

SABBATICAL LEAVE REPORT FORM

(For presentation to the Board of Governors)

Your report may be written directly on this form, or submitted on separate sheets using the sequence and outline of this form. When complete, return to the Human Resources Department.

NAME Sarah Loudy

POSITION Biology Instructor

DATE 08/01/2024

Leave Year 2023-2024

Period of Leave: ☒ Fall ☒ Spring ☒ Year

1. Briefly describe the nature of your sabbatical leave activities.

I requested sabbatical leave to take the time needed to complete my PhD with Atlantic International University in Sport Science and Nutrition. This included finishing remaining courses, thesis project, and dissertation.

2. Did you complete all plans, courses or activities proposed in your sabbatical application? If not, what were you unable to complete?

Yes, I was able to complete all activities to finish my doctoral program and graduated at the end of the spring 2024 term. I have attached copies of my official graduation documents.

3. Indicate in detail the value of your sabbatical leave activities to your professional growth.

I teach the biological sciences and desire to help promote health and wellness among my students and colleagues. In my PhD program, I studied the effects of exercise on metabolism and body systems, nutritional needs for general health and exercise, body composition management, sociological patterns in health, and health promotion. These studies will allow me to continue to integrate applicable biological health information into my classes and share vital health information with other members of my community.

4. How do you propose to share with fellow employees/instructors the benefits of your sabbatical leave?

I can inform my colleagues about the activities and achievements I was able to undertake and complete successfully due to being approved for sabbatical leave, which culminated in the completion of my PhD. If given the opportunity, I could demonstrate my knowledge of exercise and nutrition physiology via wellness workshops and training sessions. In fact, my thesis project was a proposal for a workplace wellness curriculum plan to help promote health within our institution.

COLLEGE OR UNIVERSITY WORK SABBATICALS

5. What school(s) did you attend?

Atlantic International University, Honolulu, HI (online doctoral program)

TRAVEL SABBATICALS

6. Please give below, or attach, your specific travel itinerary. Note all areas or places visited as well as the specific number of days and purposes for each visit.

N/A - no travel

PERSONAL PLANS OF STUDY/DISTRICT OR SCHOOL PROJECT SABBATICALS

7. Indicate the estimated amount of time spent on activities directly related to the purposes of your sabbatical.
I worked on my doctoral program activities part time during the summer 2023 term and full time during the fall 2023 and spring 2024 terms for an estimated time of 1200 hours.

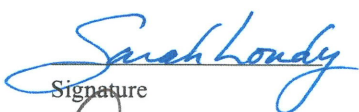
8. Indicate in detail the positive influence you expect your sabbatical leave activities will have on your present and future assignments. Please include specific ideas or plans you presently have for incorporating the gains of your sabbatical leave into your classroom and/or other assignments.

I am particularly passionate about exercise and nutrition physiology within the discipline of biology due to its potential to improve individual health and lead to societal wellness. Expanding upon my knowledge of the physiology of human systems in response to exercise and nutrients (or the lack thereof) provides an opportunity to convey a valuable application of the biological sciences to my students and peers. I believe it is pertinent to convey knowledge of health physiology to help inform individuals and improve upon health behaviors.

As an instructor of the biological sciences, the majority of my students are seeking careers within the allied health field. Integrating health physiology knowledge and applications into my class lectures and activities will allow my students, in turn, to pass that knowledge onto the community at large as healthcare professionals.

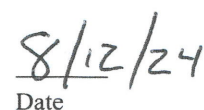
In addition to the classroom application, I developed materials to share health physiology information with my academic colleagues. My thesis project was a workplace wellness curriculum plan which included a traditional lesson plan outline, slides, and workbook activities. Opportunities to share health physiology information to my peers at a higher education institution could lead to greater health within CCC's community as well as set an example among our other academic peers and the communities we serve.

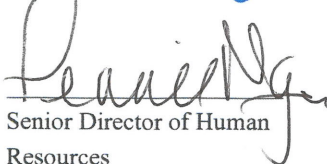
In summary, the knowledge I gained during my sabbatical leave has several practical applications for my classroom, among my colleagues, and potentially to my community. I am very grateful to have been given this opportunity and did my best to make the most of it. I plan to use what I have gained through this experience to better serve my students and community. Thank you.

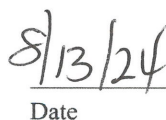

Signature

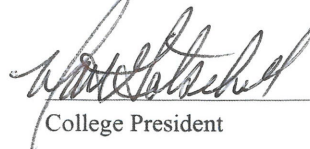

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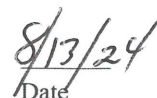

Supervisor Signature


Date


Senior Director of Human
Resources


Date


College President


Date

Atlantic International University

*The trustees and Officers of the University
In recognition of the successful completion of the prescribed course of study in*

The School of Science and Engineering



Confer upon

Sarah J. Woudy

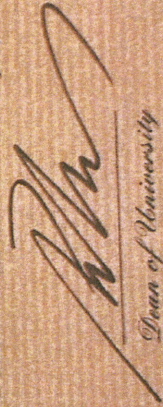
the degree of

Doctor of Philosophy, PhD

with a major in

Sport Science and Nutrition

*With all the rights, privileges, responsibilities, and honors thereto appertaining. In Witness thereof
the seal of the University and the signatures of the officers are affixed as authorized by the Board of
Trustees in Honolulu, State of Hawaii, on the eleventh day of April, Two Thousand and Twenty four.*


Dean of University


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