1) **Purpose and Instructional Need (include goals and objectives)**

The purpose of this project is to equip all graduate students beginning the Principal Preparation Program this Fall, 2017 (50 students) with a fitness watch to monitor their progress as they participate in a newly-developed component in the program addressing health and well-being.

This component was developed in response to a growing concern school leaders suffer physically and emotionally from workplace stress related to the demands of the job. Continued constraints from federal/state entities, coupled with 24/7 demands from parents/community, leave many school leaders with no time for themselves. Those who are either not knowledgeable about the hazards of workplace stress or who do not know how to take care of themselves are susceptible to conditions and diseases that negatively impact their lives. ELPE faculty will provide curricular opportunities for candidates to learn about workplace hazards of school administration as well as provide them with techniques they may employ to ensure a greater work-life fit balance.

Additionally, candidates will be invited to participate in an fitness program designed to give them an opportunity to assess their current fitness, nutritional and sleep patterns, set goals for improvement and implement changes that will lead to greater work-life fit and improved health over time, especially when they assume the role of school leaders immersed in high-stress work. During the program, students will wear fitness watches to monitor three goals: 1) daily physical activity, 2) weekly training sessions, and 3) nightly sleep patterns. To help them maintain focus and motivation, students will be provided coaches, either faculty members or students from KAHHS, serving under the direction of Dr. Jennifer Waldron.

This project seeks funds to purchase fitness watches for all participants in the fitness program. The watches would remain UNI property and students would return them at the end of their two-year program so that future cohorts of students may also use them.

ELPE and KAHHS intend for their shared relationship to continue as this health and well-being component will not only be a part of the Principal Prep Program for aspiring principals beginning in the Fall of 2017 but for all aspiring principals who begin the Principal Prep Program each fall thereafter.

2) **Identify how project will impact and benefit student learning include % affected and number affected.**

We expect 50 students to begin the Principal Prep Program this fall and all will be invited to

2015-2016 COE Student Technology Fund Application
participate in the fitness program described above. We believe 100% of our students will choose to participate. Participants will benefit from this project by having the means (the fitness watches) to gauge not only their current daily activity, training sessions, and sleep patterns but also the progress they make in each area over time. Having this real data readily available will motivate candidates to want to continue pursuing their fitness goals. For the first semester, up to 10 students from KAHHS will be impacted and it is possible this number will grow with the program.

3) **Describe how project aligns Educator Preparation Conceptual Framework and/or your department/division program goals.**

Because of the cross-disciplinary nature of this project, we are aligning with the goals of both Educational Leadership and Physical Education. **First,** the mission statement of Educational Leadership includes “leaders of learning, service, and change who positively impact student achievement and school improvement.” By learning strategies for engaging in healthy behaviors, future principals who experience high levels of stress will know how to successfully combat stress to ensure a better leadership-life fit. With a stronger leadership-life fit, future principals will be more successful in impacting their communities, districts, staff, teachers, and students in positive manners. **Second,** the strategic plan on physical education includes providing stimulating and challenging experiences for students, increase growth of KAHHS professions, and expand involvement by addressing critical local and state needs. By engaging physical education undergraduate and graduate students, this project will assist with the strategic plan. We will be challenging students to apply their content knowledge and interpersonal skills to real life situations. Students will put their skills to a real-life situation and renew their passion for the field. We will be addressing a statewide problem (unhealthy behaviors) and helping to grow field of kinesiology.

4) **Describe your plan to assess the impact of the technology project on student learning.**

Fitness watches will capture the participants’ daily physical activity, training and sleep patterns. Information from the watches will be synched weekly with PolarFlow so that candidates may monitor their progress over time. Coaches from KAHHS will assist candidates with interpreting their data as well as helping them troubleshoot use of the fitness trackers on an as-needed basis.

The **impact of this technology project on student learning** will be assessed via written reflections from both students in the Principal Preparation Program as well as their Coaches from Physical Education.

5) **Support Needed:**

   a. Who will install technology and provide technical support for project?
      Tech support will be provided by Sue Alborn-Yilek and Jennifer Waldron
   b. Where will resources be installed? N/A
   c. Does this room have the necessary data & electrical infrastructure required for your resources? N/A
   d. Does this proposal include funds to add the necessary infrastructure if not present? N/A
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Neil Compton verified CDW-G does not carry Polar devices and recommended best option is to purchase through manufacturer itself. EdLead already has a relationships with Polar in that our department has been participating in a wellness program through School Administrators of Iowa for the past two years. Additionally, a research team made up of Drs. Waldron, Alborn-Yilek, Huckstadt, Schares, and Gute are conducting a study of current school administrators engaging in a wellness program called CatchLife and Polar A360 is affording us a "Customer Loyalty Discount" to make this purchase and kindly requests we not share this price with other customers.
### Quote

**DATE:** 3/23/2017  
**QUOTE #:** 25  
**Customer ID:**  
**Valid Until:** 4/22/2017

#### Customer

Sue Alborn-Yilek  
U of Northern Iowa

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#### Polar Product Installation and Training Options

- **Product Code and Description:**
  - 97133780 Virtual Online Training (3-hour session)  
  - 9055122 On-Site Installation and Training (1-day training)

**Total Amount:** $6,667.50

### Terms and Conditions

1. Customer will be billed after PO received  
2. Payment/Purchase Order will be due prior to product delivery  
3. Please email, fax or mail the quote and PO to the address above and cc lisa.rothstein@polar.com

**If you have any questions about this price quote, please contact:**  
Jeff Gastetter 516.232.7199 email: jeff.gastetter@polar.com

*Thank You For Your Business!*