



Innovation Grant Application

Library: University of West Florida Libraries

Project Manager: Hillary Fox and Kellie Sparks

Phone: 850-474-2264

Email: Hillary: hfox@uwf.edu; Kellie: ksparks@uwf.edu

Name of Project: FitDesk for John C. Pace Library

Grant Amount requested:

2 FitDesk bikes = $\$299.99 \times 2 = \599.98

Shipping & Handling = \$15.99 standard

Estimated Total = \$616.00

Scope of the Project: The acquisition of funds would enable UWF Libraries to purchase two FitDesk bike desks to promote positive health outcomes for students attending the University of West Florida. As a University with a robust Health, Leisure, and Exercise Science academic program, these bikes would be a great addition to the promotion of health and wellness on the campus. The bikes offer a unique research opportunity for the library, HLES program, and Psychology department to engage in regarding the physical and mental benefits of exercise while studying.

What need in the library/community will this project address?

A 2010 study in *Medicine and Science In Sports and Exercise* reported that students who participated in vigorous physical activity had higher grade point averages than those that did not participate in such exercise. (Flynn et al., 2010) The project would address the need for students to engage in exercise to counteract sedentary behavior while studying, and encourage academic success simultaneously. Since John C. Pace library is open a total of 112 hours/week during Fall & Spring semesters, students may utilize the bikes during a time that is most convenient to them. The project is closely aligned with the libraries' vision to "be an innovative, inspiring and vital component in the academic life of the University" by providing a safe, inviting space for students to both study and move with ease while reaping the physical and cognitive benefits of exercise.

Flynn, J., Coe, D., & Ode, J. (n.d). The Association Between Vigorous Physical Activity and Grade Point Average in College Students. *Medicine And Science In Sports And Exercise*, 42(5), 429-430.

Resources required:

The FitDesk bike will require assembly. A facilities staff person may be needed to complete the assembly.

Activities/Timeline (include estimated completion date):

The two FitDesk bike desks will be assembled and placed on the 2nd floor of our main campus John C. Pace Library located in Pensacola.

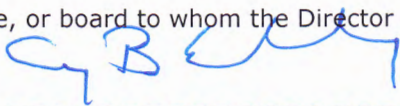
Jan 2017 - Funds Received and two FitDesk bike desks will be purchased.

Feb/March 2017 - Immediate implementation once received. Project will be completed at installation.

How will the library sustain this project?

The library would be responsible for any maintenance of the bike desks.

Library Director's signature:  Date: 2016 Oct 25

Signature of agent, office, or board to whom the Director reports  Date: 10-25-16

For PLAN use only:

Approved _____ Not Approved _____

PLAN Executive Director