LOS RIOS COMMUNITY COLLEGE DISTRICT

Sabbatical Leave Application

Name: Minet Gunther

College: CRC

Present Assignment: Kinesiology Instructor and Head Volleyball Coach

Type of Leave Requested:

A. Type A One Semester: Fall _____ Spring _____ Entire Year _____

  Will you be a tenured faculty member at the commencement of this leave? Yes ___ No ___

  If you have previously been awarded a Type A leave, have you completed a sequence of seven full years of service with the District since the last Type A leave? Yes ___ No ___

B. Type B Fall _____ 50% Spring ____%

  Will you have completed a sequence of at least three full years of service with the District at the commencement of this leave? Yes X No ___

Title of Proposal: Revitalization and Improvement of Instruction.

Brief Description of Proposal:

During the Fall Semester of 2012, I would like to take 9 units (6 units of graduate level courses and 3 units of an undergraduate level course) at California State University, Sacramento and Cosumnes River College, in order to feel a sense of revitalization and to increase my knowledge in my current assignment. The courses I would like to take are an undergraduate Nutrition class as I have recently began teaching Personal Wellness and feel I need to update my knowledge in this particular area, Teaching & Coaching Effectiveness and Specificity of Conditioning both of which are graduate level courses. My goal is to be reinvigorated in my assignment, primarily my coaching assignment.

What are your qualifications to undertake and complete your proposed project?

- I have taught Physical Activity classes along with coaching volleyball at Cosumnes River College for the past 15 years.
- I feel the need, due to coaching burnout, to get refreshed in my area.
- I have a Master’s Degree in Athletic Administration demonstrating my ability to persevere through a program and I have an enthusiasm for learning that will help me in completing these courses.
- I plan on incorporating the information learned during the sabbatical in order to improve my teaching.
- I’m willing to pay for the courses.

**Explain in detail how the accomplishment of your proposal will promote the objectives of serving students within the Los Rios District:**

At the conclusion of taking these courses, I would be able to serve my students in Personal Wellness with an increased knowledge of nutrition, a primary part of this course. One of the recommendations on my last Performance Review in December 2009, was to “Examine ways to start discussion in lecture classes” which is why I would like to take the Teaching and Coaching Effectiveness class. In addition, completing all of the courses with some release time from my regular teaching/coaching schedule will give me the chance to be reinvigorated about my coaching, which in turn benefits the students as I’m coaching with passion again.

Will you be receiving any outside remuneration for the proposed activities during your requested leave? Yes ___  No X (If yes, please submit explanation on separate sheet.)
Do you anticipate receiving any commercial benefit from your project or product through future sales?

Yes ___   No X   (If yes, please submit explanation on separate sheet.)

Please submit on a separate sheet:

I. A narrative on your planned program containing a statement of purpose and objectives, a detailed description of the proposed activities, and budget or resources support.

II. An appropriate method of evaluation.

III. A plan for sharing the results of the project.

IV. Professional Growth Attachment

V. Explain how you arrived at the requested leave time.

VI. Explain why the project is outside of your normal duties.

I agree to comply with all requirements stipulated in the faculty contract if awarded this leave.

______________________________
[Signature]
[Date]

Approval/endorsement of immediate or appropriate supervisor:

I have reviewed this proposal and believe ___, do not believe ___, that it is an appropriate project/activity, which will promote the objectives of the college/district.

Comments

Liz signed the original document
[Signature]
[Date]

Please submit on a separate sheet:
I. A narrative on your planned program containing a statement of purpose and objectives, a detailed description of the proposed activities, and budget or resources support.

I have been coaching volleyball for 25 years and am feeling a sense of coaching burnout recently. Receiving a 50% sabbatical in order to take courses, would give me the release time from coaching, while at the same time, take classes in order to get reinvigorated in my field. Specifically, I would enroll in two graduate level courses at California State University, Sacramento:

Kinesiology 203, Specificity of Conditioning. Survey of current research in training regimen of conditioning programs designed to optimize physical conditioning in preparation for specific athletic competitions. 3 units

Kinesiology 276, Teaching and Coaching Effectiveness. Study of the research methodology, systematic observation, and findings that relate to effective teaching and coaching in the school environment. Provides an analytical approach to the investigation of teaching and coaching behaviors by examining models and critical variables involved in describing, analyzing and interpreting the instructional process. 3 Units

Recently, I began teaching a Personal Wellness class in which an important part of the class is the section on nutrition. I would like to enroll in Nutrition 300 at Cosumnes River College, in order to upgrade my knowledge in this area. The last time I was in a course containing information on nutrition was in 1985-86 and while I have been able to update my knowledge on my own, information in this field has changed quite a bit since that time. More importantly, I have never taken, an actual nutrition class. This course includes:

Nutrition 300: This course includes the basic principles of nutrition, sources and functions of the nutrients in all stages of the life cycle, nutrition as a world problem, and consumer problems related to food. The course will emphasize topics such as weight loss, sports nutrition, food safety, the diet-disease relationship, global nutrition and analysis of special nutritional requirements and needs during the life cycle, among others. An evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods will also be completed to help students assess their own nutritional health. 3 units

In addition to enrolling in these courses, I would be able to:

- Read journal articles in the CSUS Library that can enhance my understanding in my field and in turn, use this information in my teaching at CRC.
- Attend seminars and events in kinesiology and education on the CSUS campus, conducted through: Center for Teaching and Learning, Departmental Lectures and Symposia.
- Revise the courses I teach, in particular the Fitness classes (Wt. Training, Body Fitness and Fit-Ball), Personal Wellness and Intercollegiate Volleyball, using the updated knowledge I gained, in order to present the most current and accurate information.
- Gain a sense of revitalization due to changing my daily schedule and getting release time from coaching.

Completion of this project will allow me to address the recommendation on my last Performance Review. Increasing my knowledge in methodology, fitness and nutrition will enable me to improve the quality of
my teaching. If, for some reason I can’t get into the classes I listed above, these are other classes I’m interested in taking as a back up plan: Kines 153: Cardiovascular Testing and Exercise Prescription, Kines 262: Psychological Aspects of Peak Performance and Kines 270: Instructional Strategies for Physical Activity and Sport. Also, included in the back up plan is the possibility of taking Nutrition at CSUS.

**Budget**

The fee per academic unit is $253 for courses taken via the CSUS Open University.

- $759  Kines 203 (3 units x $253/unit)
- $759  Kines 276 (3 units x $253/unit)
- $108  Nutri 300 (3 units x $36/unit)
- $1626  Total estimated costs

I plan to submit a request for partial reimbursement of course fees to CRC’s Staff Development Committee.

**II. An appropriate method of evaluation.**

- Taking Kines 203, Kines 276 and Nutr 300.
- Receiving credit for these three courses.
- Taking advantage of the opportunity to be on the CSUS campus by going to the Library and reading journal articles to increase my knowledge in the area of kinesiology and education.
- Attending lectures and seminars to gain knowledge in up-to-date teaching techniques and fitness information.
- Revising the courses I teach in order to improve upon my lectures, assignments and exams, with current information.
- Gaining a sense of revitalization due to changing my schedule and getting the release time from coaching.

**III. A plan for sharing the results of the project.**

I plan on sharing the results of this project with:

- My students, by my increased knowledge of fitness, methodology and nutrition as measured by revisions in my lecture and method of teaching.
- My student-athletes, by gaining that sense of revitalization, as measured by my enthusiasm in my volleyball practices.
- My department, by sharing the current information in fitness, nutrition and methodology.

**IV. Professional Growth Attachment**

**A. Professional Growth:**

Fall 2011/Spring 2012

- Clean Living Nutrition Program – 6 hours
- “This is No Cruise: Managing Disruptive Students”
- “Don’t Stress About Stress”
• Title IX Seminar

Fall 2010/Spring 2011
• “Mental Training to Elevate Your Performance for Athletics and Life”
• The Straight Scoop on Proper Stretching”
• California Community College Physical Education, Regional Conference

Fall 2009/Spring 2010 (I was on a medical leave for back surgery, Spring 2010)
• “Shoulder Impingement and Rotator Cuff Problems for Overhead Athletes”
• “Where is the Pain Relief? The Bottle, The Body and The Brain”

Fall 2008/Spring 2009
• Mac Multi-media training
• “Sport Psychology for Athletic Performance”
• “Nutrition Facts and Myths

Fall 2007/Spring 2008
• Attended the American Volleyball Coaches Association Convention, Dec. 2007

Fall 2006/Spring 2007
• Observed volleyball practices at University of the Pacific and CSUS

Fall 2005/Spring 2006
• Attended the volleyball portion of the Northern California All Sports Clinic, Jan. 2006

Fall 2004/Spring 2005
• Attended the volleyball portion of the Northern California All Sports Clinic, Jan. 2005

Fall 2003/Spring 2004
• Attended the volleyball portion of the Northern California All Sports Clinic, Jan. 2004
• Equity Training

Fall 2002/Spring 2003
• Attended the American Volleyball Coaches Association Convention, Dec.18-21, 2002 in New Orleans
• Hmong Club Advisor

Fall 2001/Spring 2002
• Attended the American Volleyball Coaches Association Convention, Dec.13-15, 2001 in San Diego
Fall 2000/Spring 2001

Fall 1999/Spring 2000
  - Attended coaching clinics offered in conjunction with the Volleyball Festival, June 2000

Fall 1998/Spring 1999
  - Attended two Professional Growth Seminars
    - Personal Effectiveness Seminar
    - Turning Point

Fall 1997/Spring 1998
  - Attended/participated in two different aerobic classes (30 hours) to learn to teach aerobics
  - STARS (New faculty orientation)

Spring 1997 (hired mid-year)
  - STARS (New faculty orientation)

B. College Service

Fall 2011/Spring 2012
  - Tenure-Track Peer Review Committee – one Kinesiology faculty.
  - Budget Committee
  - Hall of Fame Committee

Fall 2010/Spring 2011
  - Tenure-Track Peer Review Committees – two Kinesiology faculty.
  - Budget Committee
  - Student-Athlete Academic Support Committee
  - Hall of Fame Committee

Fall 2009/Spring 2010 (I was on a medical leave for back surgery, Spring 2010)
  - Tenure-Track Peer Review Committee – one Kinesiology faculty
  - Budget Committee
  - Hall of Fame Committee

Fall 2008/Spring 2009
  - Budget Committee

Fall 2007/Spring 2008
  - Tenure-Track Peer Review Committee – two Kinesiology faculty
  - Budget Committee
  - Dean of Physical Education and Athletics hiring committee. (Aug. 2007)
  - Adjunct Dance Instructor hiring committee
- Fitness and Conditioning Center Committee

**Fall 2006/Spring 2007**
- Tenure-Track Peer Review Committee – one Kinesiology faculty
- Cultural Competence and Equity Committee
- Head Softball Coach hiring committee (Spring 2007)
- Fitness and Conditioning Center Committee

**Fall 2005/Spring 2006**
- Tenure-Track Peer Review Committee – one Kinesiology faculty
- Cultural Competence and Equity Committee
- Women’s Head Soccer Coach hiring committee
- Fitness and Conditioning Center Committee

**Fall 2004/Spring 2005**
- Tenure-Track Peer Review Committee – one Kinesiology faculty
- Cultural Competence and Equity Committee
- Curriculum Development – created a new course: Fit-Ball
- Fitness and Conditioning Center Committee

**Fall 2003/Spring 2004**
- Cultural Competence and Equity Committee
- Fitness and Conditioning Center Committee
- Women’s Head Basketball Coach hiring committee
  - Equity Representative on this hiring committee

**Fall 2002/Spring 2003**
- Cultural Competence and Equity Committee
- Dean of Physical Education and Athletics hiring committee
- Tenure-Track Peer Review Committee – one Kinesiology faculty

**Fall 2001/Spring 2002**
- Health and Safety Committee
- Pepsi Fund Committee

**Fall 2000/Spring 2001**
- Health and Safety Committee
- Adjunct Instructor/Asst. Baseball Coach
- Pepsi Fund Committee

**Fall 1999/Spring 2000**
- Health and Safety Committee
- Pepsi Fund Committee

**Fall 1998/Spring 1999**
V. Explain how you arrived at the requested leave time.

Courses at CSUS:
- 96 hours  Class time for Kines 203 (3 hours/week) and Kines 276 (3 hours/week)
- 48 hours  Class time for Nutri 300
- 300 hours *Recommended time for study (2 hours for each hour of class)
- 444 hours

*Based on a standard thought that “for every hour a student spends in class, a student should spend 2 hours studying outside of class.”

Other Activities:
- 48 hours  Time in the library reading journals and time attending lectures/seminars.
  (3 hours/week for 16 weeks).

Total Estimated Hours:
- 444 hours  All courses
- 48 hours  Other activities
- 492 hours  Estimated project time

VI. Explain why the project is outside of your normal duties.

The demands of coaching an Intercollegiate sport, in particular the amount of time put into coaching, year round, results in little time to take classes at CSUS. The volleyball season is during the Fall semester, in which I have calculated I put in about 40 hours/week between planning, practices, games, travel, meetings, watching game film and attending high school games to recruit. This time does not include teaching the three classes I teach in the fall semester. During the Spring semester, in addition to the 5 classes I teach, I put in about 15 hours a week of practice, conditioning, meetings and recruiting. The summer break brings different obstacles to taking courses. The biggest fundraiser for our volleyball program is the volleyball camp, which is one week in July; this consists of planning, advertising, hiring coaches, responding to emails and phone calls and sending out confirmation letters. In addition, the team reports for tryouts on August 1st. Due to the many time constraints during the year, I lack the time to do the activities in this project. A sabbatical provides blocks of time to more efficiently focus on learning.