

APPLICATION CHECKLIST
Research, Scholarship, and Creativity Grant

Deadline February 12th

Please print and complete this checklist and attach it as the cover page of your grant application.

Faculty information

Name: AARON BANKS Dept: HES
Email: abanks@gac.edu Rank: ASSOCIATE

Checklist

☒ **Description of previous projects (and outcomes) funded by RSC grants**

☒ **Complete project description, including separate statements of:**

- X 1. **Purpose.** What are the intellectual, conceptual, or artistic issues? How does your work fit into other endeavors being done in this field?
- X 2. **Feasibility.** What qualifications do you bring to this project? What have you done/will you do to prepare for this project? What is the time period, i.e. summer, summer and academic year, academic year only? Is the work's scope commensurate with the time period of the project?
- X 3. **Project Design.** This should include a specific description of the project design and activities, including location, staff, schedules or itineraries, and desired outcomes.

☒ **RSC Budget Proposal Form attached as last page of application**

☒ **Nine (9) copies of completed application and budget (including this checklist) to be submitted to the John S. Kendall Center for Engaged Learning (SSC 119)**

If successful, my proposal can be used as an example to assist future faculty applications. This decision will not in any way influence the evaluation of my application. Yes ☒ No (please circle one)

Research, Scholarship, and Creativity Grant
Application prepared and submitted by
Aaron L. Banks, Ed.D.
February, 2010

Description of Previous RSC Funded Projects

I was last awarded a Research, Scholarship, and Creativity grant in 2008. That award was the first RSC grant I had applied for and received. The purpose of my project was to develop a self-defense manuscript for publication in the 15th edition of Mood, Musker, & Rink's historic and well known text, *Sport & Recreational Activities*. The funding was utilized for two important applications. First, to purchase materials to conduct a thorough literature review, specifically current self-defense and martial arts related textbooks. Second, to defray the costs of travel to complete the manuscript. The funding allowed for the opportunity to spend one week revising and finalizing the manuscript with the lead editor, Dale Mood, at the University of Colorado in Boulder. I am very grateful for the funding provided by Gustavus Adolphus College, as the funding was used as intended and a successful manuscript was created and accepted for publication. Through this experience, a wonderful opportunity has presented and that is why I am once again applying for an RSC grant.

Description of Project Purpose

After having the opportunity to work closely with Dale Mood, lead editor of *Sports & Recreational Activities*, I have been asked to further contribute to the 15th edition as an author. The funding I had received for my past RSC grant has opened the door for another unique professional experience. It was quite an honor to receive an invitation to write two additional chapters for publication in this text. I am hoping to receive a Research, Scholarship, and Creativity grant to aid in the completion of this project. The completion of this project will allow for the diversification of my current research agenda. Specifically I will be writing two additional chapters related to the teaching content and methodology of *Yoga and Speedball*.

For the past decade I have been intrigued by how the media consumption of American youth has altered student sensibilities and expectations regarding education. My interest in this area began with my doctoral dissertation and has continued ever since. My findings, focusing heavily on self-defense education, have resulted in the publication of several articles within professional journals, many presentations at national and state conventions, and opportunities to instruct teacher in-service workshops. Coming off of my spring 2009 Sabbatical, I am ready to refocus my energies and further my line of research. My current research agenda is generally focused on how instructional content and methodological practices increase student engagement, attitude, and participation within the physical education setting. I desire the opportunity to develop and showcase my expertise in additional curricular areas.

Specifically, I will write two additional manuscripts for publication in the 15th edition of *Sports and Recreational Activities*. This is a landmark textbook that is used extensively

within Physical Education Teacher Education (PETE) programs throughout the country. The manuscripts will overview the history, content, and application of instructional methodology for secondary physical educators regarding the practices of Hatha Yoga and the 20th century American game, Speedball. In order to complete the manuscripts the following tasks are essential:

- Funds for Materials – I will need access to the most current research and trends regarding Hatha Yoga training and philosophy. This will be a challenging task as there has been an explosion of literature within the yoga discipline in recent years. I will also seek to find relevant sources for Speedball, however this is a rather obscure game that is once again rising in popularity. Hence, I will need funds to purchase relevant materials.
- Funds for Travel to University of Colorado – I will spend one week in the summer of 2010 at the University of Colorado in Boulder working to complete the manuscripts and meeting with the lead editor of the text, *Sports and Recreational Activities*. Having access to the lead editor is imperative as I am able to edit, refine, and finalize the manuscripts in a short time frame. We will also complete a professional photo shoot to illustrate necessary poses, skills, and strategies, so it is important that I be present as the content expert to oversee that adequate and appropriate images are being captured for documentation.

Description of Project Feasibility

Completion of this project is very feasible, however an extensive amount of work will have to be completed during Summer 2010. The majority of the research and writing will have to wait until spring classes have commenced, however I am confident that I will be able to write both manuscripts within the time frame allotted if support is granted. As previously mentioned, it was quite an honor to be asked to contribute in additional ways to this text. Dr. Mood was very complimentary of my previous work (which was accepted for publication) and I anticipate the successful completion and publication of two additional manuscripts. Should my manuscripts not be accepted for publication, I will have many other avenues to pursue regarding publication.

Description of Project Design

This project will reach completion in the following order:

- Spring 2010 – Begin Informal Literature Review – I will begin examination of the current literature base regarding Hatha Yoga and Speedball instruction for secondary education. Primarily, I will identify necessary sources and develop a list of materials to purchase once funding becomes available from this RSC grant.
- June and July 2010 – I will purchase the necessary materials and begin a thorough literature review. Having large blocks of time, uninterrupted by the demands of classes and students, will allow for the opportunity to make quick progress. I will begin developing a general outline of the manuscripts, including the historical perspective, physical skills, knowledge and tactics, and pedagogical practices for instructors.

- August 2010 – Travel to University of Colorado in Boulder to finalize manuscripts and complete photo shoot.
- Early Fall 2010 – Complete the manuscripts and submit for publication.
- Spring/Summer 2011 – Anticipated release of the 15th edition of *Sports and Recreational Activities!*

Funding Requested for Project Budget

Funding requested as follows:

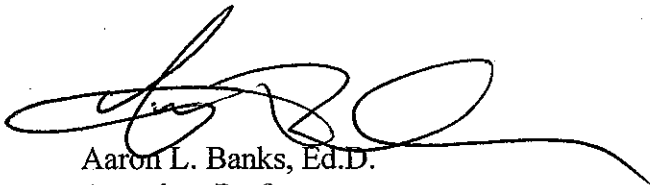
- Stipend for Associate Professor - \$600
- Materials – Funds for Purchase of Relevant Information - \$500
- Travel – Gas to and from Colorado - \$300
- Lodging – Funds for One Week of Hotel Stay in Boulder - \$600
- Food for One Week in Boulder - \$100

*I anticipate the costs of my visit to Boulder to be much higher, but will personally absorb the additional costs.

TOTAL FUNDS REQUESTED - \$2,100.00

Thank you for considering this proposal for a Research, Scholarship, and Creativity grant. I will gladly answer any questions you might have regarding my application.

Respectfully submitted,



Aaron L. Banks, Ed.D.
Associate Professor
Department of Health & Exercise Science
Gustavus Adolphus College

Research, Scholarship, and Creativity Grant BUDGET INFORMATION

Faculty Stipend

(\$500 professor; \$600 associate professor; \$700 assistant professor)

Expenses

Faculty may apply for up to \$1500 to pay for the cost of equipment, materials, personnel, and travel associated with the project to be funded by the RSC Grant. All expenses must be necessitated by the project to be funded by the RSC Grant.

ITEM		AMOUNT
Equipment (e.g., transcription machine, camera, cassette recorder— but not to include computer hardware)		\$
1:	Cost:	
2:	Cost:	
3:	Cost:	
Materials (e.g., books, printing, software, lab supplies)		\$
1: YOGA BOOKS	Cost: 300	\$500
2: SPEEDY BOOKS	Cost: 100	
3:	Cost:	
Personnel (e.g., typist, transcriptionist, student assistant)		\$
1:		
2:		
Travel Costs (cannot include conference travel; see http://gustavis.edu/finance/travel.php for allowable travel expenses)		\$
Airfare:		\$1000
Mileage: Number of miles @ \$0.55/mile GAS = \$300		
Lodging: \$600 @ \$100/night		
Meals: \$100		
Other Expenses		\$
1: ASSOCIATE STIPEND	Cost: 600	\$600
2:	Cost:	
3:	Cost:	
		\$
TOTAL EXPENSES		\$2100
AMOUNT REQUESTED (not to exceed \$1500 + stipend commensurate with rank)		\$1500

Have you applied for, or received funding from, another source to help support this project? **NO**

Funding Source:

Amount:

Please explain how the RSC will be used in addition to the other funding.