 2 elliptical machines.

This area is large enough to accommodate the classes when the instructor wishes to have students record their heart rates, pulse, total miles, mph, and track their progress. These machines would be located in this common area so that students could have access to them outside of class time.

The Leesville campus does not have one room dedicated to HED; therefore, it was decided that a more central location would make the equipment accessible to other disciplines, i.e. nursing and nutrition, and to all the students on the NSU Leesville campus.

This exercise equipment will be available to all students attending classes on the NSU Leesville/Fort Polk campus; therefore, this would impact approximately 1100 students each year. During the fall and spring, we have approximately 450 students on campus each week that could use this equipment.

7. List those individuals who will be responsible for the implementation of the project/initiative and indicate their demonstrated abilities to accomplish the objectives of the project.

George Smith, HED instructor, will instruct his classes and provide charts for the area to remind students of the goals to achieve fitness.

8. Describe any personnel (technical or otherwise) required to support the project/initiative.

Tommy Tilley would program the equipment to be used with the one card service once something comes available.

9. Provide a schedule for implementation and evaluation.

Equipment will be ordered in September and arrive by the end of October. When the shipment arrives, the equipment will be installed in the Student Union and tested. Instructors and students will begin using the equipment after the installation is complete. This is projected by Fall 2008. Evaluations will be done from student surveys in HED classes.

10. Estimate the expected life of hardware and software. Explain any anticipated equipment/software upgrades during the next five years.

Treadmills and Elliptical machines have a life expectancy of five years depending on the use.
11. Explain in detail a plan and policy that will be in place to ensure property security/controls for any equipment received through a Student Technology Fee. If you are requesting equipment that will be either/or checkout to students or moved within the department, you must provide a checkout/loan policy.

Rooms are locked and the key will be controlled under the NSU Leesville/Fort Polk Key Control Policy. Also, security personnel will be monitoring the lounge during operating hours every thirty minutes.

12. Attach a detailed budget.

**BUDGET**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Vendor No.</th>
<th>State Contract No.</th>
<th>Total Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Expo exercise machines</td>
<td></td>
<td></td>
<td></td>
<td>27,573</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

**Total Cost**

$
August 21, 2008

Student Technology Fee Grant
Special Initiative

Dear Selection Committee:

I am writing to voice my whole hearted support for the Student Technology Fee grant proposal submitted by Ms. Juanita Darby to place exercise equipment in our student lounge area. This would ultimately enhance not only our student activity needs, but also improve instruction as well.

Students on this campus are privy to all email instructions that are given to students on the Natchitoches Campus. This grant would provide our students with services that they do not enjoy at this time.

The cost of equipping this area would present a prudent use of Student Technology Fees. Please consider this application and my complete support thereof. If I may be of further assistance, please call on me.

Sincerely,

Joseph Pope
Executive Director, NSU-Leesville/Fort Polk
July 7, 2008

Student Technology Fee Grant
Special Initiative

Dear Selection Committee:

I fully support the Student Technology Fee grant Proposal submitted by Ms. Juanita Darby to purchase exercise equipment for the Student Union area on the Leesville Campus. The students of this campus would benefit greatly from having access to equipment that promotes healthy lifestyles.

This equipment would make it easier for instructors to provide on site learning experiences for all students enrolled in many of the health courses. It would also improve the use the somewhat limited Student Union area, which is currently under construction. The campus has been seeing an increase in younger students that are always looking for things to do in between classes. This type of equipment would not only fill their time but also give them the added bonus of obtaining and adopting a healthier lifestyle, thus improving their overall academic success.

Equipping this area with exercise equipment would be a great use of Student Technology Fees and give great return not only in the area of health but also academics for all students. Please give this proposal every consideration.

Sincerely,

[Signature]

Martha H. Koury
Coordinator of Student Services
NSU/Leesville
**QUOTE**

Fitness Expo  
4124 Veterans Blvd.  
Metairie, LA 70002  
504-887-0880

Bill To: NORTHWESTERN UNIVERSITY  
LEESVILLE CAMPUS  
LEESVILLE LA  

Ship To: NORTHWESTERN UNIVERSITY  
LEESVILLE CAMPUS  
LEESVILLE LA  

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<td>29840</td>
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<th>Amount</th>
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<td>EA</td>
<td>PR5761 ELLIPICAL, CROSSTRAINER</td>
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<td>6995.00</td>
<td>13,990.00</td>
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<tr>
<td>2</td>
<td>EA</td>
<td>PR966 THR TREADMILL, PRECOR 966 W/THR NEW STYLE-HANDLE BARS</td>
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<td>8295.00</td>
<td>16,590.00</td>
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</table>

Subtotal  
FREIGHT CHARGES  
DISCOUNT  
Quote Total

30,580.00  
1,580.00  
-4,587.00  
27,573.00

WE ARE AUTHORIZED BY THE MANUFACTURER TO SELL AND SERVICE ALL ITEMS QUOTED. PRICES VAlID 30 DAYS.
## Experience™ Series Product Specification

### Features

**Cross training**  
- CrossRamp® technology, unique to Precor, provides 20 different settings (13-40° ramp incline) for users to target different muscle groups. Ideal for all age and fitness levels.
- Durable 6-phase generator system with no contacting parts to reduce friction and wear provides 20 levels to tailor workouts with consistent resistance. The 20 resistance levels range from 18 watts (level 1 at 20 RPM) to 720 watts (level 20 at 100 RPM).
- Double polyurethane wheels with oversized axle and sealed bearings with improved seals glide on precision extruded aluminum tracks to distribute user's weight for efficiency providing an incredibly smooth feel.
- Dual action provides both upper and lower body workouts.

**Display**  
- Offers seamless integration with Cardio Theater options.
- Bio-feedback center with SmartRate provides dedicated feedback on heart rate and calories to end users. SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training.
- Numeric keypad makes data entry and Cardio Theater control easy.
- Tap Control provides satisfying tactile and audible click so end users feel confident and safe operating the product.
- Options menu offers wide choice of metrics and user defined languages and units of measure for readouts.
- QuickStart™ for user convenience lets user begin workout with the push of a single button.

**Frame**  
- Biomechanics validated by Western Washington University Biomechanics Lab for users of all ages, fitness levels and sizes, from the 5% size female to the 95% size male user.
- Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to steel frame.
- Excellent stability and freedom of movement for users of all sizes.
- Motion keeps users' heels in contact with footplates reducing muscle and tendon stress allowing a balanced hands-free workout.
- Footplates are polypropylene plastic and self-draining. Foot space is 14.17 inches (36 cm) long.
- Transport wheels in the rear of the EFX allow the unit to be moved when cleaning the floor.
- Critical pivots are maintenance sealed bearing design. Other pivots incorporate self-lubricating bronze bushings.
- Ramp cover keeps the ramp cleaner longer and can be removed for easy access to clean the tracks, but cannot be inadvertently popped off by stepping on it.
- Durable rear cover designed to reduce damage that could occur when excessive weight is applied to it.
- Cover sides panels attach using a twist-lock design. Single screw required to securely hold each side panel in place.

**Diagnostics**  
- Ability to set club parameters, e.g. limit exercise time and pause time.
- CSAFE ready and FitLinxx compatible.

**Heart Rate**  
- Has handheld heart rate and is equipped for heart rate telemetry reading using a chest strap.
- SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training.

**Other Features**  
- Calorie measurement and all other metrics developed for accuracy by Emily Cooper, MD, of Seattle Performance Medicine, using gas exchange measurements for users of all ages, sizes and fitness levels.
- Accessory holders for water bottle, portable music, reading material and more.

**Warranty**  
- Seven years frame, 5 years display face assembly, 2 years parts and 1 year labor. One year for battery in self-powered units. Warranties outside the U.S. and Canada may vary.

**14 programs accessed directly by 6 buttons**  
- 4 Variety: includes Cross Country, 2 Gluteals, 1 Custom
- 2 Intervals: includes standard interval and total body interval
- 1 Heart Rate Control: includes Basic
- 5 Performance: includes Hill Climb, Fitness Test, 3 Cross Training

**Electronic Readouts**  
- % Complete, Average heart rate*, Average speed, Calories, Calories per hour, Calories per minute, CrossRamp incline, Goal, Heart rate*, Language, Maximum heart rate*, METS, Profile, Resistance levels, Segment time, SmartRate®, Speed, Strides per minute, Target heart rate*, Time, Time elapsed, Time in heart rate zone*, Time remaining, Total strides, Units, Watts, Workout summary

* Requires use of chest strap or touch grips

### Weights and Measures

<table>
<thead>
<tr>
<th>Caracteristic</th>
<th>Value</th>
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<tbody>
<tr>
<td>Length</td>
<td>80 in (203 cm)</td>
</tr>
<tr>
<td>Width</td>
<td>32 in (81 cm)</td>
</tr>
<tr>
<td>Height</td>
<td>68 in (173 cm)</td>
</tr>
<tr>
<td>Weight</td>
<td>33 lbs (15 kg)</td>
</tr>
<tr>
<td>Shipping Weight</td>
<td>443 lbs (201 kg)</td>
</tr>
<tr>
<td>Footplate dimensions</td>
<td>14.5 x 6.5 in (37 x 17 cm)</td>
</tr>
<tr>
<td>Height of footplate at maximum incline</td>
<td>21.5 in (55 cm)</td>
</tr>
<tr>
<td>Height of footplate at lowest position (step up)</td>
<td>8 in (20 cm)</td>
</tr>
</tbody>
</table>

**Power**

- Self-powered. Cordless, so it can be placed anywhere on the floor.
- Optional power supply available if owner expects long time periods of no use or desires display to be continuously lit longer than 30 seconds after workout ends. The power supply extends the maximum pause time to two minutes.
- Generator provides ability to exercise even at low or zero battery levels. (CrossRamp function halted until battery is sufficiently recharged.)

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**Commercial Sales (425) 486-9292**  
**March 6, 2006**

www.precor.com

**Inspire a life in motion.**
## 966i Treadmill
Top of the line low impact treadmill, with wide variety of programming options, designed for heavy commercial use.

### Features
- Decline to -3% simulates downhill running for training different muscle groups.
- Ground Effects® Impact Control System helps decrease impact on joints and reduces lateral motion.
- Integrated Footplant™ Technology makes each step feel more natural, balanced and in-control.
- Rear deck hinges and front cushioning create a laterally stable platform to reduces shock to runner and provides firm push off.
- Deck and belt require no external lubrication and are fully warranted for 2 years regardless of usage.
- Deck is a one-inch Silk-Dek bed composed of 52-lb high-density fiberboard core with phenolic laminate bonded on both sides. Can be flipped to double life.
- Sealing E8 special weave multi-ply polyester belt, with dry lubricant integrated into the material, is exclusive to Precor.
- Steel tapered rollers keep the belt centered to reduce maintenance and noise.
- Self-tensioning drive belt protects drive motor from excessive tension.
- Injection molded trim strips with textured rubber insert are durable and offer secure footing when straddling the running belt.

### Drive System
- IFT-Drive controller works with a 4.0hp peak duty AC induction motor for a smooth, natural feel.
- Three-phase, sensorless variable frequency drive technology for high reliability and accurate speed control.
- Integrated power components and fan to handle higher loads and temperatures.
- Inturs current limiting circuits for reduced circuit breaker problems.
- The 120-volt version has been built in power factor correction (PFC) for the highest possible system efficiency; substantially higher power output from the motor for the same amount of power drawn from the wall outlet compared to our previous drive systems.
- Removable power cord has a low profile right-angle plug. The cord is attached at a right angle for clearance and is clamped to the treadmill for reliability.

### Display & Entertainment
- Offers seamless integration with Cardio Theater options.
- Bio-feedback center with SmartRate provides dedicated feedback on heart rate and calories to end users. SmartRate® shows actual heart rate in relation to the target zone for weight loss and cardio training.
- Numeric keypad makes data entry and Cardio Theater control easy.
- Tap Control provides satisfying tactile and audible click so end users feel confident and safe operating the product.
- Options menu offers wide choice of metrics, user defined languages, and user defined units of measure.
- QuickStart™ for user convenience lets user begin workout with the push of a single button.

### Frame and Lift
- Two-step powder-coating process applies rust-resistant undercoat and cosmetic topcoat to steel frame.
- Lift unit generates up to 1000 lbs. of thrust and operates in compression as intended by design.
- Threads in lift actuator screw are covered at low incline to prevent dust collection.

### Diagnostics
- CSAE ready and FiLiLoc compatible. Ability to set owner parameters, e.g., exercise time, default language and pause time.

### Heart Rate
- Handheld heart rate and is equipped for heart rate telemetry reading using chest strap.
- Accessory holders for water bottle, reading material, communication devices and portable music.
- When magazine rack is in use, the most used metrics remain in view.
- Safety clip attached to emergency stop switch to immediately turn off power bringing treadmill to a gentle stop. Stop switch has no magnet to lose and has a guard to prevent inadvertent activation.
- Power cord management system includes pre-drilled holes underneath the frame side rails and snap-in cord clips.

### Warranty
- Seven years frame, 5 years display face assembly, 5 years drive motor, 3 years motor controller, 2 years parts and 1 year labor. Warranties outside the U.S. and Canada may vary.

### Measurement
- **Length**: 88 in (224 cm)
- **Width with handrails**: 35 in (89 cm)
- **Height**: 64 in (163 cm)
- **Cord length**: 12 ft (3.7 m)
- **Weight**: 508 lbs. (231 kg)
- **Shipping Weight**: 549 lbs. (249 kg)
- **Maximum workout time**: 240 minutes
- **Handrail length**: 24 in (61 cm)

### Electronic Readouts
- % Complete, Average heart rate**, Average speed, Calories, Calories per hour, Calories per minute, Distance, Elevation Gain, Goal, Heart rate**, Incline/Decline, Language, Maximum heart rate**, METs, Pace, Profile, Segment time, SmartRate®**, Speed, Target heart rate**, Time, Time elapsed, Time in heart rate zone**, Time remaining, Units, Watts, Workout summary

** Requires use of chest strap or touch grips

### Product Specification

<table>
<thead>
<tr>
<th>For treadmill:</th>
<th>Outlet for treadmill only: (Personal viewing screen requires separate outlet.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>International</td>
<td>240 VAC, 50/60 Hz, 11.5A, 1925W</td>
</tr>
<tr>
<td>Commercial Sales</td>
<td>(425) 486-9292</td>
</tr>
</tbody>
</table>

**Inspire a life in motion.**

www.precor.com
Here is an email from CBORD explaining why we can't hook up to the onecard right now with the exercise machines.

Thomas Tilley
Information Systems
NSU Leesville / Fort Polk
337-392-3141

-----Original Message-----
From: Ryan Wagner [mailto:RPW@CBORD.com]
Sent: Monday, August 25, 2008 1:19 PM
To: Thomas Tilley; Danny Prudhomme
Subject: RE: Health machines

I just spoke w/ a rep from Precor's customer service. The bad news is we cannot control access to the elliptical like we can the treadmill since the elliptical is a self-powered device. However, both machines have several club settings, one of which is a time usage limit. So, w/ the user manual and some special codes, you should be able to define how long the machines can be used at a time.

If you still want to someone control access via card swipes, I would suggest either having a staff member in the room swipe cards at a desk to get valid/invalid status; or, if this area is not staffed, perhaps access control at the door to only allow approved individuals into the room. The latter will not prevent someone from bringing in their friend with them, but you could always install a camera to keep an eye on things (and possibly use the tailgating video analytic on the NICE Vision video system you already have).

Ryan Wagner
Account Manager -- AR, CO, LA, NM, OK, TX The CBORD Group, Inc.
p: 317.527.9475 (please note my new office #)
f: 317.536.3036
www.cbord.com

UGC 2008 will be held at the Grand Hyatt San Antonio October 8-11, 2008.

Beyond the Technology. CBORD User Group Conference 2008 - Oct. 8-11, 2008, San Antonio, TX

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From: Thomas Tilley [mailto:tommy@nsula.edu]
Sent: Thursday, August 21, 2008 11:40 AM
To: Danny Prudhomme; Ryan Wagner
Subject: RE: Health machines

The Fitness zone. I'm trying to find out who gave us a quote two years ago but the teacher is out of pocket.

Thomas Tilley
Information Systems
NSU Leesville / Fort Polk
337-392-3141

-----Original Message-----
From: Danny Prudhomme
Sent: Thursday, August 21, 2008 10:14 AM
To: 'Ryan Wagner'; Thomas Tilley
Subject: RE: Health machines

I think Tommy is ordering them from an internet site. Is that right, Tommy?

I know of no Precor rep in Natchitoches.

Danny Prudhomme
Northwestern State University of Louisiana One Card Technical Support Specialist
PH: 318-357-4051
FAX: 318-357-5279
prudhomme@nsula.edu

-----Original Message-----
From: Ryan Wagner [mailto:RPW@CBORD.com]
Sent: Thursday, August 21, 2008 9:48 AM
To: Thomas Tilley; Danny Prudhomme
Subject: RE: Health machines

Thanks for the info. The Ellipticals are self-powered, so a power cut-off option for limiting access probably won't work. The Treadmills appear to require power, so they could be controlled via a power cut-off option.

Do you have a local Precor rep we could speak w/ about more of the technical details of the machine? There's a chance the machines may have other control capabilities that we'd need to explore.

Ryan Wagner
Account Manager -- AR, CO, LA, NM, OK, TX The CBORD Group, Inc.
p: 317.527.9475 (please note my new office #)
f: 317.536.3036
www.cbord.com

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-----Original Message-----
From: Thomas Tilley [mailto:tommy@nsula.edu]
Sent: Wednesday, August 20, 2008 10:54 PM
To: Danny Prudhomme; Ryan Wagner
Cc: Thomas Tilley
Subject: RE: Health machines

We are asking for four machines....two elliptical (PR 576i) and two treadmills (966i) from Precor.com

Thomas Tilley
Information Systems
Northwestern State University
337-392-3141

-----Original Message-----
From: Danny Prudhomme
Sent: Wed 8/20/2008 11:28 AM
To: Thomas Tilley
Subject: FW: Health machines

Tommy,

Do you have the make/model of the equipment?

Danny Prudhomme
Northwestern State University of Louisiana
One Card Technical Support Specialist

PH: 318-357-4051
FAX: 318-357-5279
prudhomme@nsula.edu

-----Original Message-----
From: Ryan Wagner [mailto:RPW@CBORD.com]
Sent: Wednesday, August 20, 2008 11:16 AM
To: Danny Prudhomme  
Subject: RE: Health machines

The easiest way would be controlling the power via a relay and Squadron, like we had discussed this morning. However, Squadron would only be able to start a timer, not be the timer. In other words, rather than increase the strike relay to 5 or 10 minutes (which I am not sure you can go that high and even if you can that is a setting at the Patron Group level, not the location level -- so it would be more complicated to manage), the output would need to trigger a timer to start, and the timer would need to be a relay that would allow power to the bike. It would also be ideal to have a display for the timer close to the equipment so the student would see how much time they have instead of the device just stopping (esp. on a treadmill if they are running).

The other things to keep in mind about controlling the power is if the equipment needs to be powered constantly to keep any programming in tact, or if it can simply have power turned off and on as needed. Do you have make/model info for the equipment? If it is advanced enough, we may be able to interface to it, but that would be more complicated and expensive.

Ryan Wagner  
Account Manager -- AR, CO, LA, NM, OK, TX  
The CBORD Group, Inc.  
p: 317.527.9475 (please note my new office #)  
f: 317.536.3036  

UGC 2008 will be held at the Grand Hyatt San Antonio  


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From: Danny Prudhomme [mailto:prudhommed@nsula.edu]
Sent: Monday, August 18, 2008 10:48 AM
To: Ryan Wagner
Subject: Health machines

Ryan,

Do you have something we can put on an exercise machine that utilizes a card swipe? Here is what Leesville is looking to do:

Gold granting access to run the machine for 5 minutes or so. The machine won't run without a valid student ID.

Thanks.

Danny Prudhomme
Northwestern State University of Louisiana
One Card Technical Support Specialist
PH: 318-357-4051
FAX: 318-357-5279
prudhommed@nsula.edu