



MONA ACADEMY OF SPORT

Departmental Report August 2020 - July 2021

Dr. Sharmella Roopchand-Martin · **Head**

DPT, MSc. Rehabilitation Sci. MSc. Biomedical Ethics

WORK OF THE DEPARTMENT

The 2020 – 2021 academic year was a very challenging one for the Mona Academy of Sport as the ongoing Covid19 pandemic created significant disruptions for much of our operations. A total of 104 offers were made for our two undergraduate programmes (Sport Coaching and Sport Kinetics) however many declined due to financial constraints imposed by Covid 19. Despite this we remained relatively stable with 47 new enrolments. The courses in these programmes were delivered using the Cross-Campus platform with students from the St. Augustine and Mona Campuses being taught together. Two courses were delivered by lecturers employed to the St. Augustine campus and all others were delivered by Mona lecturers. There were several problems with the CCM platform in semester 1 which adversely affected teaching in the first month however these were eventually resolved with minimal issues in semester 2. The biggest challenge for lecturers and students was internet connectivity. To reduce the impact of this all sessions were recorded so students could access content whenever they had connection. The MSc. Sport Business management got off to a successful start in semester two and the MSc. Sports Medicine and MSc. Sports and Exercise Medicine continued to run smoothly. With the ongoing pandemic a decision was made to hold virtual practicums for both year groups to minimize delays in programme progression. Students participated in two full weeks of synchronous sessions with a few coming onsite in Jamaica to be models for streamed demonstrations. Overall, it was successful. Though students indicated that the onsite format was preferred they were satisfied with the sessions. The MPhil/ PhD programme continued to run smoothly. Focus was also placed on having our graduate students write for the faculty's

column in the Trinidad Guardian (Sport Matters). Seven students of the Academy had articles that were published this year.

Throughout the 2020-2021 academic year, we continued to build and nurture relationships with external sporting organizations by delivering virtual educational sessions to their athletes. Most organizations ceased all training activities except for cricket and the Sports Medicine Clinic continued to provide medical/rehabilitation services for the Jamaica Cricket Association. In July 2021 we signed an MOU with the newly established Powerlifting Association of Jamaica. The personal training services at the Clinic continued but with much disruption due to numerous Covid 19 restrictions. Our UWI Moves programme (a low-cost wellness initiative delivered at the Mona Bowl) was launched but uptake remains low due to Covid 19. All sporting activities were suspended for the year except for track and field and football. The track and field athletes maintained high levels of performance. Two were selected to represent Jamaica at World Relays, however, the country withdrew from participation at the last minute. Three of our current student athletes represented Jamaica at the Olympics and two won bronze medals in the 4x400m relays. Two of the recent graduates, who continue to train at the bowl, also made the Olympic team and one obtained a gold medal in the 110m hurdles. Football training was highly disrupted due to government and Jamaica Football Federation restrictions. The academy eventually had to withdraw from the Premier League which did not begin until the academic year had ended. Several staff development activities occurred during the year. During the period November to December 2020 weekly staff engagement activities were conducted. This included physical activity-based team building sessions along with a series of presentations on our business plan and expectations going forward.

A training exercise was conducted for the pool staff in August 2020, however the pool was subsequently closed due to financial constraints. Five staff members attended the ACHEA Barbados Chapter Presentation on "Maintaining Quality Service in a COVID-19 Climate" in August 2020 and one attended the ACHEA Webinar-Google Meet for Administrators in May 2021. The Sports Medicine Clinic staff participated in a Virtual JADCO Workshop on November 24, 2020. Fiona Binns completed the Jamaica Cricket Association's Team Managers Certification Course and Dr. Olivia Rose completed the online JAAA COVID-19 Protocol Certificate for the return of sport put on by the Ministry of Health and Wellness. Staff also attended seminars organized by the Administrative Officers of the Faculties on estate management and life planning and Michelle Smith attended the "Creating Caribbean Champion" Virtual Workshop in March 2021. One senior staff member left the academy in October 2020 and a replacement remains to be identified. Shara Creary Yan obtained her certification by the International Lymphedema and Wound Training Institute in lymphedema management, wound therapy and compression garments.

PEER REVIEWED PUBLICATIONS

Roopchand-Martin, S., Bennett, R., Facey, A., Creary-Yan, S., Mansingh, A. (2020) Sleep Quality in Semi-Professional Male Basketball Players in Bermuda. Caribbean Medical Journal. Epub

Brown Calvert, R., Mansingh, A., Roopchand-Martin, S., Singh, P. (2020). An Epidemiological look into Hamstring Injuries in the Jamaican Athletic Population. Caribbean Medical Journal. Epub October 14th 2020 available at <https://www.caribbeanmedicaljournal.org/2020/09/20/an-epidemiological-look-into-hamstring-injuries-in-the-jamaican-athletic-population/>

Lowell, D. **Facey, A., Omoruyi, F.** (2021). "Diabetes Mellitus and Its Metabolic Complications: The Role of Adipose Tissues" International Journal of Molecular Sciences 22, no. 14: 7644. <https://doi.org/10.3390/ijms22147644>

Beckford, C. & **Rose, O.** (2021). The ABCs of Caribbean Sport- Marketing and Psychology, Beckford and Rose Publishing: Jamaica, Kingston.

NON-REFEREED RESEARCH-BASED / SCHOLARLY PUBLICATIONS

Gordon-Johnson, K., **Roopchand-Martin, S.** A Review of Regulations Governing Human Participant Research in Jamaica. CANREC Bulletin 2(1-2) Dec 2020.

Roopchand-Martin, S. Are Ethics Committee Members in the English-Speaking Caribbean Concerned about Payment Being Inducement? CANREC Bulletin 2(1-2) Dec 2020.

Roopchand-Martin, S. Playing videogames to keep fit. Published in the Sport Matters Column, Trinidad Guardian, December 27th 2020.

Roopchand-Martin, S. Professionalization of sport coaching. Where are we? published in the Sport Matters Column, Trinidad Guardian, May 9th 2021

Roopchand-Martin, S. Mesquita, J. Is esport really a sport? published in the Sport Matters Column, Trinidad Guardian, January 31st 2021.

SPECIAL PRESENTATIONS AND INVITED LECTURES

Olivia Rose

- Recognizing and Managing Overtraining and Burnout in Sport- Mona

Academy of Sport, Sport Performance and Management Workshop, August 2021.

- Keynote Presenter- Law Library Association 2021 Virtual Conference- Just Jump- Re-vamping your blueprint July 2021
- Presentation for the Jamaica Intercollegiate Sports Association on Psychological Readiness for the return to play February 12th 2021,
- Commuting Students Advisors Retreat- August 2020
- Irvine Hall- Resident Advisors Leadership Retreat- August 2020

Dr. Ramon Hunter

- November 9th 2020, Presentation to Jamaica Cricket Association on Basic First-Aid

Dr. Ruchelle Brown-Calvert

- November 19, 2020, FSP Research Seminar "An Epidemiological Look into Hamstring Injuries in the Jamaican Population"
- November 2nd 2020, Presentation to Jamaica Cricket Association on Hydration (performance and Recovery)

Dr. Aldeam Facey

- November 16th, Presentation to Jamaica Cricket Association on Doping in Sport
- December 3, 2020 MARCOM Parents Recruitment - Parent Information session "Choosing the Faculty of Sport"

INCOME GENERATION

Rental of UWI Mona Stadium JA\$ 561, 000.00

Rental of UWI Mona Bowl facilities JA\$ 642,000.00

UWI Sports Medicine Clinic JA\$ 3, 960, 200.00

Grants/Sponsorships Biomechanics equipment valued at US\$25,000 secured from CDB

PUBLIC SERVICE

Dr. Sharmella Roopchand-Martin

- Chair for CARPHA's research ethics committee
- Vice-chair the National Bioethics Committee of Jamaica.

Dr. Aldeam Facey

Doping Control Officer at the Jamaica Anti-Doping Commission 2015 to present

Dr. Ruchelle Brown- Calvert

- Member of the Medical Committee - National Powerlifting Association of Jamaica
- Accompanied the senior national male football team as Team Physician to Austria, March 16 -26, 2021.
- Volunteered as Sports Physician at the Issa Grace Kennedy Boys and Girls Champs May 13-15, 2021.

Tajay Grant

- Representative on the UWI Physiotherapy Internship Committee

Ramon Hunter

- Chair of Medical Committee - National Powerlifting Association of Jamaica

Fiona Binns

- Chairperson – Jamaica Intercollegiate Association – Volleyball

Olivia Rose

- Board Director- Jacden Group of Companies June 2020- present
- National Council on Education Representative for the Board of Merl Grove High School March 2021
- Keynote Presenter/Facilitator on Conflict Management- Region 3, Leaders of the People's National Party- June 2021
- Managing Expectations for the return of sport for the ISSA/Grace Kennedy Boys and Girls' Athletic Championships- May 2021
- Provided Psychological Support for St. Vincent and the Grenadines National Netballers free of cost- 5 session series on coping during a pandemic and the aftermath of a volcanic eruption May- June 2021
- Dealing with mental health issues during a pandemic- Church Teachers' College- Mandeville First Year Students June 2021