

Specific Equipment Requirements for CEEAA Course Series

General Equipment	Course site to provide	Participant to bring	AGPT to send to each course site	Presenters to provide
Computer				X
Digital clock for podium				X
LCD projector	X			
Remote microphone	X			
Screen	X			
Podium	X			
Tables/Desks and chairs <i>(1 per participant, plus room for 5 faculty in back or on side of room with <u>power-strips</u> for our laptops)</i>	X			
Speaker system			X	
Laminated station # signs			X	
Equipment Course 1				
Sphygmomanometer		X		
Stethoscope		X		
Stopwatch (cellphone ok)		X		
Calculator (cell phone ok)		X		
Tape measures		X or may be with giveaways		
Goniometers		X or with giveaways		
<i>Senior Fitness Test Manual</i> by Rikli and Jones, (recommended)		X		
Paper towels (to clean up marker)	1 roll or 72 pieces			
5 and 8 pound dumbbells (6 stations with 1 each)	6 of 5 pounds and 6 of 3 or 8 pounds			
Grip dynamometers	4		5	
Sheets or mats (Up from floor - 9 pairs; 4 sheets or 9 mats)	4 sheets or 9 mats (to lie on floor)			
Aerobic-style step with platforms up to 18 inches (can be either be a stepper, a stool 18" or a step 18" high) (1)	18 inch set up (1 platform and 14 risers)			
Standard chairs straight legs <i>with armrests</i>	6 (5 if 60 participants)			
Standard chairs straight legs <i>no armrests</i> (12 for arm curl + chair rise)	12 (10 if 60 participants)			
Plinths	18-24 (if 1 for every 3)			
Speaker system			X	

Giveaways and bags, tape measures, pens, etc			X	
Inclinometers			9	
Semmes-Weinstein Monofilaments			X	
Metric measuring wheel-4 with metric/standard			X	
Batteries for pulse ox (extra)			8 AA and 8 AAA	
Alcohol swabs 1 box			X	
Masking tape (14 FULL rolls)			X	
Pulse oximeters			X	
3/4 inch PVC pipe (24 pipe and 6 connectors)			X	
Metronomes			X	
Laminated RPEs			X	
Speaker system			X	
Giveaways and bags, tape measures, pens, etc			X	
Metric measuring wheel-4 with metric/standard			X	
Yardsticks (24 inch) (Functional reach and m-rotation 36)			36	
Step stool or step bench for Berg and Fullerton (12: Berg 6 +FAB 6)			12	
Non-skid contact dysem (12 pieces for FAB for AirEx pads)			12	
AirEx balance pads			18 (15 if 60)	
Orange Cones			X	
Gait belts			6	
Rulers ~12 inch inch/centimeter type (18 for pes planus and ROM)			18	
Washable markers			36	
Equipment Course 2				
Sphygmomanometer		X		
Stethoscope		X		
Speaker system			X	
Alcohol swabs 1 box			X	
Yoga mat			X as a Give away	
Cones			18	
Halo trainer/ ball, pump			X	
RPE scales			X	
Aerobic equipment: any combination of treadmills, bike, elliptical, stair climber, rowers, etc. that adds up to 20 pieces of equipment	X			

We would like to borrow balance equipment (bosu, wobble board, dynadiscs, therapads, etc.) up to a combo of 30 pairs. We will supplement what you do not have,	X			
Balls: 45-85cm diameters for a combo up to 20. We will supplement what you do not have.	X			
		X if able		
Air compressor/pumps			X	
Foam Stability discs (various colors)			All blue, black and green	
Resistance Equipment Course 2				
Elastic band: 3X 50 yd boxes each of green, blue & gray		X if able	X	
Band Loops 12": Yellow, red, green & blue, 2 boxes of 10 each			All	
FlexBar: Yellow (24), red (24) & green (24)+ 1			All (73 total)	
Free weights of 2-10 pounds, 10-15 sets if possible	X	X		
Resistance machines: 8-10 different pieces / types: Only needed for a 2hr time frame e.g., leg press, knee extension, leg curl, seated row, lat pull down, overhead press, chest press, back extension, calf press, biceps, triceps Aerobic machines: only needed for a 2 hour time frame: 15-20 different types of treadmill, elliptical, bike, recumbent bike, stepper, row, etc. Any balance devices that could be borrowed: bosu, dynadiscs, foam pads, etc up to 15 maximum if possible Large therapy balls: 45-85 cm diameter 10-15 if possible				
Equipment Course 3				
Speaker system			X	
DVD player/ capability for :	x			
Tai Chi DVD			X	
Insulation tubes and duct tape (24)				X
Tennis Balls (all)			X	
Saran wrap (1 roll)			X	
Yoga mats		X from second course	4	
Exercise band for Kyphosis and Pilates				
		X		

Sunglasses		X		
1/2 foam rolls (or use mats rolled and pillows) 1 every 4-8 ppl	X if available	X if able		X
Small hand weights (1-5 pound) 1 pair every 8	X	X if able		
Cuff/ankle weights (3-8 pounds) 1 pair every 8	X	X if able		
Large exercise ball and pump 1 every 4-8	X if available	X if able	1 every 4-8 if the site doesn't have	
Cuff/ankle weights (8-12 pounds) 1 every 4	X	X if able		
Towels and pillows (as needed)	X			
Chairs without arms (1 for each)	X			
Small weighted balls 1 every 4	X if available	X if able		
Heavy weighted balls 1 every 4	X if available	X if able		
Thick exercise mats 1 every 4	X if available			
Dyna discs (silver) 1 every 4			X	
Stability discs (foam blue/green) 2 every 4			X	
<p>Each Station needs to reasonably have enough space to test participants without disturbing other stations (4 corners of a room). Plus one waiting area for participants to wait to be tested.</p> <p>Practical Testing space for Courses 2 and 3 for test 5 stations-</p> <p>Tests run Friday Evening 4-7pm and Saturday 5-7pm</p>				
Equipment	Course Site to Provide	Participants to bring	AGPT to send	Testers to bring
Plinths	6			
Chairs (with or without arms, preferably without wheels)	6-12			

Yardstick-cut to 24 inch length			6 of the 24 inch sticks	
Sphygmomanometer		X		
Stethoscope		X		
Calculator (cell phone ok)		X		All of us
Metric measuring wheel			1	
Alcohol swabs			1 box	
Stopwatch			6	
Masking tape			2 regular/2 colored rolls	
Pulse oximeters				
Batteries			8 AAA and 8 AA	
Rate of perceived exertion (RPE) scales			6	
Tape measures			6	
Cones			18	
Gait belts			6	
1 inch PVC pipe			24 pieces and 6 connectors	
Ruler ~12 inch (centimeters/inches)			6	
Inclinometers			6	
Goniometers			6	
Metronomes			6	
Grading sheets			70	
Testing folders			6 folders	
Spools of yellow rope			3	

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