Join the conversation
#SJSUwordstoaction
San José State University’s Institute for the Study of Sport, Society and Social change
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.

• 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.

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HBCU Athletics, Academics, and COVID-19

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

Mental Health & HBCU Athletics
HBCU’S & THE COVID-19 PANDEMIC

“EXPERIENCES OF ATHLETES, COACHES, AND ATHLETIC DEPARTMENTS”

HOLISTIC 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

The Athlete

- Substance Abuse
- Domestic Violence
- Sexual Assault
- Anger Management
- Life-Skill Development
- Criminal Activity
- Suicide
- Child Abuse
Mental Health Resources

Positive Coaching Alliance
Better Athletes Better People

National Alliance on Mental Illness

The NCAA's Center for Excellence Focusing on Student-Athlete Health and Safety

NCAA Sport Science Institute
**Space.**

Create a structured, dedicated work environment, and include regular patterns of self-care.

**Routine.**

Try to maintain a routine that reflects your normal day routine, including how you dress and structured breaks for lunch and mini-breaks.

**Activity.**

Regular exercise and mindfulness activities are key during times of crisis. Exercise and mindfulness activities help mitigate depression and anxiety while improving cognition and confidence. Develop a daily routine for both, even if this is as simple as a 15-minute walk and/or quiet time with deep breathing.

**Time and Energy Management.**

Be mindful of over- or under-working. Try to structure your daily work in a way that mirrors your normal workplace hours. In addition to time management, be aware of the way in which you eat, self-talk, and communicate with others. Self-compassion and self-care provide stability and confidence.

**Accessibility.**

Develop ways in which you are accessible to colleagues, friends and family.

**Face Time and Connectivity.**

Humans need to feel and be connected. Utilize video tools such as Microsoft Teams, Skype, Facetime, Google Hangouts, Facebook and WhatsApp to connect visually.

**Resources.**

Map out your important resources, ranging from daily necessities to emergency management.

**Support.**

The National Alliance on Mental Health Illness website provides a comprehensive guide to national and local resources. Know that there is help when needed.
Why does sleep matter for College Athletes: Sleep reduces Anxiety & Stress

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

- https://www.nccpsafety.org/assets/files/library/Managing_Student_Mental_Health_at_HBCUs_FINAL.pdf
HBCU and Black Athletic Resources

HBCU Athletics Articles (contact ISSSSC for more)

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

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

Support the institute and future programming that will create change.

Visit

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
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