

Sabbatical Leave Plan
Fall, 2020
Dr. Joseph Quatrochi, Professor
Department of Human Performance and Sport

Section I. The Faculty Sabbatical Leave page, including “Purpose of Sabbatical Leave” summary, and a detailed budget are uploaded into Digital Measures (an itemized budget is available at the end of this plan document).

Section II. Sabbatical Leave Plan

Background: My current position is Professor of Exercise Science (ES) in the Department of Human Performance and Sport (HPS). I have been a faculty member in our department continuously since the Fall of 1991. During that time, I’ve assumed many roles: assistant professor, associate professor, department chair, ES Program Director/Coordinator, ES Internship Coordinator and (full) professor. I am very proud of the fact that I’ve been recognized by our institution as a Distinguished Scholar Award recipient (2001). After serving for many years as program coordinator for the ES program within the HPS department and overseeing our successful bid to seek accreditation (and accreditation renewal), I stepped down from that role 2 years ago to focus my efforts on teaching and supervision of student-interns in our program. I’ve devoted my entire professional career to MSU Denver including a 1-year stint as a full-time, temporary instructor (academic year 1987/88) prior to the completion of my doctoral degree in 1991. As I begin my 29th year in my current position, I’ve decided to apply for my first sabbatical leave term to pursue the activities described below.

I believe it is important for reviewers of this application to understand my goals as a faculty member at our institution. My foremost professional goal is to use my expertise to assist as many people as possible in their efforts to promote good health and prevent disease through adoption of positive health behaviors – especially through regular physical activity. This goal has been my passion since the untimely, premature death of my mother, who passed away at age 52 of coronary artery disease. As a young professional, I felt I could make a difference by assisting clients, one at a time, as a fitness and wellness professional. I realized I could have a far greater impact on society by training pre-service fitness and wellness professionals, which led to my pursuit of a doctoral degree and enabled me to practice as a college professor. After 29 years of service at MSU Denver, I’m very gratified that my professional goal continues to be fulfilled. Graduates of our program are engaged in meaningful, professional activities throughout the Denver Metropolitan area as cardiac rehabilitation specialists, strength and conditioning coaches, personal trainers, corporate wellness specialists, municipal recreation center fitness directors, clinical exercise specialists, cancer fitness specialists, and senior citizen fitness program coordinators (to name a few...). In particular, I’m gratified every term as my former students, acting professionals in our field, serve as intern supervisors for my current student interns. No fewer than hundreds of my former students are working with thousands of individuals each year to help them improve their health and reach their fitness goals. It is

exceedingly heartening for me to know that I have had the privilege of teaching these students and that their efforts to assist others have been influenced by my tutelage.

One of the most significant and noteworthy aspects of our ES program is the reputation we have in the greater Denver community. Our program is known for producing well-prepared students who are not simply grounded in research-based professional practice standards that will prepare them for graduate study, but for producing competent *practitioners* who can work effectively upon graduation in a variety of fitness and exercise science sectors prior to any additional graduate studies. I work very diligently to uphold the high standards we've set and to nurture our community partnerships – that enable our students to gain practical experience in our field, prior to graduation.

I take great pride in my efforts to excel in the area of teaching. I am a past recipient of the Golden Key Scholar Teaching Award. It is my strong desire to conduct myself professionally and to keep abreast of industry trends so that I can provide cutting-edge content in the classes I teach. I maintain my content expertise/currency in a variety of ways. I look for service and consulting activities that will connect my experiences to my teaching responsibilities. Toward this end, I've provided expertise to a number of fitness and wellness organizations over the years ranging from local to international organizations. Personal professional development activities have allowed me to stay current through attendance at seminars, workshops and professional organization conferences. In addition, it is critical to understand what is happening “in the trenches” and I stay current through my visitations each term to local agencies where my students are gaining practical experience as student-interns.

After nearly 30 years of service to our institution, I can say that I have done my best to be the most *current* professional I can be as I perform all of the responsibilities assigned to a full-time faculty member here at MSU Denver. I would very much welcome the chance to engage in some timely, in-depth, professional pursuits if provided with the extended time and resources available through a successful sabbatical application.

Rationale for initiatives proposed

Although I have taught many courses in the Exercise Science curriculum, my favorites are Community Fitness Programs, Comparative Fitness Programs and Exercise Science Internship. I believe the activities I've targeted for my sabbatical leave semester will be directly applicable to all of the classes I teach, but to the 3 courses mentioned above in particular.

Personal Professional Development – content expertise endorsements and certification

In an effort to stay current with industry trends for the Community Fitness and Comparative Fitness classes, I've selected professional development initiatives to enhance my expertise in areas of our field that have been identified as being in the top 10 of Worldwide Fitness Trends (Thompson, 2018). The first endorsement I plan to pursue during my sabbatical is the Functional Fitness Specialist credential from the well-respected American Council on Exercise

(ACE). The content I'll be exposed to as I pursue this endorsement will directly relate to 4 of the top 10 worldwide fitness trends identified in the most recent publication of the annual survey of fitness professionals from all over the world. The aforementioned trends include: Fitness Programs for Older Adults (ranked #4), Body Weight Training (ranked #5), Personal Training (ranked #8), and Functional Fitness Training (ranked #9).

In addition to the ACE course that I will complete, I will pursue a very hands-on certification from the TRX Training Academy in San Francisco, California that will enhance my expertise as a practitioner in the popular field of *Suspension Training*. Suspension training is a form of bodyweight training (again, ranked #5 on the list of trends) that uses an inexpensive apparatus widely available in fitness facilities across the world. This type of training has been applied to nearly every segment of the fitness population – from elders to professional athletes and every population in between. During this certification, I'll gain additional insights into other areas listed as top 10 worldwide fitness trends including: Group Training (ranked #2) and High Intensity Interval Training (ranked #3).

The two professional development activities mentioned above will apply to each of the courses I'm assigned to teach at MSU Denver. However, I'd like to describe just how directly they will apply to 2 courses in particular:

EXS 4780 (Community Fitness Programs)

In this class, students are assigned (in pairs) to work directly with clients in the Campus Recreation at Auraria (CRA) fitness center as apprentice personal trainers. As such, they must apply content from every course they have taken within the Exercise Science major to develop workouts for the clients to which they are assigned. Assigned clients can range from the age of 18 to more than 70 years. They employ functional training, body weight training, high intensity interval training and other training methods during their time in that course. Most recently, the CRA "Fitness Loft" has been updated with new equipment to make extensive use of TRX apparatus for fitness participants. It will be very timely for me to enhance my expertise with these tools so that I can better assist my students to develop workout programs for their "clients." In addition, "functional training" has been the most popular goal among the participants enrolled in the CRA personal training/HPS Community Fitness course program over the past few years. Again, enhancing my expertise in this area will directly benefit my students.

EXS 3841 (Comparative Fitness Programs)

This course is designed to assist students as they seek to understand the range of options available for internships (and, ultimately, for careers...) in the diverse field of Exercise Science. In addition to visiting a variety of local agencies each term, our students spend considerable time studying industry trends to better educate themselves regarding the various career niche areas that are possible with their academic training. It will be highly beneficial for me to have recent, cutting-edge professional development opportunities that relate to so many of the trends most recently identified as being in the top-ten worldwide.

Professional Collaboration – 1) Application of contemporary *sport science* methods for collegiate athletes.

I've been invited to collaborate with Coach Travis Larson, Head Strength and Conditioning Coach for the University of Colorado Women's Soccer team. Coach Larson and I became acquainted when I was asked by the Head Women's Soccer Coach (Danny Sanchez) to address his team during a pre-season training retreat in August of 2018. At that time, Coach Larson had just assumed the role of head S & C coach at CU. I observed practices each day and interacted with the professional coaching staff, the strength and conditioning staff as well as the athletic training staff. I was able to observe some of the cutting-edge sport science techniques that Coach Larson brought to the CU soccer program during the brief time I had to spend with the team. Since that time, I've placed 2 ES student-interns with him and had the opportunity to read the weekly reports submitted by my students. After speaking to Coach Larson about my sabbatical proposal, he invited me to join him during the 2020 pre-season so that I can spend a more concentrated amount of time observing him and learning more about the emerging field of sport science. I'll have an opportunity to observe and participate in a variety of activities related to training, injury prevention, data collection and surveillance of NCAA Division I student-athletes. In particular, I'll be exposed to a variety of contemporary sport science tools (Polar HR/GPS units, Nord Board, Force Plate, etc..) as well as sport-specific dynamic warm-up and recovery methods.

Professional Collaboration – 2) International Education and Career Opportunities for MSU Denver Students.

During the Summer of 2017, I was approached by a former student and graduate of our ES program regarding my interest in helping to create a new master's degree program for an institution of higher learning on the island country of Malta. My former student (Ms. Janelle Kusch) is employed by an international educational consulting firm (SGM Educational Solutions) based in Berlin, Germany. After much research, I decided to accept the assignment and I am proud to say that I am the co-creator of a Master's of Exercise and Sport Science at the Malta College of Science and Technology (MCAST – see program at this link: https://www.mcast.edu.mt/wp-content/uploads/Booklet-Masters_July-2019-V2.pdf). Prior to the initial term for the master's program, I hosted the Program Director for the new master's degree, Dr. Mario Caruana from MCAST and Ms. Kusch from SGM for 2 days on our campus in February of 2019. During their visit, my colleagues and I were able to meet with Dr. Ali Thobhani, Director of International Studies at MSU Denver, to address basic requirements for study abroad courses at our institution. In addition, I scheduled visits for our guests to tour 3 different local internship agencies, so they could understand the type of job opportunities our ES graduates will have upon graduation. After the completion of the visit, I contacted Dr. Caruana to see if he'd be interested in assisting me during my sabbatical leave term next year. The first classes for the MCAST master's degree were taught during the Summer 2019 term. Since I will be traveling to Malta for 3 days to meet with graduate students and to deliver some presentations during October of 2020, I asked Dr. Caruana if we could extend my stay to discuss

more specific logistics regarding study abroad options for MCAST students to visit MSU Denver and for MSU Denver students to visit MCAST. He expressed an interest and we plan to execute this plan upon approval of my sabbatical leave. In addition to my work with Dr. Caruana, I've been in contact with Ms. Anne Marie Cassar, Director of the Institute of Community Services on the MCAST campus to arrange for a meeting to discuss how the community outreach initiatives that are essential to our MSU Denver ES internship program might be implemented on Malta. She has agreed to meet with me when I'm on her campus during my sabbatical leave as well. Please note, expenses for this trip will be paid by MCAST/SGM including airfare to Malta, per diem and hotel accommodations for 3 nights. My budget table reflects a request for funding to allow me to stay for additional time to do the aforementioned work in Malta after I've concluded my MCAST responsibilities during my visit.

B: Objectives and Evaluation

Objective # 1 – Professional Collaboration to enhance knowledge base (Example #2 – “*Additional training or retraining*” from page 43 of MSU Denver Faculty Employment Handbook)

Upon completion of the sabbatical leave term, I will be able to share my knowledge of best practices regarding cutting-edge sport science techniques utilized by a NCAA Division I collegiate women's soccer program with ES students and colleagues.

Spring 2021: I will share information learned about apparatus and systems employed for college athletes with colleagues to determine if 1) equipment should be requested for exercise science classes, and 2) if curricular alterations should be considered.

Objective #2 – Personal professional development through workshop attendance and course completion (Example #9 – “*technology development or training and application to courses*” from page 44 of MSU Denver Faculty Employment Handbook)

Upon completion of the sabbatical leave term, I will have completed the American Council on Exercise - Functional Training Specialist endorsement and TRX Suspension Training Course.

Spring 2021: I will update existing modules and create a new learning module for EXS 4780 that incorporates functional training and TRX techniques learned during my professional development activities.

Objective #3 – Exploration of study abroad course possibilities and current international fitness opportunities (Example #12 – “*Innovative projects, such as joint endeavors with community colleges or with other academic institutions*” from page 44 of MSU Denver Faculty Employment Handbook)

Upon completion of the sabbatical leave term, I will share experiences from my international travel with my students and colleagues regarding study abroad options – if applicable.

Spring 2021: 1) I will discuss outcomes from my travel to Malta and meetings with MCAST staff with my department chair to propose a study abroad course involving students from MSU Denver and MCAST if feasible; and 2) I will create new content for EXS 3841 (Comparative Fitness Programs) that incorporates possible international internship options for students.

C: Location of Activities

1. Boulder and Steamboat Springs, Colorado
2. Paola, Malta
3. San Francisco, California

D: Activity Timeline for Fall 2020

Month	Activity	Due Dates for Completion
August	I. Confer with Coach Travis Larson about preparation for pre-season training activities to be implemented with University of Colorado (CU) women's soccer student-athletes	Ongoing – early August 2020
	II. Attend pre-season training sessions for CU soccer	August 10-14, 2020 Steamboat Springs, CO
	III. Secure study materials for ACE Functional Trainer endorsement	Week of August 17, 2020
	IV. Study ACE Functional Trainer materials to prepare for examination	Ongoing
September	I. Communicate with Malta College of Arts, Science and Technology (MCAST) colleagues regarding upcoming visit and logistics for meetings and agency/facility visitations	Ongoing
	II. Follow-up visitations to CU Boulder (Dal Ward center) to meet with Coach Larson regarding data collection and analysis	Ongoing
	III. Study ACE Functional Trainer materials to prepare for examination	Ongoing
October	I. Travel to Malta to meet with colleagues at MCAST to discuss potential MSU Denver/MCAST study abroad course, visit	Exact dates TBA

	<p>potential sites for study abroad students and student interns, conduct research/interviews.</p> <p>II. Study ACE Functional Trainer materials to prepare for examination</p> <p>III. Follow-up visitations to CU Boulder (Dal Ward center) to meet with Coach Larson regarding data collection and analysis</p>	<p>Ongoing</p> <p>Ongoing</p>
November	<p>I. Attend TRX workshop</p> <p>II. Follow up with MCAST colleagues regarding feasibility of potential international study abroad course and internship options</p> <p>III. Study ACE Functional Trainer materials to prepare for examination</p>	<p>November 8, 2020 San Francisco, CA</p> <p>Ongoing</p> <p>Ongoing</p>
December	<p>I. Complete ACE Functional Trainer endorsement examination</p> <p>II. Outline options for integration of ACE Functional Trainer and TRX methodology into assigned Spring 2021 EXS courses</p> <p>III. Follow up with MCAST colleagues regarding timeline for potential international study abroad course and internship options (if feasible)</p>	<p>By December 1, 2020</p> <p>December 1 – December 11, 2020</p> <p>By December 14, 2020</p>

E: People and Institutions Involved

1. Travis Larson, University of Colorado- Boulder (see letter attached)
2. Mario Caruana, Ph.D., Malta College of Arts, Science & Technology (see letter attached)
3. Other MCAST Colleagues – Ms. Anna-Marie Cassar (see attached e-mails of interest)

F: Benefits

To the Applicant: As stated previously, the most important personal benefit of this sabbatical leave award will be to update my content expertise in several important aspects of the Exercise Science field and to explore opportunities for students in my academic program.

To MSU Denver Students: I always enjoy hearing President Janine Davidson respond to questions about her top 3 priorities when asked... “Students, students and students!” I concur with those priorities and I believe the MSU Denver Exercise Science students will benefit from my sabbatical leave in 3 tangible ways: 1) I will be a more informed, up-to-date professor who can provide content based on recent exposure to cutting edge best practices, 2) I will be able to provide ideas for equipment, curriculum and exercise programming to my ES colleagues that will trickle down all students enrolled in ES courses at MSU Denver. These prospective changes will better position students to succeed in our competitive field in the future, and 3) I will be better informed of possible international internship and employment opportunities so that I can share ideas with my ES students. If feasible, MSU Denver students could potentially enroll in a future study abroad class that would allow them to travel to Malta.

To MSU Denver and the Profession: I believe my efforts to build on the initial discussions I’ve had on our campus with my colleagues from MCAST (February 2019 visit) could potentially result in study abroad opportunities for students on both of our campuses. Dr. Thobhani was very supportive of the idea of a collaborative course that would link MSU Denver students to those on the MCAST campus in Malta.

Finally, collaboration between international colleagues on campuses that are thousands of miles apart is positive for our profession. I’m looking forward to having an opportunity to be able to learn from each other to discover how our respective cultures, programs and students are similar and different – even though we may share the same professional goals.

G: Statement of sharing and Collaboration

The sabbatical outcomes will be shared with:

- ES Students at an ES Student Club meeting (I’m the co-advisor to the ES Student Club)
- HPS colleagues at department meetings. The study abroad opportunities (if applicable) will be open to other HPS faculty members to serve as co-leader (if numbers allow).
- ES faculty colleagues to propose equipment procurement and/or curriculum alterations – if applicable.
- our Exercise Science Advisory Board.
- the International Education Committee via meeting or written summary.
- MSU Denver faculty attending 2021/22 academic year sabbatical leave workshops (upon request).

H. Documentation

1. Arrangements: Please see supporting documentation for emails, conference dates, and information regarding MCAST. I have applied for budgetary support. The detailed budget request is available at the end of this plan and via Digital Measures.

2. Letters of Support: Letters of support from Dr. Mario Caruana, Professor at the Malta College of Arts, Science and Technology, and from Coach Travis Larson, Strength and Conditioning Coach at the University of Colorado-Boulder Campus, are attached.

Previous Sabbatical: I have never taken a sabbatical leave.

Sources:

American Council on Exercise - ACE functional training specialist endorsement:
<https://www.acefitness.org/fitness-certifications/specialty-certifications/functional-training.aspx>

MCAST Master's of Exercise and Sport Science Booklet: https://www.mcast.edu.mt/wp-content/uploads/Booklet-Masters_July-2019-V2.pdf

MSU Denver Faculty Employment Handbook – Effective July 1, 2019:
https://www.msudenver.edu/media/content/policies/documents/Faculty_Employment_Handbook_20190701_Rev20190904.pdf

MSU Denver Sabbatical Leave Guidelines – 2020/2021:
<https://www.msudenver.edu/media/content/facultyaffairs/documents/guidelinesandpolicies/SabbaticalGuidelinesfor2020-2021.pdf>

Thompson, W. (2018). Worldwide fitness trends for 2019. ACSM's Health and Fitness Journal. 22 (6). 10-17.

TRX Suspension Training Course: <https://www.trxtraining.com/trx-academy>

Detailed Budget – to outline the requested funds requested in Digital Measures

Request for Additional Financial Support		
Funding to Support:	1. Expenses for travel to Boulder and Steamboat Springs, Colorado to consult with CU Boulder colleague (T. Larson). 2. Expenses related to study materials for professional certification (ACE Functional Training Specialist). 3. Expenses for travel while in Malta and surrounding areas to complete work on exploration of study abroad initiatives. 4. Expenses for workshop registration and travel to San Francisco, CA to complete professional certification (TRX).	
Explanation of “other support”:	Travel to Malta will be paid by SGM Educational Solutions and MCAST so that I can deliver presentations and serve as a guest speaker in courses offered in the Masters of Exercise and Sport Science program. I’m requesting additional funding to pursue the activities I’ve described in my plan while I’m in that region.	
MSU Denver Support Requested:	\$4164.24	
Other (external) Support:	\$2080.00 (see below - \$1636 = \$444)	
	\$1636	for Denver to Malta airfare paid by MCAST
	\$444	Steamboat Springs, CO hotel for 3 nights paid by the University of Colorado - Soccer Program
Description - See above for activities 1- 4.	1. \$474.24 mileage, <u>\$450 per diem</u> \$924.24 2. \$399.00 course materials 3. \$390 travel \$387 hotel <u>\$596 per diem</u> \$1373.00 4. \$299 workshop registration \$327 travel (airfare + cab/uber) \$680 hotel <u>\$162 per diem</u> \$1468.00	

Total Additional Funding Requested from MSU Denver	
Calculated Total:	\$4164.24
Total Entered by Faculty Member:	\$4164.24