

Dr Alleyne is all about sports, shaping lives

By **Corey Greaves**

KNOWLEDGE is useless unless it is shared.

As Dr Rudolph Alleyne celebrated 35 years as an educator last week, this statement has been his guiding principle throughout those years.

Dr Alleyne, who is the Head of the Sports Academy at the University of the West Indies, Cave Hill Campus, sees it as a huge responsibility as he has taught students from as young as four years old to 63 years.

“I am not only there to teach but to shape lives in Barbados and the Caribbean. [I want people] to see sports as more than what we see it as in the Caribbean – which is as a thing to do when you can’t do anything else – but as a business and as a profession,” he said.

His love for sports grew from his early career in teaching, which he mentioned he started out by chance as he was searching for a job just before he turned 18 years of age.

He recalled his very first teaching assignment, which was at Hindsbury Primary School.

“It was Monday May 5th, 1986. I left my home in Bush Hall and walked to Hindsbury for the first teaching assignment. I had just turned 18 years old after I was advised by Ms Edghill, the senior education officer, to wait until I was 18.”

He noted that he wasn’t looking to get into teaching, but with three uncles all married to teachers, when he sought advice from them they pointed him in that direction.

“I went there to hold on for someone who was on maternity leave and then I ended up being there for three years,” he said.

After leaving Hindsbury – where he was known by the students and teachers as ‘Young Sir’ – he went on to Erdiston College from 1989-91 and then Erdiston Primary school from 1991-1999.

It was at Erdiston that his love and thirst for knowledge in sports grew in a major way, as he was the Physical Education teacher there for several years.

Alleyne said he was instrumental in developing the PE programme at Erdiston Primary and they even went on to compete and win a lot of sporting competitions while he was there.

“I did a lot of coaching certifications in cricket, football, track and field and swimming. I was also a swim coach with Heatwave,” he pointed out.

Alleyne recalled one of the highlights was when he was at Erdiston.

“We had the zonal meets and we weren’t seen as a powerhouse. It was probably the first or second year I was PE teachers and we beat everybody bad. Out of the 12 relays we won 11 of them and that was one of the standouts.”

He got an opportunity to further his studies in 1999 and now holds a PhD in Kinesiology Sport Psychology from Temple University. He has also studied Human Movement and Physical Education.

“What inspired me? I was always keen to find out what is the next best thing to improve performance. I came across an



Dr Rudolph Alleyne is all smiles as he poses for this photo at the University of the West Indies Cave Hill Campus Academy of Sports which he now Heads.

article in Runners World and that turned my interest to sports physiology, and after going to Temple and getting exposure to physiology, I decided I wanted to do both areas,” Dr Alleyne explained.

Attaining his PhD was something he always wanted to do. “Studying to the highest level was something I saw not only for me but for young men who came from a poor background.”

With the knowledge gained, his grounding principle saw him not only teach a number of sporting disciplines, but he was also a teacher’s assistant at Temple University for a number of years.

“One of the highlights was teaching at Temple as the only black teaching assistant at the time and the only person from the Caribbean.

“It was interesting how I got that position. I was speaking to the head who was responsible for hiring and the first year I went he said all the post were filled. I kept going back and going back and he told me there was a position opening up. He



Rudolph Alleyne (centre) standing watch over his athletes at the National Stadium.

said one thing about me, I was tenacious as I kept coming back and after getting the job, they kept renewing the contract.”

At Temple University he started a support group called Exercise and Sport Psychology in Action and was the advisor to Student Organisation for Caribbean Awareness (SOCA).

He considered himself a middle-distance runner in his earlier days and has done a lot of road races – one being the Philadelphia Marathon in 2003, which he started and completed.

During his career, he has taught in Bermuda where he also worked with several national teams and international athletes in different disciplines.

In 2013 he returned to Barbados to take up the Academic Coordinator post at the University of the West

Indies for the newly formed Bachelors and Masters in the Sports Sciences, and has progressed to the Head of the Sports Academy.

Dr Alleyne has also made an impact on the Barbados education system as he was a member of the committee for Curriculum Reform in Physical Education in Barbados in 2001.

As he recalled the many areas of sports he has contributed to, his list includes, but is not limited to: volunteering for the Athletics Association in Barbados in many capacities; and making the route for the annual 10K and marathon with Denzil ‘Sammy’ Jackman at BCC where he also taught.

As his journey continues, Dr Alleyne is still looking to show the Caribbean that sports is an important industry which we have yet to truly tap into.



One of the photos which Dr Rudolph Alleyne cherishes is this one when Erdiston won the Knock Out championship in 1996.