**UNIVERSITY OF PORT HARCOURT SPORTS INSTITUTE (UPSI) PROFILE**

**INTRODUCTION**

The University of Port Harcourt Sports Institute (UPSI) was established in 2015 through collaboration between the University and national and International sports institutes and academies, in partnership with sports industries. Its establishment is viewed as a paradigm shift from school sports to grow talents for competitive sports, including healthy recreation and sustainable development of the sports industry.

It is worthy of note that the University of Port Harcourt has impressive facilities certified by international bodies such as World Athletics, Internatioal Swimming Federation, International Basketball Federation, International Tennis Federation, and has dominated university sports in the West African sub-region for more than two (2) decades.

The collaborating institutions and academies are: the National Institute for Sports, Lawn Tennis Academy, Lagos and Nigeria Olympic Committee.

SportsIndustry partners include: the OlympAfrica Foundation, Confederation of African Athletics, Federal Ministry of Youth and Sports Development, Vandrezzer Group of Companies, Olympique de Marseille Football club.

This brings together different cultures, training programmes and best operating practices and best available sports technologies. Through this association the UPSI now belongs to this international consortium of institutions.

**Mission**

The mission of the Sports Institute is to meet the needs of the sports industry through a commitment to excellence in training, applied research, continuing education, capacity building and community service.

**Philosophy**

The Institute believes in:

* The culture of excellence in sustained learning, leadership, internationalism and professionalism.
* Advancement and propagation of knowledge in the sports industry.

**Vision**

The vision of the Sports Institute is to become the foremost international centre of excellence in sports and recreation in Africa.

**Organization**

When in full operation, the institute will be made up of specialized centres that will offer:

* operations – oriented programmes
* continuing professional development/education programmes
* applied research and services
* capacity building programmes
* community service

**Rationale**

It is common knowledge that in recent times, international sports are purely scientific and countries such as Nigeria that are yet to key into this highly sophisticated direction have consistently performed abysmally poor in international sports competitions. For Nigeria to be numbered among the great sporting nations, it is pertinent that current scientific trends must be adopted and the PGD programme and the MSc programmes in Sports Medicine and Sports Science promise to provide this needed missing link.

**Objectives**

The objective is to produce innovative and highly motivated and competitive professionals equipped with sharpened competencies, technical expertise, multidisciplinary skills, professional ethics, cost efficiency, soft skills as well as principles of clear communication and skills for optimum productivity.

**UPSI Programmes**

The University of Port Harcourt Sports Institute runs Academic Professional/Training Programmes in the following disciplines:

1. Post Graduate Diploma in Sports Science

**(Options):**

1. Fitness and Recreation Management
2. Sports Coaching and Administration
3. Sports Broadcasting/Journalism
4. Sports Massage

1. MSc Sports Science

**(Options):**

1. Sports Nutrition
2. Exercise Science
3. Fitness and Recreation Management
4. Sports Coaching and Administration
5. Sports Broadcasting/Journalism
6. Sports Massage.

1. MSc in Sports Medicine

The UPSI also offers training programmes for the primary, intermediate and professional (elite) levels in different competitive sports and for recreation.

Instructors have vast experience in teaching, research, field operations and consultancy. They are drawn from Nigerian universities, international and national sports academies and institutes.

On successful completion of the programmes, UPSI awards internationally recognized degrees and professional certification.

**UPSI Continuing Professional Development**

In conjunction with national and international sports institutes and academies and other local content services providers, the institute offers broad–based continuing education programmes to professionals in the sports industry. The courses are designed to meet the needs of managerial, administrative and technical staff and sports men and women. UPSI is planned to become an international certification centre in Africa.

**UPSI Applied Research**

With the Human Performance Laboratory, UPSI offers a conducive learning environment equipped with state-of-the–industry facilities, virtual library and industry software to conduct applied research. UPSI also engages in collaborative solutions to sports industry challenges.

**Capacity Building**

Through the Institute-to-Industry programmes, UPSI will contribute to capacity building to serve the needs of the sports industry and national development. This will be achieved through extension services, technology transfer programmes, lectures, and seminars, workshops conferences and exhibitions as well as through its international journals.

**UPSI Commitments**

In the pursuit of its culture of excellence, goals and sustainable development, UPSI is committed to its stakeholders: industry, students, alumni, faculty, and government. UPSI programmes are insulated from bureaucracies, strikes and labour problems and are committed to the timetable and duration of programmes.

**Uniport Sports Profile:**

The University has Impressive sports records in University sports in Nigeria and West Africa. This is largely as a result of the scientific training plans and programmes that have been embarked upon, especially by our partners.

**LOCATION**

The UPSI is located at the multi-facility sports village in the University Park. The sports village provides the facilities and equipment for the theoretical and practical programmes of the institute.

**THE UPSI IS INVOLVED IN THE FOLLOWING AREAS OF SPORTING TRAINING ACTIVITY:**

1. **Foundation Programmes**

**(Age 6-9)**

1. Talent Identification
2. Talent Development
3. (Tennis, Athletics, Swimming, Football, Basketball, Wrestling, Marital Arts, Chess)
4. Physical Development

(Agility, Strength, Balance and Coordination, Speed).

The UPSI with the support of the OlympAfrica Foundation and the Nigeria Olympic Committee has created an environment where young persons can develop a wide range of skills in their respective choices of various sports, develop a sense of team work and build interpersonal relationships. These in turn helps them develop good sportsmanship, integrity, positive values and self esteem.

The curriculum comprises modular all-year round sports classes in batches/rotations of six (6) weeks. Boys and girls (6-9) of various levels of ability are also given the opportunity to participate in multi-sport and sport-specific holiday camps.

1. **INTERMEDIATE PROGAMME**

**(Age 10-17) (Academies)**

Talents identified and developed at the foundation level form the academies in the sports enumerated earlier. They are joined by other talented athletes who may be referred to the Institute by their parents, teachers or national sports organizations.

Academy students are professionally trained and monitored by star athletes (and former internationals) in their various sports of interest. These star athletes provide the necessary athletes support by way of advice and skill transfer.

Teams from the academies represent the Institute during organized national age-grade competitions. The African Athletics Development Centre (AADC) is already developing athletes for the University and the country.

**(c) ADVANCED PROGRAMME (ACADEMIC)**

Graduates in various disciplines who are interested in pursuing careers in sports, as well as retired athletes can be trained in Sports Broadcasting/Journalism, Team Management, Sports Marketing, Massage Therapy, Fitness and Recreation, Sports Refereeing, Development and Use of Computer-Assisted-Training devices, Sports Science and Medicine, and Sports Statistics.

**(d) GENERAL PROGRAMMES**

1. Seminars
2. Junior Workshops
3. Coaching Clinics
4. Competitions

**Objectives**

The aim of the professional sports programmes is to provide graduates with broad based training required for sustainable sports development and recreation. On completion of the programmes, the elite sports graduates will among other skills be able to:

* participate effectively in competitive sports.
* evaluate and manage sports organizations.
* design, supervise, and evaluate sports programmes
* design, operate and maintain sports facilities.
* carry out sports performance enhancement programmes.
* participate effectively in multidisciplinary sports review and sports development teams.
* compete globally and practice professionally in their respective areas of specialization
* project the University of Port Harcourt as a centre of excellence in Sports Science and Medicine.
* train future athletes and athlete support personnel for better performance.

**Duration of Programmes**

The number of months of intensive full time studies depends on the programme. As part of quality control programmes, accommodation will be arranged for all students near the institute.

**Award of Degree/Certificates**

Successful students at the end of a programme shall receive the appropriate degree or certificate. In addition, the students will be presented for national and international professional certification.

**Admission Requirements**

1. For admission into sports training programmes, candidates must possess skills and competencies and relevant qualifications for the appropriate course of study. A good level of English is required.

1. Post Graduate Diploma: Five (5) credit passes and a university degree from a recognized University in the relevant subjects.

1. Master of Science (MSc) in Sports Science: Candidates seeking admission for Master degree in Sports Science must possess five (5) credit passes including a university degree from a recognized University in the relevant subjects.

1. Master of (MSc) in Sports Medicine: Candidates seeking admission for Master degree in Sports Medicine must possess a Bachelor of Medicine, Bachelor of Surgery (MBBS) degree from a recognized University.

**Admission Process**

Applicants will undergo rigorous screening and ranking tests and oral interview.