

## **MPhil and PhD in Sport**

### **A. PROGRAMME SUMMARY**

Sport touches society in every way. Participation leads to team spirit and fair play. Communities and Countries in the Caribbean are identified by sport and most people identify with sport. Study in Sport can involve sociological aspects, economic impact, scientific interventions and psychological effects on groups of people, countries or the region as a whole. This programme allows students to do in-depth research into any aspect of Sport that has a bearing on the West Indian Society.

### **B. ACADEMIC AIMS AND OBJECTIVES**

The purpose of this programme is to introduce the study of Sport at the MPhil and PhD level. World over, studies in Sport have led to improved athletic performance as well as brought innovation into all aspects of Sport: performance, commercial, and safety. They have informed sport policy or changed regulations in sport. Well-constructed research questions and well designed studies have advanced sport in every way. In the West Indies, Sport defines many societies and gives identities to many nations. Sport has given us recognition and allowed us to compete and be competitive against teams from territories much larger than us.

A MPhil or PhD in Sport can attract entrants from many fields due to its multidisciplinary, cross faculty appeal. Depending on the area of interest, entrants could be from backgrounds such as:

- Sports Sciences – with an interest in pursuing applied aspects of Biomechanics, Sports Nutrition, Exercise Physiology, Coaching
- Social Sciences – with an interest in pursuing the impact of sport and its participation on society, sports governance, sports management, sports tourism
- Arts and Education – with an interest in pursuing the history of aspects of sport in the Caribbean
- Legal Studies – Sports Law and arbitration

Local research on Sport in the Caribbean is very limited and has not looked in detail at reasons for our superlative performances, or how to ensure that we continue performing at this level. Additionally, the impact of sport on our societies and economies require in depth study.

The objectives of this programme are:

- To study the impact of Sport on the national identities of the people of the Caribbean and provide a pathway for sustainability of performance in the future
- To study the impact of Sport on the economies of the region and how to maximize revenue through sports tourism, event management and marketing

- To study participation in sport in various sectors of our society and its impact on physical and mental well being
- To formulate policies and recommendations on the use of sport, exercise and nutrition in the reduction of non-communicable diseases in the region
- To study methods of legally improving physical performance/fitness, preventing and managing injuries
- To promote physical literacy
- To formulate and develop policies and structures for best practices in the advancement of sport relevant to the region
- To integrate resources and to develop strong working collaborations within the UWI campuses to offer joint research projects and to collaborate with top Sporting Universities in the world to introduce cutting edge research in the region.
- To appraise and develop scientific evidence for the current and future policies related to Sport for the region

### **C. ENTRY REQUIREMENTS**

The minimum requirement for admission to the MPhil program shall be a Bachelor's degree with a minimum GPA of 3.0, or an Upper Second Class Honours Bachelor's degree or its equivalent, unless the Campus Committee for Graduate Studies and Research in any particular case otherwise decides.

The minimum requirement for admission to the PhD program shall be any of the following:

- I. approved graduate degrees awarded primarily for research in Sport
- II. MSc degree in a Sport related discipline from an accredited University (provided that the Masters programme included a research component)
- III. approval of an upgrade application
- IV. such other qualifications and experience as the Board for Graduate Studies and Research may approve
- V. the Faculty shall consider other applications on a case by case (based on the overall academic strength, accomplishments, research strength and publications and experience) for admission into MPhil or Ph.D. programmes

### **D. COURSE OF STUDY**

- Programme duration:
  - 3 - 5 years – M.Phil
  - 5 - 7 years – Ph.D

#### Required Courses (3 credits each):

SPOR 6030 - Data Analysis and Scientific Writing

SPOR 6010 - Becoming an Ethical Researcher

SPOR 6020 - Graduate Research Methods in Sport

### Research (6 credits)

Depending on the area of specialization, other courses may be mandated from approved courses of the University of the West Indies

### **Research Seminars**

Students enrolled for an MPhil degree must satisfactorily complete at least two research seminars, to be convened by the relevant Head of Academy of Sport (or their Academic Head), prior to the submission of their MPhil thesis. Students enrolled for a PhD degree must satisfactorily complete three such seminars. The upgrade seminar will count as one of the three seminars for the PhD, provided that it is not the last seminar. Assessment of students' seminars must be included in their Progress Reports.

Candidates are required to present and defend a thesis of acceptable scope and quality for the degree. The Thesis must follow the guidelines set out in the University's Thesis Guide.

### **E. FEES**

The cost of the programme is J\$450,000 Jamaican dollars per annum.

### **F. RESEARCH FUNDING**

Postgraduate Scholarships are available through the Office of Graduate Studies and Research. Application forms are available at [www.mona.uwi.edu/postgrad/](http://www.mona.uwi.edu/postgrad/)

## Thesis Proposal Guide

The Faculty of Sport requires that you write a preliminary research proposal outlining the research topic you intend to pursue, research methodologies that you will use to collect data for analysis, anticipated significance of the results, how the planned research will contribute to the body of knowledge in sport, potential barriers and strategies to overcome them. You should also provide evidence that you have read relevant literature including existing research studies on the topic, by presenting a list of reference at the end of the document.

The content and format of the research proposal will be revised as you learn more about the research process in seminars. However at this stage, your topic or area of interest with accompanying research process outline, will be used for identifying supervisors with the qualifications, experience, competences and interest to guide you through your thesis preparation. Where necessary indicate name and contact information for your intended thesis Supervisor.

Suggested format for preparing your proposal:

### 1. Research Topic

This will be a working title for your proposed research. It may also be a problem statement.

### 2. Research Context

Explain the academic, social, political, governance, sustainable development, global Sport trend etc. out of which the proposed research emerges. What will be the scope and impact of your research?

### 3. Research Purpose

A clear statement that highlights your research intent and the issues/problems in Sport that your proposed research will address/solve. What will your intended research accomplish?

### 4. Significance of Research

Why an investigation/exploration of your topic is relevant now? For whom will your research have significance? How will your research address the gaps in knowledge on the subject? How will the results of your research contribute to the existing body of literature on the subject? Consider how your research may shape Sport Policy, practices, foster economic/community development through Sport etc.

### 5. Research Questions

Provide the primary question that you will investigate as well as two to three sub-questions or objectives. Ensure that your question is broad but focused to pursue a relevant and in-depth academic inquiry within the recommended timeline for fulfilling the MPhil/PhD.

### 6a. Research Methods

How will you investigate your research question? Describe the methodologies to be employed, population, sampling techniques and data-collection instruments. Include justification and refer to relevant sources for your choices.

### 6b. Theoretical Framework

Review relevant literature and select, summarize and analyse important works including: theories, related research, reports, policy documents that undergird the research you are planning to undertake. Show how your proposed research is linked to these bodies of work.

#### 7. Research Timetable

A draft timetable for completion of the thesis, remembering that activities can run concurrently. Plan around research methods courses that you will take during the first two semesters to equip you to refine your proposal, develop research instruments, learn how to use data analysis tools etc.

#### 8. References

A list of all works referred to in your proposal. Quality is more important than quantity, demonstrating background reading of relevant literature - both subject-specific and methodological.

Should you have questions about this task contact:

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