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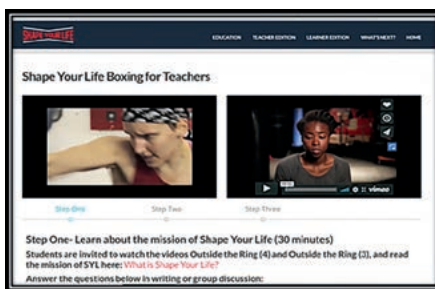
Sabbatical 2.0: A True Break

Maura B. Rosenthal

My sabbatical application focused on beginning an open and accessible textbook, housed online, called *Social Justice Lessons in Kinesiology*. As often happens, goals that are set 12 months before sabbatical begins are not always realistic. What I did instead during sabbatical was finish a project I began in the winter of 2017, run a tennis program with Girls Inc., Taunton, and spend loads of good time with my family, dog, and friends.

The most important thing I accomplished during my time away from campus was spending time with my friends and family. Taking a short trip to Asheville with my parents, going to Utah National Parks with my partner, daily play with my dog, reading for pleasure, home improvement projects, and instituting Maura & Mom Wednesdays, were just a few of the highlights of my fall semester sabbatical. Our professional lives differ in many ways from those of our peers. **One thing that is glaringly similar, however, is how little we take advantage of time away from work, from emails, from reading scholarly work, and from thinking about course preparation.**

Over the last three years, I co-created and piloted a curriculum to teach about gendered violence and trauma-informed coaching through learning about the Shape Your Life (SYL) non-contact boxing program. I worked closely with my colleague, founder and director of SYL, from Brock University, in St. Catharines, Ontario. During sabbatical, I completed the open and accessible web-based version of the curriculum. You may access the curriculum here: <http://www.shapeyourlifeboxing.com/teacher-edition/gender-base-violence-for-teachers/>



shapeyourlifeboxing.com

I presented this curriculum at the North American Sociology of Sport Conference in November, 2019, and since the site was live on October 22, 2019, it has had more than 1,000 users from 5 continents. Shape Your Life, a non-contact boxing program in Toronto, Canada for female-identified survivors of violence – has served over 1,800 survivors of violence by providing a free trauma-informed program giving survivors an opportunity to experience their bodies in powerful ways. Preventing violence against women and transgender individuals, a ubiquitous and preventable public health issue in North America, is a complex issue that involves multiple approaches. Through the curriculum, we expose students to the prevalence of violence in their communities and to individual Shape Your Life participants discussing the impact of violence in their lives. Bridgewater students in two #MeToo seminars in spring 2020

are using the curriculum. I am gathering data from them to help us understand how to best change and market the materials to teachers and learners. I am also writing a scholarly paper detailing the entire project which was partly funded by a Faculty Librarian Research Grant through BSU's Center for the Advancement of Research and Scholarship.

One unexpected project I completed was running an eight-week tennis program for underserved girls at Girls Inc., Taunton. Through the new Professional Tennis Management graduate certificate in the Movement Arts, Health Promotion, and Leisure Studies department, I volunteered to help as a participant for students teaching tennis in June of 2019. I was inspired by this and after connecting with the regional US Tennis Association representative, realized that once I registered and completed Safe Sport training, I could use my position on the Board of Trustees of Girls Inc. to secure a free curriculum and tennis equipment. Nearly 80% of girls aged 11 – 17 are not getting the recommended minutes of daily physical activity. Boys' inactivity has decreased since 2001, but girls' inactivity has had no change (WHO study, 2019). My next project will involve working to help more Girls Inc. girls get needed physical activity with limited space and staff, thereby enhancing the relationship between Girls Inc. and Bridgewater State University.



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