

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 began operations in September 2017 following the launch of the Faculty of Sport, with Dr. Sharmella Roopchand-Martin being appointed as the inaugural head of the academy for a 3-year period. The work of the academy covers three broad areas: academic programmes and activities; organizing and managing the university's sporting activities (including the sports scholarship programme and sports teams) through its Athletic Development and Training Section; and operation of a Sports Medicine Clinic.

During the first few months work was done to define the mission and vision of the Academy, develop an organizational structure and set objectives in alignment with the University's Triple A strategy (access, alignment, agility). The focus for the rest of the year was on programme development, organization of sporting activities and management of our sports teams (Athletic Development and Training Section) and creation

of partnerships in sports (Sports and Exercise Medicine Section). Two section heads were appointed: Dr. Hudson-Gayle as head of Athletic Development and Training and Dr. Ricard Bennett (subsequently resigned in June 2018) as head of Sports and Exercise Medicine.

With input from Cave Hill, St. Augustine and the Open Campus Academies of Sport we developed two undergraduate programmes which were approved for the September 2018–2019 academic year. The MSc. Sports Medicine and MSc. Sports and Exercise Medicine-PT curriculum (transferred from the Faculty of Medical Sciences to the Mona Academy in December 2017) were revised and approval obtained to implement a more interactive curriculum using the University’s online learning platform in September 2018. We adopted the UWI/FIFA/CIES Sport Management Diploma, which was being offered at the St. Augustine campus, with the first intake for September 2018. Together with the Mona School of Business and Management we began a revision of the MSc. Sport Management degree with a targeted start for January 2019. The MSc. revision would allow graduates from this diploma to complete their masters in sports management in a shorter time.

Partnerships were forged with two sporting organizations, one with the Kingston and St. Andrew Football Association, to provide medical care for their players and the other with the Jamaica Hockey Federation (JHF). The Academy delivered the strength and conditioning training programmes for two junior and two senior national field hockey teams during the 2017–2018 academic year. The training programmes were developed from research work conducted by students and employees of the academy. A partnership was also formed with Olympic swimmer Alia Atkinson to deliver a swim camp at the Mona Campus in December 2017. We hosted the University of Waterloo’s swim team in December 2017 and through a partnership with the Columbian embassy ran a sprint camp for young Columbian athletes during the summer of 2018. The Academy also hosted “Project Gold”, an activity planned and delivered by Simone Forbes and fellow athletes Shelly-Ann Fraser Pryce, Christopher Gayle and Ricardo Gardner, with an aim of utilizing sport to motivate young children in the August Town Community.

Mona Academy of Sport

Despite numerous challenges our sporting teams and individual athletes excelled during the 2017–2018 academic year:

- We won the National Senior Cup cricket competition, the INTERCOL One-day cricket competition and placed 2nd in the INTERCOL T-20 Cricket competition
- We won the National Female Volleyball Championship, the INTERCOL female Volleyball Championship and placed second in the Venus Invitational Tournament.
- We won the INTERCOL hockey fives and sevens competitions for females and the male won the fives and placed second in the sevens.
- We placed 2nd in the INTERCOL Female Basketball Championship.
- We participated in the PENN Relays Carnival and won the College Men 4x100m Relay, Candice McLeod placed 2nd in women 400m hurdles Championship section, Isheka Binns 2nd in Discus Championship section, Tevin Dunn placed 2nd in the College Men triple jump and Carlington Moulton 3rd in College Men High Jump.
- We placed 3rd in the INTERCOL Track and Field Championship.
- There were also excellent individual performances: Fedrick Dacres, a scholarship athlete, became the first Jamaican to win the IAAF Diamond League in Discus.
- Many of our athletes represented Jamaica in their sport: Jaheel Hyde (3rd Commonwealth 400m Hurdles), Fedrick Dacres (won the Commonwealth discus title in a record breaking throw of 68.20m. Mr. Dacres was also Captain of the Jamaican team to the Commonwealth Games), Jodene Williams (3rd in the Womens' 200m at the CAC Games), Shamera Sterling, and Rebekah Robinson (Commonwealth Netball Team) and Cadene Cowan and Stacy-Ann Robinson (Basketball).
- Ms. Erica Harris (volleyball), Ms. Shenelle Walker (volleyball) and Kimoya Dragon (basketball) participated in the inaugural Bilateral Sports Cooperation Agreement, Jamaica and China Sports Agreement trip to China.

PAPERS PRESENTED

- **Roopchand Martin, S.** (2018). “Barriers to exercise in persons with spinal cord injuries in Jamaica”. Caribbean Regional Disability Conference. Kingston, Jamaica. March 13, 2018 (oral presentation)
- **Roopchand Martin, S.** (2018). “Physical activity levels, Barriers to exercise and development of secondary conditions among community dwelling individuals with spinal cord injury in Jamaica”. Jamaica Orthopaedic Association Conference, Kingston, Jamaica. April 21st 2018. (oral presentation)
- **Rose Esperance, O.** (June 2018) – Organized the Inaugural Applied Sports Psychology Conference of the Caribbean, Kingston, Jamaica.
- **Rose Esperance, O.** (2018). “Understanding the athlete as a human being, in need of various types of support”. 1st. Applied Sport Psychology Conference of the Caribbean, Kingston Jamaica. (oral presentation)
- **Rose Esperance, O.** (2018). “A decade’s worth of triumphs and challenges working as a Sports Psychologist in the English-Speaking Caribbean”. Barbados Sports Medicine Association’s, Staying in the Game Conference. June 30–July 2, 2018. (oral presentation)
- **Rose Esperance, O.** (2018). “Interpersonal Skills – Who am I and What are my contributions to the team?” Barbados Sports Medicine Association’s, Staying in the Game Conference. June 30–July 2, 2018. (oral presentation)
- **Dr. Ramon Hunter.** Ramon Hunter (2017). “Exercise programme design for cancer patients”. Exercise and Cancer symposium at the UHWI, Kingston, Jamaica. September 2017. (oral presentation)

PUBLICATIONS

- Roopchand-Martin, R. Chong, R., Facey, A., Singh, P., Mansingh, A. (2018). A pilot randomized clinical trial comparing the effect of video game dance training with ladder drills on agility of elite

volleyball players. *New Zealand Journal of Physiotherapy* 46(1): 6-11. doi:10.15619/NZJP/46.1.01.

- Ward, C., Singh, P., Mansingh, A., Roopchand-Martin, S. (2017). Anti-Doping Knowledge in Barbadian Polyclinic Medical Staff. *West Indian Medical Journal*. Epub Dec 12, 2017.

SPECIAL PRESENTATIONS AND INVITED LECTURES

Dr. Sharmella Roopchand-Martin

- Signature presentation for Graduate Studies at Research Days 2018. Topic: The Ethics Factor and Ethical Dilemmas. January 2018.
- Served on the advisory panel for renewal of the CREEi Fogarty training grant. Meeting held in Queretaro, Mexico, February 2018.
- Served as faculty for the (Caribbean Research Ethics Education Initiative) CREEi Capstone in Grenada. (April-May2018). Did presentations on adjudication of scientific misconduct and was also responsible for guiding students through the development of several small presentations over the week.
- Supervisor for the capstone project for 3 students enrolled in the CREEi programme.
- Special presentation on the Caribbean Research Ethics Education Initiative at the International Meeting of NIH Fogarty Administrators. May 2018.
- Guest faculty member for the Université Autonoma de Queretaro for their Capstone course in the Advanced Certificate in Bioethics programme. Topic taught – Research Ethics Committee Members' Views on Payment of Research Participants in the Caribbean Region and Factors Affecting Payment Decisions. June 2018.
- Guest speaker to present on Plagiarism, ethics, authorship- key points at the Faculty of Social Sciences Training Workshop for Supervisors. July 2018.

Dr. Dorothy Hudson Gayle

- Presented on Balancing the Resident Advisors' role with Academics at OSSD Resident Advisor training June 2018.
- Presented on "Discipline in Sports" at Racers Track Club Summer Camp, July 2018.

Mrs. Olivia Rose Esperance

- Facilitated a team building workshop at the Barbados Sports Medicine Association's Conference held June 30–July 2, 2018.
- Invited as an Expert commentator on SportsMax, TVJ, CVM, KlasFm Sport, Power 101, (local radio and tv) on matters relating to Sports Psychology
- Presented on Careers in Sports for girls at the Soul and Sole Summer Camp, July 2018.
- Presented on Conflict Resolution at the Maxfield Anglican Summer Camp. July 2018.
- ABC Leadership Seminar Facilitator for Resident Advisors and their Hall Committee. May 2018.

Miss Janine Rose

- Presented on Strength and Conditioning and Injury prevention at the Student Development Seminar for scholarship athletes held on Tuesday, March 15, 2018.

INCOME GENERATION

Rental of UWI Mona Stadium	JA \$4,662,696.00
Rental of UWI Mona Bowl facilities	JA \$2,500,000.00
UWI Sports Medicine Clinic	JA\$ 3,096,801.00
Hosting of the Columbian Camp	US \$ 5,000.00

PUBLIC SERVICE

Dr. Sharmella Roopchand-Martin

- Chair of the Caribbean Public Health Agency’s Regional Research Ethics Committee.
- Executive member of the Caribbean Network of Research Ethics Committees.
- Worked with the Jamaica Hockey Federation to select and prepare a junior male and female national hockey team to participate in the Hockey 5 Youth Olympic Qualifiers in Mexico, 2017.
- Delivered the Strength and Conditioning training programme for the Senior National Male and Female Field Hockey teams during preparation for the CAC games held in July 2018.

Dr. Dorothy Hudson-Gayle

- Served as Assistant Team Manager, National Senior Volleyball Team, Jamaica, 2017
- Served as President Caribbean Tertiary Level Personnel Association 2017/2018

Mrs. Olivia Rose-Esperance

- Conducted a Team Building Workshop for Community Students’ Committee (Student Leaders) May 2018.
- Served as Sports Psychologist with the Women’s Field Hockey Team during their preparation for the CAC qualifiers.
- Served as Sports Psychologist for Netball Jamaica in preparing the U/17 team to Botswana (2017)
- Worked with Cricket West Indies – ODI and T20 Sri-Lanka versus Cricket West Indies – Clean sheet win October 2017.
- Worked with Cricket West Indies – ODI and T20 New Zealand versus Cricket West Indies – No wins.
- Guest Speaker, St. Catherine Referee’s Award Ceremony. August 2017

- Keynote Speaker at the September 2017 Edith Dalton – Grade 7–8 Parent Student Orientation.

Mr. Conrad Parks

- Served with Netball Jamaica as the Assistant Coach U/21 Team to Botswana – 2017

Dr. Ramon Hunter

- Aided with a public health awareness project at Grants Pen Community Health Center on Diabetes, September 2017.
- Worked with Dr. Roopchand Martin to deliver a strength and conditioning programme for the junior male and female national hockey team to participate in the Hockey 5 Youth Olympic Qualifiers in Mexico, 2017.
- Aided with delivery of the Strength and Conditioning training programme for the Senior National Male and Female Field Hockey teams during preparation for the CAC games held in July 2018.

Mr. Barrington Gayle

- Worked with Dr. Roopchand Martin to deliver a strength and conditioning programme for the junior male and female national hockey team to participate in the Hockey 5 Youth Olympic Qualifiers in Mexico, 2017.
- Aided with delivery of the Strength and Conditioning training programme for the Senior National Male and Female Field Hockey teams during preparation for the CAC games held in July 2018.