**Post-Sabbatical Report**

Clark College – Health and Physical Education Division

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December 10th, 2019

Presented to the Clark College Board of Trustees, Vice President of Instruction Dr. Sachi Horback, and Business and Health Science Unit Dean Dr. Brenda Walstead.

Before I begin writing this report I want to thank you all, thank the college as a whole, and thank my colleagues in the Business and Health Science Unit and the Health and Physical Education Division for the financial and collaborative support needed to complete this sabbatical project. I learned a large amount of information and skills during this sabbatical project. I certainly missed the classroom, students and college activity during my sabbatical. I even tried to remain the Instruction Planning Team (IPT) Chair and attend the committee meetings, but I was told I could not (based on sabbatical rules). This report provides a recap of my sabbatical experience.

1. **Provide a summary of your sabbatical project in each of these areas:**
	* **Preparation and planning for your sabbatical**
		1. In preparation of my spring 2019 sabbatical, I completed the Mazamas Basic Climbing Education Program (BCEP). BCEP was an 8-week program that included weekly lectures, team breakout sessions, and weekly conditioning hikes. BCEP also consisted of three field sessions that provided practical exposure to backpacking, basic rock climbing and snow travel.
		2. I initially planned to complete the GMP Fitness Injury Prevention Specialist Course, the GMP Fitness Longevity Specialist Certification Course, and the Activity Connection Cognitive Stimulation Series Course between April 2018 and April 2019. The completion of these courses, by April 2019, would have prepared me to spend the spring 2019 sabbatical quarter focused on developing an Occupational Wellness course and an Advanced Hiking course. However, with the demands of serving as a full-time faculty member, completing the Mazamas BCEP course, diving into becoming a father, and not having the professional development courses purchased through the college’s Purchasing Department until February of 2019, I was unable to complete all the intended courses by April 2019. Instead, I spent all of spring quarter and most of the summer 2019 quarter completing the GMP Fitness courses and the Activity Connection course. As I was completing these certification courses, I was collaborating with colleagues about possible curriculum for an Occupational Health and Safety course and I went through the Curriculum Committee to get the course approved and on the books.
	* **Project products and/or accomplishments**
		1. Completing this sabbatical provided me with the resources to create the curriculum for an Occupational Wellness course. The Health and Physical Education Division now offers one section of HPE 220 Occupational Wellness and plans to continue this offering each quarter. The first offered HPE220 course section was full fall 2019. If the course remains in high demand, I can see the Health and Physical Education Division offering multiple sections of this course each term.
		2. After completing this sabbatical project, I have earned the titles of Certified Injury Prevention Specialist, Certified Longevity Wellness Specialist, and Certified Cognitive Stimulation Instructor.
	* **Research (Include any focused reading or studying as well as any more formal research.)**
		1. Books Read, Manuals, and Study Material
			1. Mazamas BCEP Certification Materials
			2. GMP Fitness Injury Prevention Specialist Certification Materials
				1. Betancourt, Marian. Say Goodbye to Back Pain. New York, Pocket Books Publishing, 2004.
				2. Betancourt, Marian. Say Goodbye to Knee Pain. New York, Pocket Books Publishing, 2007.
				3. Piazza, Gina Marie. Back Injury Prevention Specialist Manual & Workbook. GMP Fitness, 2018.
				4. Piazza, Gina Marie. Spinal Health Connection Manual. GMP Fitness, 2018.
				5. Piazza, Gina Marie. Knee Injury Prevention Specialist Manual & Workbook. GMP Fitness, 2018.
				6. Piazza, Gina Marie. Carpal Tunnel Exercise Course Manual. GMP Fitness, 2018.
			3. GMP Fitness Longevity Wellness Specialist Certification Materials
				1. Klatz & Goldman, The Official Anti-Aging Revolution. Laguna Beach, Basic Health Publications, 2007
				2. Piazza, Gina Marie. The Longevity Wellness Specialist Manual. GMP Fitness, 2018.
			4. Activity Connection Cognitive Stimulation Coach Certification Materials
				1. Reviewed all supplementary material for 8 certification videos.
		2. Videos (DVDs)
			1. Activity Connection Cognitive Stimulation Coach Certification Materials (Videos)
				1. Use It or Lose It – Evidence and Ideas for Cognitive Stimulation Programs (Volume 1). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
				2. Memory – why do We Forget, How Does Memory Change as We Age? (Volume 2). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
				3. How the Brain Makes Memories, Controls Behaviors, and is Related to Many Common Problem Behaviors (Volume 3). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
				4. Distinguishing Dementia and Delirium (Volume 4). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
				5. Developing Your Own Cognitive Stimulation Program: The Activities (Volume 5). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
				6. Developing Your Own Cognitive Stimulation Program: Best Practices and Motivating People (Volume 6). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
				7. Maximizing Quality of Life- Physical Exercise, Nutrition and Sleep Affect Memory Ability Matter (Volume 7). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
				8. Maximizing Social Support and Social Engagement (Volume 8). Activity Connections, produced by Certified Consultants, LLC, and presentation by Dr. Rob Winningham.
	* **Self-enrichment**
		1. This sabbatical project gave me the opportunity to work from home 3 business days per week. Working from home gave me the opportunity to stay at home with my baby girl from her ages of 6-9 months. This taught me a whole world about time management and I learned to be highly productive during nap times, early morning, and late evenings.
		2. When completing the Mazamas BCEP course I was able to attend 3 field sessions, which included rock climbing at Horsethief Butte, glacier traveling on Mt Hood, and summiting South Sister mountain. I love hiking and summiting mountains. However, I’ve never had any formal mountaineering and climbing training. I loved every minute of the Mazamas BCEP course and feel sharing stories and using the skills that I learned in this course in Clark College courses will enrich the course curriculum and student experience.
2. **Provide a chronicle of your sabbatical activities. If you were awarded a 1-quarter leave, provide a weekly account, if you were awarded a two or 3-quarter leave, provide a monthly account.**
	* Even though I was awarded a 1-quarter sabbatical, my sabbatical work was completed over a two-year period, so I’ll provide a grouped monthly chronicle of my sabbatical activities.
		1. From the beginning of March 2018 through the end of April 2018, I took part and completed the Mazamas Basic Climbing Education Program (BCEP). Mazamas is a nonprofit mountaineering education organization located in Portland, OR. The organization, created in 1894, has been promoting climbing, responsible recreation, and conservation values through outdoor education advocacy, and outreach since the late 1800s. The eight-week BCEP class included weekly lectures and team breakout sessions, field sessions, and conditioning hikes. BCEP was very time intensive for the eight weeks.
		2. Between February and June 2019, I watched the eight Cognitive Stimulation course videos, reviewed the supplemental material for each video, studied the material, and on June 3rd and June 4th, I completed the 8 course quizzes. After the completion of the eight quizzes, I have earned the designation of Certified Cognitive Stimulation Instructor.
		3. Between February and June 2019, I also read through the textbooks, manuals, and supplementary materials for the GMP Injury Prevention Specialist Certification. This certification is comprised of four courses. I completed the Knee Injury Prevention Specialist, the Back Injury Prevention Specialist, The Spinal Health Connection specialist, and the Carpal Tunnel Exercise Specialist courses on June 24th, and was awarded the Injury Prevention Specialist Certification on that day.
		4. During the Spring of 2019, I met with Health and Physical Education colleagues, updated the Course Action Request (CAR) for an existing Industrial Health course (which has never been taught at Clark College ever since I started working here in 2012), and presented an updated Occupational Wellness course to the Curriculum Committee. The course actions were approved and the course was scheduled to be offered starting fall 2019.
		5. Between June and September of 2019, I read the textbook and supplementary material for the GMP Longevity Wellness Specialist course. I completed the course on September 10th, 2019 and was awarded the Longevity Wellness Specialist Certification on that day.
		6. Lastly, between April 2019 and September 2019, I created the curriculum for an online section of Occupational Wellness. I created this course online to best serve Clark College students, especially those in time demanding career technical programs that limit the flexibility in their schedules to take a face-to-face courses. These programs have varied demanding schedules and to best serve students across the different program offerings an online option was the best choice. The 11-12 week course is broken down into the following modules:
			1. Week 1: Health and Wellness
			2. Week 2: Life, Goal Setting and Behavior Change
			3. Week 3: Fundamentals of Fitness (Part 1)
			4. Week 4: Fundamentals of Fitness (Part 2)
			5. Week 5: Nutrition Basics and Weight Management
			6. Weeks 6 and 7: Stress, Time Management, and Building Meaningful Relationships
			7. Week 8: Financial Wellness
			8. Week 9 and 10: Corrective Exercise and Unwinding Life
			9. Week 11: Brain and Nervous System Health
		7. As with all the courses that I teach, I reviewed the curriculum of Occupational Wellness as I was teaching the course during the fall 2019 quarter. I have made notes, and will update curriculum moving forward to best serve students and best guide students towards meeting the learning objectives of the course.
		8. Even though I was awarded a one-quarter sabbatical, you can see my sabbatical activities were spread over a two-year time span. Although, I created the Occupational Wellness course, I still have many new ideas of new videos and materials that will even enhance the Occupational Wellness curriculum and student learning even more.
3. **Restate your sabbatical leave objectives as stated in your original application and elaborate on whether or not you met each objective you intended to accomplish.** The sabbatical project that I am proposing will:
	* extend Health and Physical Education Division course offerings by permitting the necessary time required to construct an Occupational Health and Safety course and time needed to restructure and offer PE282: Advanced Hiking.
		1. As a result of my sabbatical opportunity, the HPE Division now offers HPE220 Occupational Wellness. The course meets the 3-credit HPE Distribution requirement for AA degree completion and also better aligns with many career technical degree’s program pathways. Currently, the idea of restructuring and offering PE282 Advanced Hiking was stopped due to a declining enrollment in face-to-face Physical Education courses at the college. However, I’ll be ready to create and teach this course in the future if we have the demand for Advanced Hiking.
	* create a Health and Physical Education course, Occupational Health and Safety, that best aligns with the needs of Career Technical Program Curriculum Maps and the College's Guided Pathways Initiative.
		1. As a result of my sabbatical opportunity, I created HPE220 Occupational Wellness. The course immediately became a popular choice for students, the HPE Division has offered 1 section of HPE220 in the fall 2019 and winter 2020 quarters, and during both quarters the course is at full capacity with students. I am in communication with the Larch Program, and it is looking favorable to offer HPE220 in their new degree program. I can see the HPE Division offering more sections of this wonderful course in the near future and other HPE faculty jumping on board to teach their own sections of the course.
	* provide an opportunity for me to gain new knowledge and certifications in Cognitive Stimulation Techniques.
		1. I completed the Cognitive Stimulation Coaching Certification and have expanded my understanding of brain health and lifestyle practices that best support brain health throughout all stages of life.
	* improve my understanding of senior wellness, fall/injury prevention and cognitive coaching to better my abilities to teach and provide leadership in a future Wellness Management Program, which could very well have a senior wellness focus.
		1. After completing the GMP Injury Prevention and GMP Longevity Wellness Certification, and in addition the Cognitive Stimulation Coaching Certification, I have a much stronger understanding of Senior Wellness, Injury Prevention, and Fall Prevention. I’ve already been inserting a lot of this new knowledge in Health and Physical Education course curriculum and certainly feel more prepared for teaching in a potential Wellness-related program and providing leadership for such a program.
	* enable the curriculum developed and the knowledge that I gain to be shared with co-workers and the college as a whole.
		1. I am still working to develop a few brain health lesson plans and activities that I can share out with fellow Health and Physical Education faculty. This school year, and moving forward, I’ll also be working with faculty from different instructional departments to create corrective exercise videos to assist in preparing students to prevent common muscular imbalances and injuries common in the career paths they are pursuing. Lastly, I’ve already worked with the Business and Health Science Unit and the Teaching and Learning Center to offer “Unwinding” or corrective exercise presentations/activities. These sessions will empower faculty and staff to correct/prevent muscular dysfunction, reduce/prevent pain related to workplace ergonomics, and ideally lead to greater productivity and less pain and injury.
	* improve the Health and Physical Education Division's preparedness towards the development, the management, and the instruction of a potential new BAS in Wellness Management.
		1. In the future, if labor statistics and the local area’s job demand shows a need for Clark graduates to have Wellness-related and Wellness Management-related skills, I can certainly see the Health and Physical Education Division creating, managing, and instructing such a degree. This sabbatical opportunity gave me an opportunity to expand my understanding of wellness, senior wellness, and pain/injury management. My new knowledge, skills, and abilities will enhance my ability to teach wellness-related courses, lead the creation of a new program that meets the needs of our local workforce, and manage such a program moving forward. Wellness is gaining attention and popularity in our country, and as we all know, living an active and healthy lifestyle helps prevent disease and dysfunction. As preventative health care business expands there will be an increase in wellness-related jobs.
4. **Describe how your sabbatical activities benefit the students at Clark College.**  The total financial cost of injury, pain, and disability in the United States is hundreds of billions of dollars annually. Loss of productivity due to injury, pain, and disability can negatively impact business productivity, and an individual's and their family's income can be challenged due to hours of work lost, days of work missed, and lost wages. With the knowledge and skills learned from the successful completion of the Occupational Wellness course that I created, students will learn workplace wellness strategies that will improve their chances of avoiding injury, pain, and disability. The course will prepare students to choose wellness practices geared to decrease injury potential and sustain productivity. I am hopeful the future professionals that complete this course will not only value and prioritize workplace wellness in their own lives, but also serve as wellness liasons with their co-workers and social networks. With the large number of students completing HPE220 Occupational Wellness on an annual basis, one can assume that the knowledge and skills learned through the course’s curriculum can decrease the financial cost of injury/pain especially in our regional economy and improve the health of our regional workforce.

Living in the Pacific Northwest and at the mecca of outdoor opportunity, Clark College serves a 7- county region that is populated with outdoor enthusiasts of all skills and abilities. Clark College already offers many sections of Fitness Walking and Hiking throughout the school year. The Fitness Walking course focuses on walking programs, interval training, power walking, and the students gain many urban walking exposures. The Hiking course is popular, and students learn the necessary basic safety and survival skills, plus gain exposure of day hiking trips. There is a natural progression of urban walking to trail hiking, but the presently offered skills at Clark College stops there. With a highly active Outdoor Recreation Club at Clark College and our popular Fitness Walking and Hiking courses, an Advanced Hiking Course with a hightened curriculum and backpacking exposure would greatly serve our students. Student will be well prepared to enjoy overnight hikes and the multitude of trails / wilderness areas in our region and beyond. The proposal of developing and offering an Advanced Hiking course was advised against at this time. However, by completing the Mazamas BCEP coursework I’m better prepared to join the team of faculty that current teach PE182 Hiking. In the future, if there is a growing demand for a backpacking and a more advanced hiking course, I can use the knowledge and skills that I learned in the Mazamas BCEP course to create and teach Advanced Hiking.

Lastly, the College is exploring a proposed Bachelor of Applied Science in Wellness Management degree. Faculty, staff, and I are currently exploring the demand and job opportunities in the areas of Geriatric Health Coaching and Wellness Management. The GMP Injury Prevention Specialist, the GMP Longevity Wellness Specialist and the Activity Connection: Certified Cognitive Stimulation Instructor series expanded my education and experience in the areas of injury prevention, brain health, and senior wellness. If we pursue bringing a Wellness focused degree to Clark, I would be a valuable contributor of curriculum development and instruction in a future Wellness program. If a BAS Wellness Management Program were approved and found its way to Clark College's Health and Physical Education Division, it would provide interested students an incredible career technical education geared to best prepare graduates to find success as Geriatric Health Specialists and Wellness Managers. With a heavy focus on cognitive training, fall prevention, and geriatric health coaching in such a BAS Wellness Management Program, I am much more prepared to teach within and possibly chair a new BAS Wellness Management Program.

1. **Describe how your project will add value to the College and your instructional division or department.**
	* After completing sabbatical work, I created a new course (HPE220 Occupational Wellness) and am currently teaching 1 section of this course online. There was a waiting list for this course at the start of the quarter and as the student enrollment demand continues, I envision the Health and Physical Education Division offering multiple sections of this course.
		1. By developing and offering HPE 220 Occupational Wellness, the Health and Physical Education Division better contributes to educational pathways, especially Career Technical Pathways.
		2. HPE 220 Occupational Wellness has modules that focus on Financial Wellness and Occupational Wellness. These topics are brought up in College 101 and HPE220 does a nice job reintroducing concepts/skills and expanding on them. This exposure is of great benefit to Clark College students/graduates as they embark on future careers.
	* My initial plan to create an Advanced Hiking course, which was approved in my sabbatical application, was determined at this time to not be feasible. Due to lower enrollment in Clark College face-to-face Physical Education courses, it was advised to hold off on the creation of the Advanced Hiking course. However, I’ve heard that I will likely be teaching sections of PE182 Hiking, which is more of an introductory hiking course. I’m confident that my experience completing the Mazamas BCEP course has helped me gain valuable field experience and prepare to teach upcoming hiking courses at Clark College. In the future, if the demand for an Advanced Hiking course grows, I will create the curriculum and teach the course. The Advanced Hiking course would serve as a sequential course that would expand on the skills taught in the college’s Fitness Walking and Hiking courses.
	* As the College, specifically the Health and Physical Education Division, explores the possibility of bringing a Bachelor of Applied Science in Wellness Management or a Wellness related degree/certificate to Clark College, I can better serve as a faculty contributor to the process. Also, the sabbatical work that I completed helped prepare me to teach senior focused wellness courses, which would be a large part of a Wellness Management program.
2. **If applicable, explain how your sabbatical project added or enhanced any previous professional work that you might have completed or performed.**
	* I have taken part in a wide variety of educational and practical experiences in the world of fitness, personal training, and teaching Physical Education/Health courses. By completing the GMP Fitness Injury Prevention Specialist course, the GMP Longevity Wellness Specialist course, and the Activity Connections Cognitive Stimulation Instructor course, I’ve expanded my understanding and ability to teach senior wellness related curriculum, especially specific to brain health and the management of wellness program in senior living facilities.
	* I possess a good understanding of injury prevention through fitness. However, after completing my sabbatical work I feel more aware of the full picture regarding injury prevention and rehabilitation of carpal tunnel syndrome and various ailments of the knees, hips, and back.
	* Although I have a good amount of hiking and mountain summiting experience (I climbed Mt Kilimanjaro in Africa, and have currently climbed 38 of the 50 state’s highest peaks),I never had any formal mountaineering training or experience. The experience of completing the Mazamas BCEP course has given me more tools leading to the eventual completion of my goal. I will need to continue to learn and expand off of my BCEP knowledge to safely summit the 50 highest points in the United States and other mountains across the globe.
3. **List any institutions or other organizations which were affiliated with the project.**
	* GMP Fitness, is a nationally recognized educational leader in the sports, health and fitness industry. GMP Fitness offers fitness and healthcare professionals sports, health and fitness education specialist courses and continuing education courses and products.
		1. <https://www.gmpfitness.com/advanced/injury-prevention-specialist/>
		2. <https://www.gmpfitness.com/shop/longevity-wellness-specialist/>
	* Mazamas is a nonprofit Mountaineering Education Organization based in Portland, Oregon. Their mission is to promote mountaineering through education, climbing, hiking, fellowships, safety and the protection of mountain environments.
		1. <https://mazamas.org/education-classes/basic-climbing-education-program-bcep/>
	* Activity Connection is a nationally recognized online activity resource for activity and recreation professionals. The Cognitive Stimulation Instructor Series is created by Dr. Rob Winningham, who is a professor and researcher at Western Oregon University.
		1. <http://www.activityconnection.com/store/cognitivestimulation/>
4. **List any other grants or stipends that you used for your project.**
	* I used my 2017-2018 IFDF Funds towards paying for Mazamas Basic Climbing Education Program (cost $450) that I completed spring quarter 2018. I used a relatively small amount of personal funds to pay the remaining balance of the BCEP course and Mazamas membership fee.
	* I used my 2018-2019 IFDF and a portion of the Foundation Faculty Funds granted to the BHS Unit to pay for the GMP Injury Prevention Specialist Courses (cost $399), the GMP Longevity Specialist Certification Course (cost $199), and the Activity Connection Cognitive Stimulation Series Course (cost $399), which I completed between during the 2019 spring and summer quarters.
5. **Provide a copy of your original application with this report.**