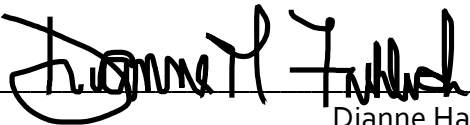


Application for Sabbatical, for Academic Year 2022-23

Oxnard College

Application Deadline: October 15, 2021 at 5 pm.

 (sign name/type above line)
Dianne Habring-Frehlich
October 10, 2021

Department of Kinesiology and Health Education
Division of Math, Science, Health Education, Kinesiology, and Athletics


Carolyn Inouye/digital signature

I have notified my dean of my intention to apply for a sabbatical for (choose one)

Fall 2022

Spring 2023

Fall and Spring, 2022-23 (check contract for salary details)

On October 15, 2021 (date of notification to Dean). Email notification is of course the best way to do it.

Full name as it appears on your work records: Dianne Marie Habring-Frehlich

Number of years of continuous full time service at VCCCD: 6

Number of years of continuous full time service at OC: 6

Have you ever had a sabbatical at VCCCD? No (type yes or no)

How many years ago was your last sabbatical? N/A



OXNARD COLLEGE

Spring 2023 Sabbatical Proposal

Yoga Instructor Certification & Program Analysis

Dianne Habring Frehlich
Professor of Kinesiology and Health Education
October 2021

I. Project Description:

The purpose of this single semester sabbatical is to become certified as a Yoga Alliance Registered Yoga Teacher, analyze existing community college yoga teacher certification programs, develop program recommendations for a new yoga teacher certificate at Oxnard College, and connect with local community and campus organizations to promote the benefits of yoga.

Mental health struggles, such as stress, depression, and anxiety, are top health concerns in college students (ACHA, 2019). Participating in physical activity is a constructive stress management strategy known to have a positive influence on depression and anxiety (Legey et al., 2017; Patterson et al., 2019). The physical activity classes at Oxnard College give students the chance to learn how movement can benefit both mind and body. This is especially evident in integrative disciplines, such as yoga, which combine movement with relaxation techniques. Participating in yoga can significantly lower anxiety and depression in college students and offers greater benefits to students' mental health over more traditional single-approach programs (Cai, 2000).

In the fall of 2016, Oxnard College offered its first yoga class. Since inception, the yoga course has attracted strong student enrollment and has continued to grow. During the COVID-19 pandemic, strong enrollment persisted demonstrating the scalability of teaching yoga across platforms. With interest in yoga persisting, Oxnard College will benefit from faculty who have a deeper knowledge of the discipline and a professional certification.

In addition to adding value to the current classes, a certified yoga instructor would open the possibility of program development for a yoga teacher training certificate because an institution must have a Registered Yoga Teacher on staff to be able to apply to be a Yoga Alliance Registered Yoga School.

II. Your background as it relates to the project and to your role at Oxnard College:

I joined the Ventura County Community College District (VCCCD) in 2013 as an instructor at both Oxnard and Moorpark Colleges. I now serve as a tenured instructor and the department chair in Kinesiology (formerly Physical Education) and Health Education at Oxnard College. In my role, I have taught a variety of courses in both disciplines and represented faculty on shared governance committees, such as the curriculum committee. In addition to my role as an instructor, I have developed many new courses and two new degrees for transfer.

Specifically relevant to this project, I developed a yoga course for Oxnard College in 2016 and have been teaching it ever since. Prior to joining the VCCCD, I had over 10 years of experience working in fitness and education. I have also been working on my doctorate in kinesiology with a projected graduation date of Spring 2022. My experience teaching kinesiology and developing programs and curriculum provide me with the background to produce a meaningful outcome from my project.

Though I have already been teaching yoga, I am self-taught through experience and books. The RYT (Registered Yoga Teacher) certification will provide me with feedback on my teaching from experienced yoga masters, more detail about the anatomical implications of cues and adjustments, and additional theory, all of which will enhance the student experience. Additionally, Oxnard College needs

a Yoga Alliance RYT on staff to be able to become a Registered Yoga School and offer a yoga teacher certificate.

III. Project Objectives:

My sabbatical for Spring 2023 is focused on the development of professional knowledge through earning a certification as a yoga instructor, program development through the exploration of existing yoga certification programs at other community colleges, and connection with local community and campus organizations through the promotion of the benefits of yoga.

IV. Project Methodology:

The approach to completing this project will follow the Waterfall Methodology. Each task in the project will be planned out and completed, per the timeline outlined in workplan and schedule. Beginning with registering and completing the yoga teacher training program, the project will culminate with a white paper presented to relevant division administrators. The white paper will follow a SWOT (strength, weakness, opportunity, threat) analysis format with Yoga Teacher Training Certificate program development plan and recommendations for Oxnard College's Kinesiology Department.

V. Product of the sabbatical (a paper, a film, an exhibit, etc.):

One product of my sabbatical project will be a certificate as a Registered Yoga Teacher (RYT) (Appendix A) from a Yoga Alliance Registered Yoga School. I will also produce a white paper and presentation that include an analysis of existing programs (Appendix B) and a program development proposal. Additionally, I will present to the Oxnard College counseling department and Glory Reins, a non-profit that serves children with emotional and physical disabilities, to share the benefits of yoga.

VI. How do you plan to share your sabbatical results at Oxnard College? Do you have plans for sharing your results more broadly?

A white paper with an environmental analysis of the existing higher education yoga teacher training programs will be presented to administration, including the deans of Kinesiology & Career and Technical Education. The paper will include program development recommendations for Oxnard College with the goal of developing a yoga teacher certificate. One of the steps in offering the certificate is for Oxnard College to become certified as a Registered Yoga School (RYS). My certification as a Registered Yoga Teacher (RYT) is a key element in Oxnard College's application to be a Yoga Alliance RYS.

The RYT will also help hone my pedagogical skills through feedback from master yoga instructors. I will be able to provide students more variations and modifications to address any injuries or personal goals. The certification program will help build new skills in relaxation techniques, mindfulness, theory, and building individualized programs for students based on their specific needs. In addition to benefit students, I plan to offer professional development for the instructors in the department who teach yoga.

VII. Work plan and schedule (Show the committee the steps in your plan and approximately when you will complete each one, including the product or method of sharing your work).

The timeline for this project begins in the December of 2022, with the bulk of the work falling into the Spring 2023 semester. The project will culminate with a written white paper outlining existing local community college yoga teacher training programs and recommendations relative to Oxnard College. The program analysis and recommendations will be presented to administration in the semester following my return from sabbatical.

I plan to earn an RYT 200-hour Certification through the Kaivalya Yoga Method. As I am working on my RYT, I will research yoga teacher certificate programs offered through higher education institutions (e.g. Santa Rosa, Pasadena City, Fullerton). I will choose two of the colleges with RYT certificates and interview the program directors to assess their perceived program strengths and weaknesses.

Once my RYT certificate is finished, I will practice my new skills and promote the mental health benefits of yoga through offering sessions to the Oxnard College Counseling Department and Glory Reins, a local non-profit. As an RYT, I will also be able to contact the Yoga Alliance to determine the accreditation process for Oxnard College to become an RYS (Registered Yoga School). I will compile the information to present my findings and recommendations for the yoga certificate to the kinesiology and CTE division deans. The specific tasks are outlined in sequence below by month.

	2022	2023					
TASK	Dec	Jan	Feb	Mar	Apr	May	Sep
Register for Yoga Alliance RYT 200-hour Certification <i>Registration with Kaivalya Yoga Method</i>							
Complete the RYT 200-hour Certification course <i>Certificate of completion from Kaivalya Yoga Method</i>							
Research Higher Ed Yoga Teacher Training Programs <i>Fullerton, Miracosta, Miramar, Orange Coast, Pasadena City, San Mateo, Santa Rosa</i> <i>White paper</i>							
Interview representatives of 2 Higher Ed Institutions <i>Santa Rosa, Pasadena City</i> <i>White paper</i>							
Connect with one campus and one local organization <i>OC Counseling Dept and Glory Reins</i> <i>Presentation/calendar entry</i>							
Contact Yoga Alliance for accreditation guidelines							

<i>RYS Guidelines</i>							
Write analysis and recommendations for OC <i>White paper</i>							
Presentation to division administrators <i>Presentation</i>							

VIII. Value of Project (here, given an overall statement of how this project will benefit you, personally and professionally, as well as how it will benefit others).

The opportunity to participate in this sabbatical project would benefit me personally, as I would develop a more in depth understanding of subject area that I teach. This deeper understanding of the discipline will help me plan more engaging classes and increase my confidence and job satisfaction. Professionally, students will receive higher quality yoga instruction. Other kinesiology instructors in the department would benefit from professional development presentations on yoga instruction. Oxnard College and our Kinesiology program would benefit from the opportunity to apply to be a Yoga Alliance Registered Yoga School. The exploration of existing yoga certificates and proposal for a new yoga teacher training certificate will benefit the institution by increasing the potential for of certificates earned.

References

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- Legey, S., Aquino, F., Lamego, M. K., Paes, F., Nardi, A. E., Neto, G. M., Mura, G., Sancassiani, F., Rocha, N., Murillo-Rodriguez, E., & Machado, S. (2017). Relationship Among Physical Activity Level, Mood and Anxiety States and Quality of Life in Physical Education Students. *Clinical Practice and Epidemiology in Mental Health : CP & EMH*, 13, 82–91. <https://doi.org/10.2174/1745017901713010082>
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- The Kaivalya Yoga Method Online Yoga Teacher Certification Programs*. (2021, October). Get Certified.
https://alannak.com/online-yoga-teacher-training-courses/?utm_source=google-ads&utm_medium=search&utm_campaign=%5BUS+TOP+MARKETS%5D+Yoga+Teacher+Training&keyword=yoga%20teacher%20training&utm_content=544919021971&adposition=&gclid=CjokCQjw5JSLBhCxARIsAHgO2SdwnCZC8hdlItFKwb7GwhYzLF1tIQ-uO38BZJyNI5KYWpk8el6jLoaAjY5EALw_wcB

Appendix A

Registered Yoga Teacher (RYT) 200-hour Certificate

Kaivalya Method Yoga Teacher Training
Yoga Alliance Registered Yoga School

MODULE 1

Anatomy & Alignment: presented through an exclusively yogic lens, you learn key muscle, bone, joint and connective structures. You'll also learn terms of movement and alignment principles that foster both understanding and the safe application of asana for a wide range of considerations and abilities.

MODULE 2

Vinyasa, Sequencing & Subtle Body: this section contains the essentials of how to safely sequence a vinyasa class, then goes further, giving you the insights necessary to sequence in accord with the more esoteric and energetic principles that fuel yoga's transformational power. By learning the subtle anatomy (including in-depth work with the chakras and koshas), you gain an experiential understanding of the deeper layers of the body. This knowledge fundamentally shifts how you harness the power of asana practice.

MODULE 3

Teaching Techniques, Building a Business & Being a Professional: from refining your cues and developing a well-rounded class to utilizing the power of the web and increasing your business acumen, this module provides everything you need to embark on a successful teaching career, not to mention leading stellar classes that students never forget.

Appendix B

Higher Education Institutions with Yoga Teacher Certificates

Antelope Valley College
College of the Desert
College of Lake County
College of San Mateo
Cypress College
Fullerton College
Minneapolis College
Miracosta College
MiraMar College
Orange Coast College
Pasadena City College
Portland Community College
Saddleback College
Santa Rosa College
Scottsdale Community College
University of New Mexico Taos
University of Utah