

# MONA ACADEMY OF SPORT

**Dr. Sharmella Roopchand-Martin** (DPT, MSc. Rehabilitation Sci. MSc. Biomedical Ethics)  
– Head Mona Academy of Sport



## WORK OF THE DEPARTMENT

The Mona Academy of Sport, despite the numerous challenges encountered in its second year of operation had a relatively successful year. Three new staff members joined the Academy during this academic year: Dr. Aldeam Facey, Dr. Ruchelle Brown-Calvert and Janine Rose. Two new administrative assistants also joined the academy: Michelle Smith and Sharnice Small.

Our two BSc programmes (Sport Coaching and Sport Kinetics), which were launched in August 2017 had an intake of 22 students and ran with no major problems. Support programmes were put in place to aid our students who were on Sports Scholarships. This included two seminars: Time management and study skills and the establishment of mandatory study Hall sessions where tutorial support was provided as needed.

The UWI/FIFA/CIES Sport Management Diploma, which was approved for offering at the Mona Campus for the 2018–2019 academic year, had an intake of two students. We were grateful to the St. Augustine Campus for accommodating these students in their classes thus allowing this programme to get off the ground with the small number.

The MSc. Sports Medicine had an intake of five new students and the MSc. Sports and Exercise Medicine had six. The students came from five different Caribbean countries and Botswana. The university's Virtual Learning Platform was used to facilitate a more interactive delivery of both distance-based programmes and this ran quite smoothly. These students maintained an excellent level of progress with minimal problems. Interviews with the students indicated a high level of satisfaction with the revised curriculum and feedback for improvement will be integrated into/with planning for 2019–2020.

Two new master's programmes were developed and approved for delivery during the 2019–2020 academic year: The MSc Sport with specializations in Coaching, Kinetics, Strength and Conditioning and Biomechanics and the MSc. Interdisciplinary Sport

Pain Management. Both programmes offer the option of completing either a Post-graduate certificate or diploma to those who do not wish to pursue a full master's degree. These options increase access to students. The Academy also developed a Ph.D. Sport programme which opened for applications in January 2019.

Throughout the 2018–2019 year, we continued to build on our partnership with the Jamaica Hockey Federation as we provided medical coverage for the ISSA U14, U16 and U19 Schools Field Hockey Tournament and aided the Federation with their World Olympic Day Celebrations. The Academy has become an official partner in the National Youth development programme for Field Hockey which began in March 2019. The Academy continued to maintain a partnership with Olympic swimmer Alia Atkinson, facilitating another swim camp at our facilities this year. We also hosted a Community Inclusion Project which was funded through a Caribbean Development Bank grant to the Faculty of Sport.

Despite continued challenges, our Athletic Development and Training Section continued to ensure excellence from our athletes. Highlighted achievements for the 2018–2019 academic year include:

#### **FOOTBALL**

Male: Intercol League 2018/2019 – 1st place

Greg Garrell – 1st place

UWI Games 2019 football – 1st place

Female: UWI Games 2019 – 2nd place

#### **CRICKET**

Junior Cup 2018/2019 – 1st place

JCA T20 2018/2019 – 3rd place

UWI Games 2019 cricket – 2nd place

Akim Fraser – Selected for West Indies A-Team

Selected for Jamaica's National team

#### **BASKETBALL**

Male: UWI Games 2019 male basketball – 1st place

Female: Finals of Intercol competition – 2nd place

UWI Games 2019 female basketball – 1st place

## **NETBALL**

UWI Games netball – 1st place

Shamera Sterling – Nominated as the RJR Sports Woman of the Year 2018.

- Ranked top 5 as the best defender overall in the world.

## **TRACK & FIELD**

UWI Games 2019 track & field – 1st place

Intercol track & field championships male and female – 3rd place

Fedrick Dacres – the current world leader

Diamond League leader and threw over 70m (2018)

## **VOLLEYBALL**

Female: Intercol volleyball competition – 1st place

UWI Games 2019 volleyball – 1st place

Male: Intercol volleyball competition – 1st place

UWI Games 2019 volleyball – 2nd place

## **SWIMMING**

UWI Games 2019 swimming – 2nd place

## **TABLE & LAWN TENNIS**

UWI Games 2019 – 2nd place

## **RUGBY**

Semi-finals Intercol Rugby League

Rugby Nines – 2nd place

## **HOCKEY**

Male: Intercol hockey male – 1st place

UWI Games hockey – 3rd

Female: Intercol hockey female – 1st place

UWI Games hockey – 2nd place

## CONFERENCE PAPERS PRESENTED

### Dr. Sharmella Roopchand-Martin

- September 2018 – Presenter at KPH/VJH Conference Health is Wealth a Holistic Approach to Workers Well Being. *Topic – Benefits of Ergonomic programmes in the workplace.*
- October 26, 2018 – Presenter at the Caribbean Association of Clinical Microbiologists 14th Annual Symposium The Foe Within. *Topic – Ethical Issues in Infectious Disease Outbreaks.*
- June 19, 2019. – Presenter at the JOHSPA annual conference. *Topic – Work-Related Musculoskeletal Disorders*

## PUBLICATIONS

- **Roopchand-Martin, S., Rajkumar F, Creary-Yann S.** (2019). Quality of life of cancer patients living in Trinidad and Tobago. *Quality of Life Research*, 28: 1863. <https://doi.org/10.1007/s11136-019-02151-7>.
- **Roopchand-Martin, S., Gayle, B., Evelyn, D., Creary-Yann S.,** (2019). The effects of aquatic plyometric training on lower limb power and agility of university Rugby and Soccer athletes. *West Indian Medical Journal*. E-Published: 08 March 2019. DOI: 10.7727/wimj.2018.093.
- **Roopchand-Martin, S., Gayle, C., Graham, S., Creary-Yan, S., Harris-Henry, S.** (2018). Physical Activity Levels, Perceived Barriers to Exercise and Development of Secondary Conditions in Community-Dwelling Persons with Spinal Cord Injury. *West Indian Medical Journal*. 67(5): DOI: 10.7727/wimj.2018.178.

## SPECIAL PRESENTATIONS AND INVITED LECTURES

### Dr. Sharmella Roopchand-Martin

- August 2018 – Presenter at the workshop titled Focus on Pain in Athletes held by the Mona Academy of Sport. *Topic – Ethical Decision Making in Sports Medicine.*
- September 2018 – Presenter at KPH/VJH Conference Health is Wealth a Holistic Approach to Workers Well Being. *Topic – Benefits of Ergonomic programmes in the workplace.*
- October 26, 2018 – Presenter at the Caribbean Association of Clinical Microbiologists 14th Annual Symposium The Foe Within. *Topic – Ethical Issues in Infectious Disease Outbreaks.*
- November 6th 2018 – Guest presenter for Faculty of Law. *Topic – Ethical Issues and Research in Social Sciences, Law and Humanities.*

- November 17th, 2018 – Invited speaker for the annual general meeting of the Jamaica Sports Medicine Association.

*Topic – Ethical decision making in sports medicine.*

- October 2018 and December 2018 – Guest presenter in the workshop titled, Fitness Testing and Benchmarking for Athletes. Hosted by the Mona Academy of Sport.

*Topic 1: Agility testing and training,*

*Topic 2: Comparison of Land and Aquatic Power Training in Athletes.*

- February 19, 2019 – Guest Speaker at the opening ceremony of the 2019 ISSA/JHF High School Field Hockey Tournament.
- March 2019 and June 2019 – Guest presenter in the Sport Injury Management workshop. Hosted by the Mona Academy of Sport

*Topic 1 – Warm-ups and cool-downs: Pearls and Pitfalls*

*Topic 2 – Sleep and Training, Performance and Recovery*

- June 19, 2019. Invited presenter at the JOHSPA annual conference.

*Topic – Work-Related Musculoskeletal Disorders*

#### Mrs. Olivia Rose Esperance

- March 2019 and June 2019 – Guest presenter in the Sport Injury Management workshop hosted by the Mona Academy of Sport.

*Topic – The Psychology of Pain and Injury Recovery: The role of the sports psychologist in helping to keep athletes healthy.*

#### Miss Janine Rose

- October 2018 and December 2018 – Guest presenter in the workshop titled, Fitness Testing and Benchmarking for Athletes. Hosted by the Mona Academy of Sport.

*Topic 1: Core strength and stability*

*Topic 2: Importance of cardiovascular performance and important parameters to evaluate. Programme planning.*

- March 2019 - Guest presenter in Sport Injury Management workshop hosted by the Mona Academy of Sport.

*Topic 1 – Recovery, Repair, and Return to play: Principals of Rehabilitation.*

*Topic 2 – Nutrition before, during and after competition season. Planning a proper nutritional programme and identifying athletes with nutritional disorders.*

**Dr. Ramon Hunter**

- October 2018 and December 2018 – Guest presenter in the workshop titled, Fitness Testing and Benchmarking for Athletes. Hosted by the Mona Academy of Sport.

*Topic 1: Flexibility and injury prevention. When should athletes stretch, what types of stretching should be used for different sports?*

*Topic 2: Training for strength and training for power. What's different? And the importance of each.*

- March 2019 – Guest presenter in the Sport Injury Management workshop hosted by the Mona Academy of Sport.

*Topic 1 – The Musculoskeletal Evaluation*

- June 2019- Guest presenter in the Sport Injury Management workshop hosted by the Mona Academy of Sport.

*Topic 1 – Recovery, Repair, and Return to play: Principals of Rehabilitation.*

*Topic 2 – The Musculoskeletal Evaluation*

*Topic 3 – Stretching and Strengthening in Adolescent and Adult Athletes.*

**Dr. Ruchelle Brown Calvert**

- March 2019 – Guest presenter in the Sport Injury Management workshop hosted by the Mona Academy of Sport.

*Topic 1 – Dehydration in athletes – signs, symptoms, prevention.*

- June 2019- Guest presenter in the Sport Injury Management workshop hosted by the Mona Academy of Sport.

*Topic 1 – Dehydration in athletes – signs, symptoms, prevention.*

*Topic 2 – Nutrition Before, during and after competition season. Planning a proper nutritional programme and identifying athletes with nutritional disorders.*

- Invited by the One Body One God Dance Group to present to its members –  
*Topic – Exercise, is it really that important.*

- Guest presenter for New Broughton United Church

*Topic – Let's Start a New Conversation about our Health.*

**Dr. Aldeam Facey**

- March 2019 – guest speaker at Western Jamaica Campus Hall dinner. Theme: A Nautical Caribbean Night.

- May 2019 – panellist at the Faculty of Sport/Institute of Gender and Development Studies forum on Gender Diversity in Sports. Topic – the role of testosterone in present issues related to gender diversity in athletes.

### **INCOME GENERATION**

Rental of UWI Mona Bowl facilities	JA \$1,464,600.00
UWI Sports Medicine Clinic	JA\$ 4,529,001.00

### **PUBLIC SERVICE**

#### **Dr. Sharmella Roopchand-Martin**

- Executive member of the Caribbean Network of Research Ethics Committees
- Member of the Jamaica Hockey Federation’s Youth Development Committee
- Aided with medical coverage for the ISSA School’s Field Hockey Tournament U14, U16, and U19
- Aided with medical coverage for Wolmer’s Boys School Inaugural “Copa Del Chabo” Field Hockey Tournament
- Aided with JHF World Olympic Day Celebrations 2019.

#### **Dr. Aldeam Facey**

- Educational outreach presentation on doping in sport to schools in Central and Western Jamaica. Sessions hosted at Edwin Allen High School and St. Elizabeth Technical High School
- Volunteered as a doping control officer for the Jamaica Anti-Doping Commission. August 2018, Dr. Facey has processed approximately 50 athlete biological samples
- ‘Mona Badminton Club’ Coordinator – coordinated badminton for recreation and exercise sessions which were open to the public
- Resident Advisor (August 2018 and May 2019) the Leslie Robinson Hall.

#### **Dr. Ramon Hunter**

- Aided with medical coverage for the ISSA School’s Field Hockey Tournament U14, U16, and U19
- Aided with medical coverage for Wolmer’s Boys School Inaugural “Copa Del Chabo” Field Hockey Tournament
- Aided with medical coverage for UWI games.

**Mr. Barrington Gayle**

- Aided with medical coverage for the ISSA School’s Field Hockey Tournament U14, U16, and U19
- Aided with medical coverage for Wolmer’s Boys School Inaugural “Copa Del Chabo” Field Hockey Tournament.
- Aided with medical coverage for UWI Games

**Dr. Ruchelle Brown Calvert**

- Provided medical coverage for the following events:
  - Gibson McCook Relays
  - UWI Sports Day
  - ISSA Grace Kennedy Boys and Girl Champs
  - ISSA High Schools U19, U16 and U14 Field Hockey Tournaments
  - CONCACAF Gold Cup
  - Racers Grand Prix
  - Team doctor for the Jamaican team to CARIFTA games
- Educational outreach presentation on Supplement Use in Athletes at Edwin Allen High School and St. Elizabeth Technical High School.
- Medical Consultation at Camperdown High School Annual Health Fair.