

Spring 2006
SABBATICAL REPORT

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The purpose of my request for sabbatical leave from Fort Hays State University during the Spring semester of 2006 was two-fold:

First, I requested time to work on a book. This book is to be a resource text for Physical Education Teacher Preparation (PETE) students. Its purpose is to provide students with case studies they may experience as teachers. Many PETE programs include a capstone experience for students before the enter student teaching. While not designed as a textbook for this unique experience, it does provide a collection of important concepts based upon National Association of Sports and Physical Education (NASPE) standards for the beginning teacher. At this time, all the scenarios are completed. At this time, I am in the process of finalizing a matrix that lists each scenario and identifies which NASPE standard it addresses. Once this is complete, it will be forwarded to McGraw-Hill as a possible title for their distribution.

Second, I was afforded an opportunity to travel to Central Michigan University and observe a community weight lose program for the obese develop by Dr. Richard Parr. Dr. Parr is a renown expert in the field of obesity and weight loss. Dr. Parr and I developed a plan of research for the 2006 program. The purpose of this study is to investigate weight loss expectations through subjects in a community weight loss program. Primarily, this study is investigating individual expectations and its impact on weight loss. At this point, the program is in the monthly phase, and data collection will not be complete until the program ends in December.

My sabbatical has afforded me the opportunity to further my knowledge in obesity and assist with a nationally known program of weight lose in obese individuals. Additionally, it has allowed me to help fill the gap in our disciplines literature with the production of the case study book for PETE students.

Projected Outcomes

Due to deadlines for acceptance, research results from the obesity study will not be presented at the annual meeting of the American College of Sports Medicine (ACSM) or the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD) until 2007. A program proposal will be submitted on the "Effectiveness of a community weight lose program for the obese," to AAHPERD It is also anticipated that a manuscript will be ready for possible publication in early 2007.

Once the standards matrix is completed, the manuscript for the book will be forwarded to Christine Marshal, Mc-Graw-Hill representative for review and consideration for publication.

I am most grateful to Fort Hays State University, the College of Health and Life Sciences, and the Department of Health and Human Performance for the support provided to me during my sabbatical in the Spring of 2006. I also look forward to presenting my findings from the obesity study at the Sabbatical Lecture Series in April of 2007.