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**Welcome to OC Bien Well!**, a monthly newsletter out of the Open Campus Academy of Sport (OCAS). This newsletter is a part of the Open Campus (OC) Wellness Programme for staff and students. The objective of this newsletter is to share information on the interconnected dimensions of wellness and highlight other OC wellness initiatives in the hope that we can be better educated on the full circle of living well and be our best selves.

### PHYSICAL WELLNESS

#### Why giving chocolate can really be an act of love.

Is it kismet that National Dark Chocolate Day and Valentine's Day both fall in the month of February (February 1 and 14, respectively)? We know that Valentine's Day is touted as a day of love and romance and is often synonymous with the gifting of roses and chocolate-covered anything. Some people may think it's cliché to give chocolates on this day but it may be a true act of love if it's dark chocolate. Why? Because dark chocolate tends to contain less sugar than white chocolate and milk chocolate, plus it can have a slew of health benefits.

To be clear, to be considered dark chocolate, it must contain "at least 50% cocoa solids, cocoa butter, and sugar, but it doesn't contain milk, like in milk chocolate, except in trace amounts that may occur from cross-contamination during production. The darker the chocolate, the more cocoa solids you're getting — and the most possible health benefits." (WebMD, n.d.). So, what are these benefits?



Source: <https://bit.ly/3BuWgOf>

#### Dark Chocolate:

- Has antioxidants, which help protect the body's cells against free radicals.
- May help reduce the risk of heart disease risk.
- Contains compounds which may help reduce inflammation in the body.

#### Cocoa

The bittersweet ingredient of chocolate  
cacao/cocoa/cocoa bean

Cocoa may taste bitter on it's own, but read on and you'll see it's actually pretty sweet.

#### Chocolate's (not so) Dark Secret


The cocoa in dark chocolate may:

 improve heart health (reduce blood pressure and reduce risk of heart disease)	 increase blood flow to the brain
 protect skin from UV damage	 prevent stroke
 lower cholesterol levels	 reduce stress

It also:

 is a good source of antioxidants	 stimulates endorphin production, which improves your mood
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Based on eating dark chocolate (70% cocoa) in moderation - about 2-3 oz. per week.

 It takes about 400 cocoa beans to make one pound of chocolate

- When consumed daily, 48 g of 70% dark chocolate “may help lower fasting glucose levels and reduce insulin resistance.” (Medical News Today, 2019).
- “May improve brain function and help prevent neurodegenerative conditions, such as Alzheimer’s disease and Parkinson’s disease. Brain function

However, it’s still important to check the nutritional facts on the label to be sure of the sugar and fat content.

Show that special someone you really care by giving them some healthy dark chocolate.

Sources: <https://www.webmd.com/diet/health-benefits-dark-chocolate#2> and <https://www.medicalnewstoday.com/articles/dark-chocolate#brain-function>

Dayna Smith,

Sports Activity Development Officer, OCAS



Source: <https://upmc.me/3sH8CPu>

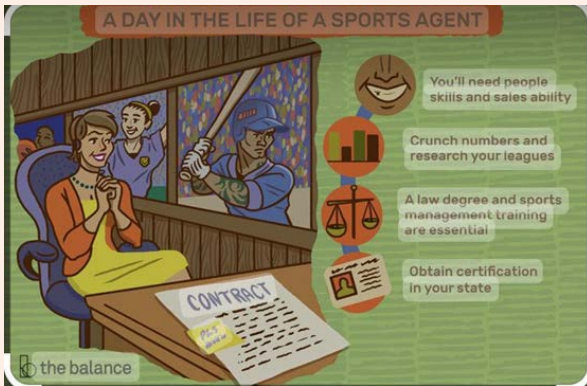


# CAREER WELLNESS

## Off-Field Careers in Sport

Having a career in sports is not restricted to being a coach, player or some type of match/game officials. Your love for sports can be turned into a career. There are many positions or career paths in sports that work directly or behind the scenes with sporting events. As we acknowledge February as Career Awareness month, here is a list of jobs and career options in sports.

### Sports Agent



Sports agents work directly with athletes to handle contracts, negotiations and business deals on their behalf. They may help the athletes they represent land product endorsement deals. Agents may also help with the legal and tax aspects of being an athlete. It's a very competitive field and one that's often difficult to break into. Having some type of connection to the sports world is helpful if you want to be an agent. Agents often spend a lot of time on the road to meet with the athletes they represent or to recruit new clients. Expect the hours to be irregular, since you're catering to the needs of the athletes you represent.

### Sports Statistical Analyst

If working with numbers is your thing, then becoming a sports statistical analyst may be your cup of tea. This sports-related job helps analyze and predict the performance of an athlete or team. Analysts use mathematical models using data from various sporting events. This information can help teams and players make decisions. Some teams hire statistical analysts to help with scouting and recruiting players. Other analysts focus on the salary part of pro sports, helping teams maximize their rosters while staying within the cap.

### Video Analyst

A video analyst collects data in the form of videos, images and raw data and presents it in palatable forms to other members of staff, be that the coach, or athlete. They must, therefore, have the skills needed to filter, interpret and translate that mountain of data into something of value to the team or individual athletes.



### Event Coordinator

A lot goes into hosting a sporting event. Someone has to coordinate all the moving parts of sporting events to make sure everything runs smoothly and safely so everyone has fun. A sporting event planner or coordinator handles the logistics to make sure the different parts work well together. The coordinator often works with managers of different areas, such as the persons in charge of the concession stands, ticketing, security and extra events or activities happening as part of the game. If the event is televised, the planner also coordinates that aspect to make sure people at home also have a positive experience.

### Athletic Director

Athletic directors handle many of the administrative duties associated with sports teams at the school. Budgeting is one aspect of the job. The athletic director manages the budget for different sports at the school to ensure there's enough money to cover things such as uniforms, travel expenses and equipment. They may handle the scheduling for sports teams and the school's sports facilities, and they might handle the ordering of equipment and supplies to support the sports teams. Another aspect of the job is managing the coaches and other members of the athletic department. That may mean you have to hire new coaches and handle disciplinary issues, including firing coaches when necessary. The athletic director also deals with student issues at times, including making sure student athletes are eligible to play.

### Sport Photographer



Sports photographers can work as freelancers, taking pictures at sporting events and selling action shots to magazines, newspapers and sports enthusiasts. Some sports photographers work for sporting teams and organizations and take pictures that are mass-produced into commercial products.

### Sport Psychologists

Sports psychologists need to understand the developmental, social, and systemic issues involved in sports, like competitiveness and stamina. They use that knowledge to support athletes and help them overcome issues that may be hindering them from reaching their optimal performance levels. Successful sports psychologists have

good interpersonal skills to help them work with patients and strong observational skills, to recognize and evaluate human behaviors. They use these observations and assessments to help develop therapy plans to improve people's behaviors. Most sports psychologists need a doctorate in psychology with a sports-related concentration, but some positions may only require a master's degree.



Athletic trainers work with athletes to treat and prevent common sports-related injuries. They often evaluate and provide on-scene care for injuries immediately after they occur. Trainers may also develop rehabilitation treatment plans for athletes to follow. Most athletic trainers need bachelor's degrees in sports-related majors, and some states require additional licensure. Most professional and amateur sports teams work with athletic trainers to ensure that athletes train, perform, and recover from injuries as safely and effectively as possible. Successful athletic trainers often have strong decision-making and interpersonal skills, which they use to build trusting relationships and navigate emergency situations.

The OCAS offers programmes and courses for those interested in off-field sports careers. Click here to learn about these offerings: <https://www.open.uwi.edu/ocas>.

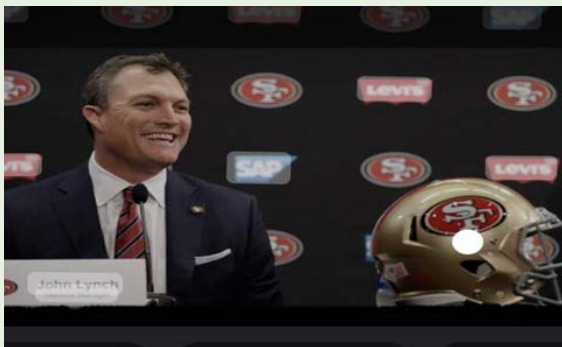
Sources:

- <https://bit.ly/3l4wzqn>
- <https://bit.ly/3gSwXw2>
- <https://bit.ly/357Kcck>
- <https://bit.ly/3rWH5u2>

Akeem Dewar,

Regional Sport Coordinator, OCAS

## Public Relations Specialists



Public relations specialists create and maintain public images for organizations. This often means overseeing the organization's communications, marketing strategies, and public-facing operations to ensure everything stays on brand. In the sports world, public relations professionals help promote the interests of teams, athletes, and organizations. For example, they can develop campaigns that build or leverage an athlete's image to boost sales or public interest. In addition to communication skills, these professionals typically need interpersonal, organizational, and problem-solving skills.

## Athletic Trainers



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# INTELLECTUAL WELLNESS

## Data Privacy Awareness at The UWI



Source: <https://bit.ly/3BxNjnp>

The University Data Protection Office has designated the month of February as Data Privacy Awareness Month. The terms “data privacy” and “data protection” are often used interchangeably, but they are two different concepts. As explained in a [Forbes.com](#) article by tech expert Hanno Ekdahl of Idenhaus Consulting, LLC, “data privacy defines the appropriate use of personal information—that is, use that complies with laws, regulations and contractual agreements. Data protection is the implementation of appropriate controls, whether technical or physical, to defend against unauthorized disclosure, modification or destruction of data.” So, data privacy and data protection work together to protect the customers’ sensitive data that companies are entrusted with. “While data privacy relates to how data is managed and processed—often by users themselves—the data protection side covers the control and regulation of access to that data.” - Sonali Shah, Invicti Security.

The world is becoming more digital and electronic-driven. Take this month as an opportunity to look at your everyday digital practices and ensure that you are protecting your information. Here are a few tips:

- Limit the personal information you share publicly on social media.
- Be vigilant of your bank and credit card statements and activity. Check these regularly and contact your financial institution if you see questionable transactions immediately.
- Keep your software up to date. Don’t ignore the software and operating system updates. If you do you increase the chances of exposing your information to hackers.
- Never give personal information over the phone, email, or text. Sometimes simply asking the right questions of callers or double-checking email addresses can prevent you from being scammed into providing sensitive information.
- Beware of online quizzes that want you to answer random questions about your childhood, pets, favourite things, etc. You are potentially giving out bits and pieces of your information, increasing the likelihood of people misusing it.
- Boost the strength of your passwords. Include special characters and numbers. The longer they are, the harder they may be to break.
- Use virus protection and a firewall.
- Commit to learning about the latest trends so that you can protect yourself.

The UWI has embarked on a series of sessions to educate and raise awareness about data privacy in The UWI community through a series of activities. The University Data Protection Office has scheduled informational sessions for each campus for both staff and students. Open Campus staff

- Open Campus Staff Lunch and Learn - Thursday, February 17, 2022 at 12 noon – 1:30 p.m. AST/EC via Zoom: <https://bit.ly/data-privacy-opencampus>
- Open Campus Students - Thursday, February 25, 2022 - TIME TO BE CONFIRMED

For further information visit: <https://www.uwi.edu/data-protection/node/18>.

Source: <https://bit.ly/3LHo0UQ>

Dayna Smith,

Sports Activity Development Officer, OCAS

## CREATIVE WELLNESS

In commemoration of February as Black History month, Reggae month and the birthday of Reggae legend the late, great Rt. Hon. Robert Nesta Marley, we share his famous "Redemption Song." The song is a departure from what is quintessentially considered reggae. Perhaps that helps to make this acoustic masterpiece even more iconic and memorable. The song has been heard the world over and covered by many artistes. Widely considered a political statement, it calls the listener to free their minds from mental shackles. Some of its lyrics are borrowed from Black nationalist and Pan-African leader, and Jamaican national hero, the Rt. Hon. Marcus Mosiah Garvey.

Click below to watch the official animated video of the song which was released in 2020 by his estate. Its release marked the 40th anniversary of the song's original release and what would have been his 75th birthday.

Click picture to view



Source: <https://bit.ly/3BtFJdu>

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