

University of New Mexico-Gallup Campus
Staff and Faculty Mini-Grant Application Form
For 2016 - 2017 Fiscal Year

(please type or print)

Division Physical Education Project Title Ladies Night at the Gym

New Project: Yes No

Have you received funding this fiscal year? Yes No

1. Description of the project:

The UNM-G Sports Complex would like to host Ladies Night at the Gym. Many women are not sure if they are exercising correctly or doing the correct exercise for their needs. We will bring in personal trainers and/or our physical education instructors to help our ladies with any questions they have about our classes or what type of training they can do to help with their needs.

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

This program will be open to any woman who registers from the UNM-G community and will be open to the general public. This will promote healthy living for our sisters, mothers, grandmothers, aunts, and nieces.



3. Expected outcomes or products of this project:

The gym was re-opened to the UNM-G community on August 22, since then the ratio of women to men that came to the gym to exercise is 1:3. Most women are not sure how to exercise or what is best for them therefore this program will help them with those needs.

We will bring in personal trainers for weight training, instructors to demonstrate different exercise classes we offer, nutritionists, and experts from the area to provide information on health related issues.

We hope this will increase our physical education class enrollment.

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

When

Ladies Night will happen four times throughout the school year, below are the approximate dates:

- October 24th
- November 28th
- February 13th
- April 10th

Action Step

We will have informational booths in regards to women’s health, the information will be provided by the nursing dept., and diabetes prevention program.

Speech on nutrition by hired dieticians.

Mini classes of weight training, yoga, cycling, and cardio kickboxing provided by physical education instructors or hired personal trainers

Demo of self-defense class by Ken Langley

Resources Needed

Funding is needed to pay for personal trainers, nutritionist, and instructor’s time, and water and/or other healthy snacks

Responsible Person

Michaela Henry will be the responsible person the head this program.

- Estimated budget with justifications:

Two personal trainers	\$400
Two instructors	\$350
Two dieticians	\$650
Healthy Snacks	\$600
TOTAL	\$2,000

- What other funding sources have you explored? Give details.

(Note: funds for this mini-grant must be expended by June 30, 2016)

At this point resources are very limited, specifically in regard to funds budgeted for the Physical Education complex. Providing opportunities to support healthy living within our

female populations is critical to our community, and utilizing mini-grant funds would provide an immediate benefit as there are no other funding sources available.

7. If application is approved, the applicant must electronically submit the written final report as a pdf file to the Committee Chair, Dr. Yi-Wen Huang, at yhuang75@unm.edu, within two weeks upon the completion of the project.

Prepared by (please type or print): Michaela Henry Date: 9-2-2016

Approval or Denial (please circle one):


Division Chair or Supervisor

09/06/16
Date

Approval or Denial (please circle one)


Chair, Mini-Grant Committee

10/3/2016
Date

Approval or Denial (please circle one)


Director of Business Operation

10/5/16
Date

Reason(s) for denial. (Applicant may resubmit proposal for 2017-18):

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.

Due to Mini-Grant Committee by 9/26/2016

Decisions will be announced by no later than 10/12/2016