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conversation

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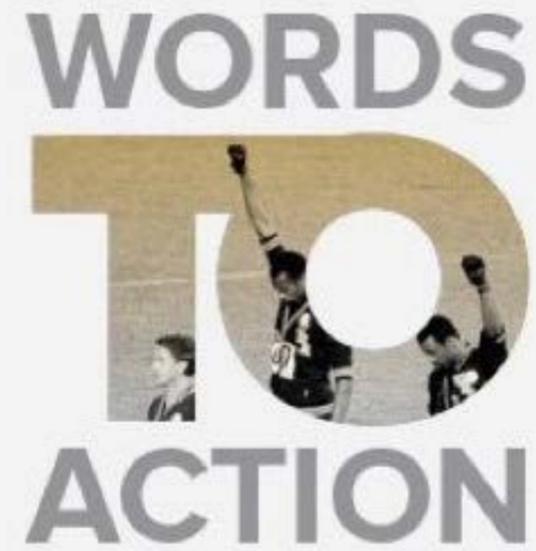
**SJSU** SAN JOSÉ STATE  
UNIVERSITY

# Sport Conversations for Change



INSTITUTE FOR THE STUDY OF SPORT SOCIETY AND SOCIAL CHANGE

SAN JOSÉ STATE UNIVERSITY  
SAN JOSÉ, CALIFORNIA  
MAY 7, 2020



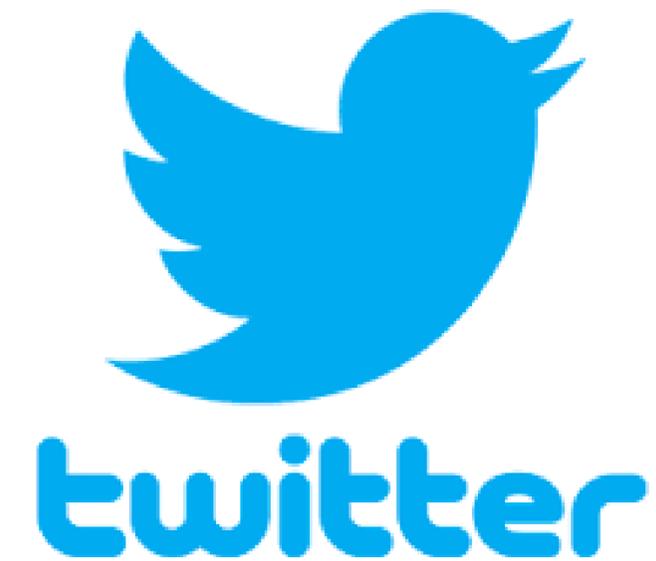
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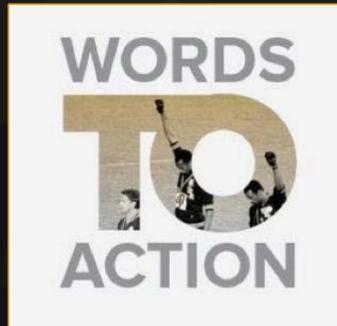


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San José State University's Institute for the Study of Sport, Society and Social change



- In January 2017, SJSU launched the Institute for the Study of Sport, Society and Social Change.
- San Jose State occupies a unique niche in the history of sport and social change—because of its people. The university is the birthplace of the Olympic Project for Human Rights (OPHR), a movement led by Harry Edwards that culminated in the iconic protest of Olympic medalists Tommie Smith and John Carlos.
- The legacy of equity and social justice is a part of SJSU's DNA. The university was founded on education for all and providing a voice for those who may otherwise remain silent. The ISSSSC honors this legacy and continues the dialogue about athlete activism and the influence of sport in effecting positive social change.
- As our nation confronts and explores deeply complex social issues, it is critical that we continue to challenge the boundaries of sport and activism. Sport offers the occasion to pose big questions, not just of athletes, but also of ourselves and provide enlightened perspectives.

The Institute for the Study of Sport, Society and Social Change is dedicated to research, analysis and education at the intersection of sport and society.

# HBCU Athletics, Academics, and COVID-19

May 7, 2020

Institute for the Study of Sport Society and Social Change

San Jose State University  
San Jose, California



# HBCU Athletics, Academics, and COVID-19



Dr. Akilah Carter-Francique, Moderator

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Dr. J. Kenyatta Cavil, Panelist

Professor of Sport Management and Sport Studies at Texas Southern University (TSU)  
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Dr. F. Michelle Richardson, Panelist

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Dr. Marcus Amos, Panelist

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Dr. Courtney L Flowers, Panelist

ISSSSC Affiliate  
Associate Professor of Sport Management at Texas Southern University (TSU)  
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Willie Simmons, Panelist

Head football coach at Florida A&M University  
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Dr. Kiki Baker Barnes, Panelist

Athletic Director at Dillard University, and is the current President of the NAIA Athletic Directors Association Board of Directors  
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Dr. Joseph Cooper, Panelist

ISSSSC Affiliate  
Dr. J. Keith Motley Endowed Chair of Sport Leadership and Administration and Associate Professor in the Leadership in Education Department in the College of Education and Human Development at the University of Massachusetts (UMass) Boston  
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Angela Williams, Panelist

Head Women's Track & Field and Cross-country Coach at Prairie View A&M University  
ahwilliams@pvamu.edu

# Topics of Conversation

## HBCUs



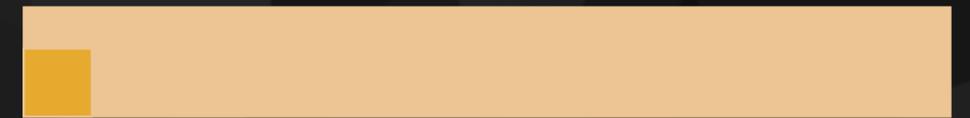
- Definition & History
- HBCU Presidents' Roundtable

## HBCU Athletics



- History and Contributions
- Academic Engagement
- Holistic Athletics

## Mental Health



- Athletes at HBCUs
- Strategies, Practices, & Resources



HBCU Athletics, Academics, and COVID-19





TELL THEM  
**WE ARE  
RISING**

THE STORY OF  
**BLACK COLLEGES**  
& UNIVERSITIES

Tell Them We Are Rising

<https://youtu.be/1PNU6tDi9g>

# HBCU Past, Present, & Persistence

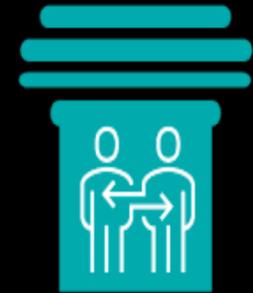
- Repositioning HBCU for the Future: Access, Success, Research & Innovations
  - <https://www.aplu.org/library/repositioning-hbcus-for-the-future-access-success-research-and-innovation/file>

HISTORICALLY BLACK COLLEGES & UNIVERSITIES

# HBCU



STUDENT  
ACHIEVEMENT



QUALITY  
PARTNERSHIPS



INSTITUTIONAL  
PERFORMANCE

## Repositioning HBCUs for the Future

*Access, Success, Research & Innovation*

A DISCUSSION PAPER



ASSOCIATION OF  
PUBLIC AND  
LAND-GRANT  
UNIVERSITIES



JOHN MICHAEL LEE, JR.  
SAMAAD WES KEYS

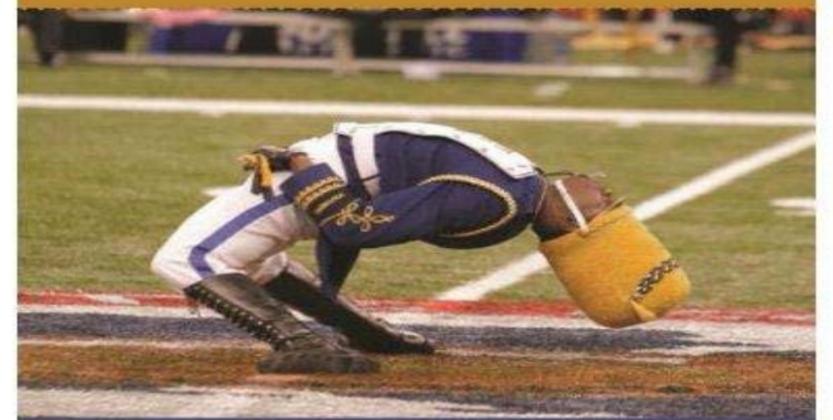
SJSU Institute for the Study of  
**Sport, Society and Social Change**

WORDS  
**TO**  
ACTION



THE ATHLETIC EXPERIENCE  
AT HISTORICALLY BLACK  
COLLEGES AND UNIVERSITIES

PAST, PRESENT,  
AND PERSISTENCE



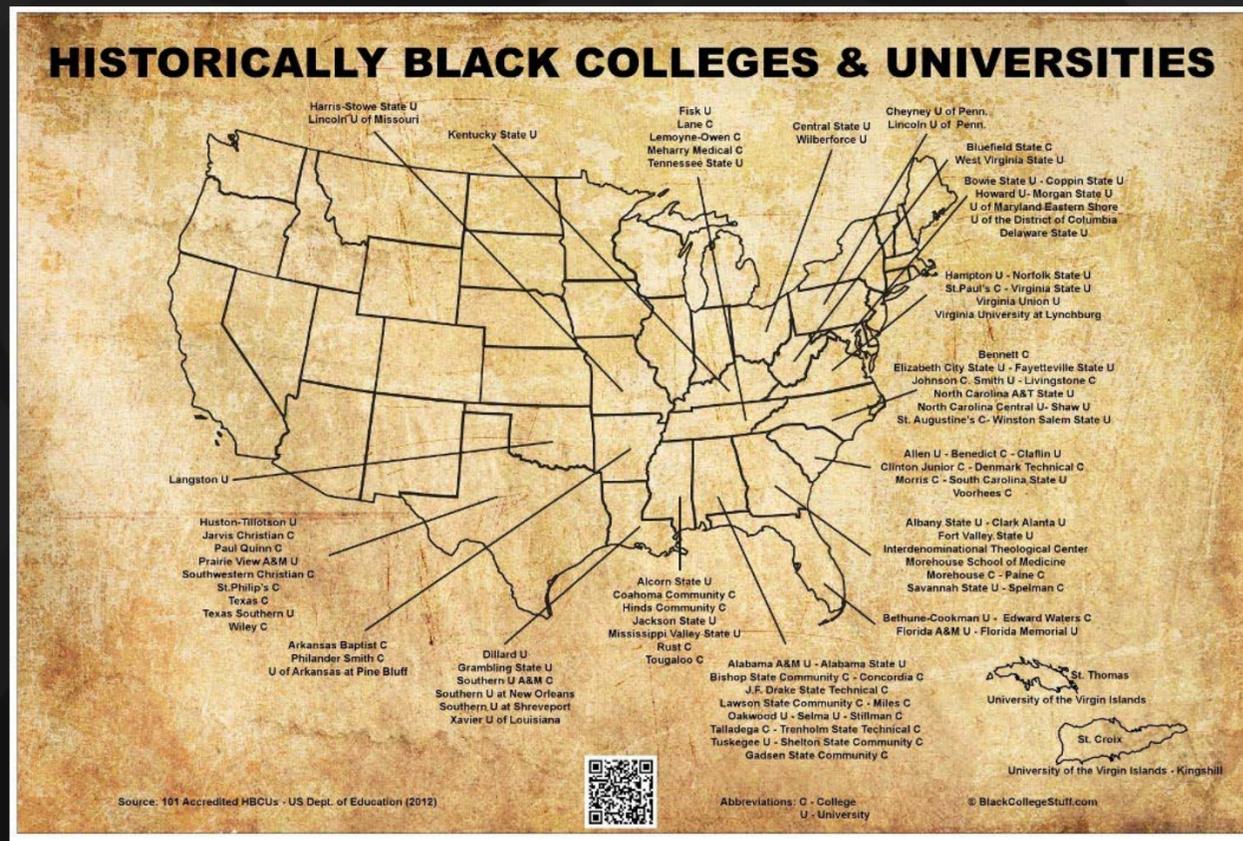
EDITED BY  
BILLY HAWKINS, JOSEPH COOPER,  
AKILAH CARTER-FRANCOISE,  
AND J. KENYATTA CAVIL

The background features a circular arrangement of stylized human figures in various shades of gray and yellow, set against a gradient background that transitions from light gray on the left to bright yellow on the right. The figures are simplified, showing heads, arms, and legs, and are positioned as if holding hands or standing in a circle.

SJSU Institute for the Study of  
**Sport, Society and Social Change**

# HBCU Presidents' Roundtable: The State of Connectivity in the Age of the COVID-19 Pandemic

<https://www.fcc.gov/news-events/events/2020/05/hbcu-presidents-roundtable-state-connectivity-age-covid-19-pandemic>



OFFICE OF FCC COMMISSIONER GEOFFREY STARKS

 @GEOFFREYSTARKS

## HBCU PRESIDENTS' ROUNDTABLE:

THE STATE OF CONNECTIVITY IN THE AGE OF THE COVID-19 PANDEMIC

Moderated by David Johns, National Black Justice Coalition

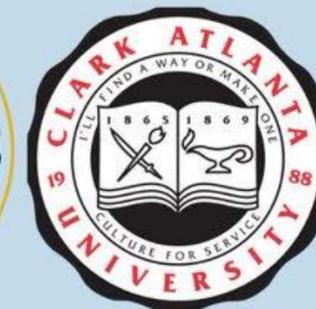
MAY 4, 2020 1 PM ET

Livestream available at [www.fcc.gov/live](http://www.fcc.gov/live)

Special Remarks from U.S. Representative Alma Adams (NC-12)

&

U.S. Representative G.K. Butterfield (NC-01)



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**TO**  
ACTION

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MAY IS 2  
MENTAL 0  
HEALTH 2  
MONTH 0

Mental Health & HBCU  
Athletics |

# HBCU'S & THE COVID-19 PANDEMIC

**"EXPERIENCES OF ATHLETES, COACHES, AND ATHLETIC  
DEPARTMENTS"**

***HOLOSTIC CARE FOR ATHLETES***

**Dr. Marcus Amos**

# Support for the Athlete must be an Ongoing Conversation



# Mental Health Issues can affect Athlete Development / Athlete Engagement Focus

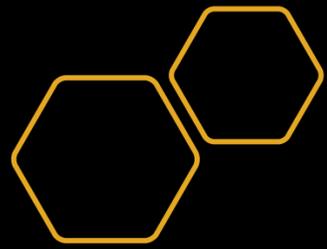


# Who can be affected when issues of Mental Health Instability are present



# Athletes Returning to Unstable / Unhealthy Environments





# Mental Health Resources



POSITIVE  
**COACHING**  
ALLIANCE®



BETTER ATHLETES  
BETTER PEOPLE



**NAMMI**

National Alliance on Mental Illness



THE NCAA'S CENTER FOR  
EXCELLENCE FOCUSING  
ON STUDENT-ATHLETE  
HEALTH AND SAFETY



SPORT SCIENCE  
INSTITUTE



# Why does sleep matter for College Athletes: Sleep reduces Anxiety & Stress

- [https://ncaaorg.s3.amazonaws.com/ssi/performance/SSI\\_SleepWellnessFactSheet.pdf](https://ncaaorg.s3.amazonaws.com/ssi/performance/SSI_SleepWellnessFactSheet.pdf)



## SLEEP AND WELLNESS FOR COLLEGIATE ATHLETES

### WHY does sleep matter for collegiate athletes?

**Athletic performance** ▶ Poor sleep is associated with delayed response time, fatigue and poor decision-making.

**Injury risk and recovery** ▶ Athletes who are sleep deprived have an elevated risk of musculoskeletal injury and delayed recovery following injuries.

**Academic performance** ▶ Sleep deprivation impairs cognitive performance and is linked to lower GPA.

**Mental health** ▶ Inadequate sleep increases the risk for mental health symptoms and disorders, and mental health symptoms and disorders may reduce sleep quality and quantity.

### Are student-athletes getting ENOUGH sleep?

On average, in-season student-athletes are getting **6.27 hours of sleep nightly** while 8 hours of sleep are recommended.

**61% of student-athletes report daytime fatigue** at least three or more days in the past week<sup>1</sup>, while 19% of male and 23% of female student-athletes reported difficulty sleeping at least eight of the past 30 days<sup>2</sup>.

### WHAT are recommendations for restorative sleep?

1. Try to maintain a regular sleep schedule, including on weekends. If this is not possible, establish a bedtime routine that can be practiced regularly.
2. Seek bright light during the day, especially in the morning, and try to avoid bright and blue light at night. This is especially important later at night, when bright and blue light can further delay sleep onset.
3. The bedroom should be cool (less than 68 degrees), dark and comfortable.
4. Caffeine (e.g., coffee, energy drinks and certain types of sodas and teas) should be avoided at least six hours before bedtime. Nicotine is also a stimulant and should be avoided. Alcohol may reduce time to fall asleep, but it can adversely impact sleep quality and should be avoided close to bedtime.
5. Consumption of excessive food and liquids at night should be avoided, as these may disrupt sleep.
6. Avoid obsessive clock watching. Often, looking at the clock at night can increase mental activity and anxiety, and make resuming sleep more difficult.
7. Individuals who have difficulty falling asleep should generally avoid naps. However, sleep-deprived individuals may find that short-duration napping during the day may improve performance and functioning.
8. Beds should be used for sleep-related activities only. Other activities such as reading and watching TV, especially if lying awake and unable to sleep, should be done out of the bed. Those who have difficulty falling asleep should get out of bed for a period of time and try again later. This practice (called stimulus control) is supported by strong evidence that it will help prevent insomnia and improve sleep quality over time.

<sup>1</sup>NCAA NCAA COVID Study, 2019 (data req. Indianapolis, IN: NCAA, 2019-01-05).

<sup>2</sup>American College Health Association, American College Health Association National College Health Assessment, Fall 2016, Spring 2016, Fall 2016, Spring 2017, Fall 2017 (data req. Ithaca, NY: American College Health Association (publisher and distributor), 2018-11-16).

SLEEP AND WELLNESS FOR COLLEGIATE ATHLETES – 2

### What can institutions do to improve collegiate athlete sleep?

1. Consider learning more about athlete time demands by conducting an anonymous annual survey.
2. Consider incorporating sleep screening into the pre-participation exam.
  - ▶ The **Athlete Sleep Screening Questionnaire**<sup>3</sup> and **Athlete Sleep Behavior Questionnaire**<sup>4</sup> have been validated for use with athletes.
3. Provide education to athletes and coaches about sleep.
  - ▶ One example is for a sports medicine staff member or a licensed mental health provider to facilitate a team discussion, guided by the content on page 1 of this handout.

### BARRIERS TO STUDENT-ATHLETE SLEEP

- ▶ Time management
- ▶ Practice schedules
- ▶ Academic demands
- ▶ Social activities
- ▶ Work demands



These recommendations were the product of the NCAA's Inter-association Task Force on Sleep and Wellness. More information about the consensus process and recommendations are provided in the **article**<sup>5</sup>.

<sup>3</sup>Samuels, C., James, L., Leeson, D., & Meechan, W. (2016). The Athlete Sleep Screening Questionnaire: a new tool for assessing and managing sleep in elite athletes. *BJ Sports Med*, 50(7), 419-422.

<sup>4</sup>Delis, M. W., Mah, C. C., & Haines, S. L. (2016). Development of an athlete sleep behavior questionnaire: a tool for identifying maladaptive sleep practices in elite athletes. *Sleep Science*, 19(1), 27.

<sup>5</sup>NCAA Sport Science Institute Sleep Survey 2017 (data req. Indianapolis, IN: NCAA, 2017-01-05).

<sup>6</sup>Krohn, E., Wagner, J., & Flynn, D., et al. (2016). Wake up call for collegiate athlete sleep: rationale, needs, and consensus recommendations from the NCAA Inter-association Task Force on Sleep and Wellness. *BJ Sports Med*, 50, 701-706.

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# NCAA COVID-19 & Mental Health Resources: Sport Science Institute

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HEALTH AND SAFETY



SPORT SCIENCE  
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- <http://www.ncaa.org/sport-science-institute/topics/covid-19-and-mental-health>
- <https://www.ncaa.org/sport-science-institute/what-ncaa-members-need-know-about-covid-19>
- [https://www.nccpsafety.org/assets/files/library/Managing\\_Student\\_Mental\\_Health\\_at\\_HBCUs\\_FINAL.pdf](https://www.nccpsafety.org/assets/files/library/Managing_Student_Mental_Health_at_HBCUs_FINAL.pdf)
- [https://ncaaorg.s3.amazonaws.com/ssi/performance/SSI\\_SleepWellnessFactSheet.pdf](https://ncaaorg.s3.amazonaws.com/ssi/performance/SSI_SleepWellnessFactSheet.pdf) [Why does sleep matter for College Athletes: Sleep reduces Anxiety & Stress]
- <https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/> [Coaches: How to connect your athletes]



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**Sport, Society and Social Change**

# HBCU and Black Athletic Resources

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HBCU Athletics Articles (contact ISSSSC for more)

[http://csri-jiaa.org/old/documents/publications/research\\_articles/2014/JIAA\\_2014\\_7\\_15\\_307\\_332\\_The\\_Case\\_of\\_HBSU.pdf](http://csri-jiaa.org/old/documents/publications/research_articles/2014/JIAA_2014_7_15_307_332_The_Case_of_HBSU.pdf)

Black Athletics Centered Conferences

<https://diversity.utexas.edu/blackstudentathletesummit/>

Institutes

Racial and Gender Report Card:

<https://www.tidesport.org/>

Media

<https://theundefeated.com/>

# SJSU Institute for the Study of **Sport, Society and Social Change**

## Speak

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Join the dialogue by attending future Institute for the Study of Sport, Society and Social Change events.

Keep the conversation going by using #SJSUwordstoaction.

## Give

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Support the institute and future programming that will create change.

## Visit

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Learn more about the intersection of sport and activism by exploring the Dr. Harry Edwards Collection at SJSU's Dr. Martin Luther King, Jr. Library.

[sjsu.edu/wordstoaction](https://sjsu.edu/wordstoaction)



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- Aja Adams, Student Intern
- Taylor Adams-Booker, Student Staff



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