

**OBTC 2017 at Providence College**

**June 14th – 17th, 2017**

Submission Template

SUBMISSION GUIDANCE

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| **Submission Template for the**  **2017 OBTC Teaching Conference for Management Educators** |

1. Title, Abstract & Keywords

*In your abstract, please include a brief session description (not to exceed 100 words), and three to four keywords. If your proposal is accepted, this description will be printed in the conference program.*

Title: Starting the Day Right: Run or Walk with your fellow OBTCers

Abstract:

This session is a chance to get out early with other OBTCers and enjoy our host location, Providence College. Join us at 7 AM for a casual run or walk around campus and the surrounding area. Open to runners or walkers of all levels starting in front of our breakfast venue. At 7:45 all OBTC members are welcomed to join us for breakfast and conversation or head back to your dorm to be ready for the first official sessions of the day. Friday and Saturday will be self-organized for those who don’t overdo at Jim’s Place!

Key Words: Exercise, Early Morning, Running

1. Teaching Implications:

*What is the contribution of your session to pedagogy/andragogy? Specifically, please include your learning objectives, and describe what management and/or teaching topics are relevant to your session, and why. Also, include theoretical, disciplinary, or theoretical foundations that will help reviewers understand how your ideas fit within the broader field of management.*

*There is a glut of research supporting the relationship between exercise and human health (Clayton, Thomas, Singh & Winkel, 2015). Regular exercise has been found not only to benefit physical health, but also reduces anxiety and depression (Rethorst, Wipfli & Landers, 2009), lower absenteeism (Parks & Steelman, 2008) and higher life satisfaction (Hecht & Boies, 2009). This session applies the results of these research studies to benefit OBTC members.*

*The idea of this session was born last year by several OBTC board members who ran every day of the conference. Over the week, their group grew by word of mouth. We are hoping by including this session in the program, that it will encourage many conference participants to join the group and start their day with some exercise and a chance to informally network with OBTC conference participants before and after the run or walk.*

1. Session Description and Plan:

*What will you actually do in this session? If appropriate, please include a timeline estimating the activities will you facilitate: how long will they take, and how will participants be involved? Please remember that reviewers will be evaluating how well the time request matches the activities you’d like to do, and the extent you can reasonably accomplish the session’s goals. Reviewers will also be looking for how you are engaging the participants in the session.*

This proposal is to place a hold on a session starting at 7:00 AM on Thursday morning in front of breakfast venue.

The session leaders will greet members and organize into a runners’ and a walkers’ group. The session leaders will then lead each group on an approximate 3-mile loop for the runners and a 2-mile loop for the walkers for a total of approximately 30-40 minutes of exercise. Both groups should be back to the starting point at approximately 7:45 AM, where participants will be invited to breakfast for additional conversation or welcome to leave to get ready for the early program sessions.

The session leaders will reserve a table for the breakfast session. All OBTC participants will be invited to participate in the breakfast conversation. The breakfast conversation will be themed around the question, “How do use exercise in your teaching?

We will let participants know that they can self-organize for Friday and Saturday of the conference. *We are starting with a single session for this OBTC conference but hoping this session will expand to all days of the conference in 2018 and become a regular session starting in Providence and grow in future conferences.*

1. Application to Conference theme:

How does your session fit with the overall OBTC theme of *Navigating the Changing Currents*?

This session fits the theme of the conference in that it helps OBTC participants navigate the currents around Providence College as well as better navigate the conference by encouraging conversation and networking during the run/walks as well as the after during breakfast.

We hope by putting this session on the formal program that it will give more members a chance to join us, build friendships, and become more engaged in the Society.

1. Unique Contribution to OBTC:

*Have you presented the work in this proposal before? If so, how will it be different? Is this proposal under current review somewhere else? If so, please explain. How will your proposal be different for the OBTC conference?*

This is the first year we are proposing the run/walk/breakfast session to be part of the formal OBTC program. We believe that it will be a popular new opportunity for new and veteran OBTCers to network together in a relaxed atmosphere. We informally had a non-program group that run last year at Walsh and just by word of mouth, the group expanded during the week of the conference.

**References**

*Clayton, R.W., Thomas, C.H., Singh, B., & Winkel, D.E. (2015) Exercise as a means of reducing perceptions of work-family conflict: A test of the roles of self-efficacy and psychological strain. Human Resource Management, 54(6), 1013-1035.*

*Hecht, T.D. & Boies,K. (2009). Structure and correlates of spillover from nonwork to work: An examination of nonwork activities, well-being, and work outcomes. Journal of Occupational Health Psychology, 14, 414-426.*

*Parks, K.M. & Steelman, L.A. (2008). Organizational wellness programs: A meta-analysis. Journal of Occupational Health Psychology, 13, 58-68.*

*Rethorst, C.D., Wipfli, B.M., & Landers, D.M. (2009). The antidepressive effects of exercise: A meta-analysis of randomized trails. Sports Medicine, 39, 491-511.*