



DIVISION I

# Time Management

What Division I student-athletes should expect.

Time management is a key component of any college student's success, but it is especially important for students who play Division I sports. From classes to competition and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on the field.

## What takes up a Division I student-athlete's time?

### Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics department for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

### Did you know?

These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Academic meetings



Injury treatment/prevention



Sports psychologist sessions



Nutritionist sessions



Prospective student-athlete host duties



Team fundraising



Media activities



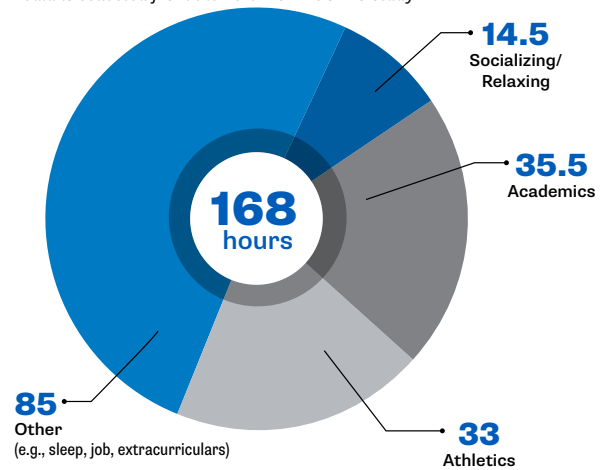
Community service



Compliance meetings

## Time spent on activities per week

\*Medians collected from the 2015 NCAA GOALS study.



# 67%

67% of Division I student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

\*Based on the 2015 NCAA GOALS study.



During a typical day of competition, Division I student-athletes report spending anywhere from four to nine hours on their sport. For the full breakdown by sport, visit [ncaa.org/time-management](http://ncaa.org/time-management).

\*Based on a 2015 survey of Division I student-athletes.

# Time Management

What Division II student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

## What takes up a Division II student-athlete's time?

### Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

### Did you know?

These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Academic meetings



Injury treatment/prevention



Prospective student-athlete host duties



Team fundraising



Community engagement



Compliance meetings



Study hall



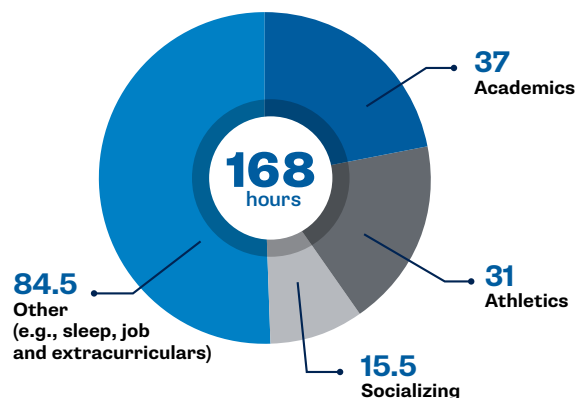
Social activities



Professional development

## Time spent on activities per week

\*Median figures, collected from the 2019 NCAA GOALS study.



# 63%

63% of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

\*Based on the 2019 NCAA GOALS study.

1 in every 8.5 Division II student-athletes will participate in a NCAA championship during their college experience.



One-third of Division II student-athletes work during the academic year for about nine hours per week on average.

\*Based on the 2019 NCAA GOALS study.



**DIVISION III**  
DISCOVER | DEVELOP | DEDICATE

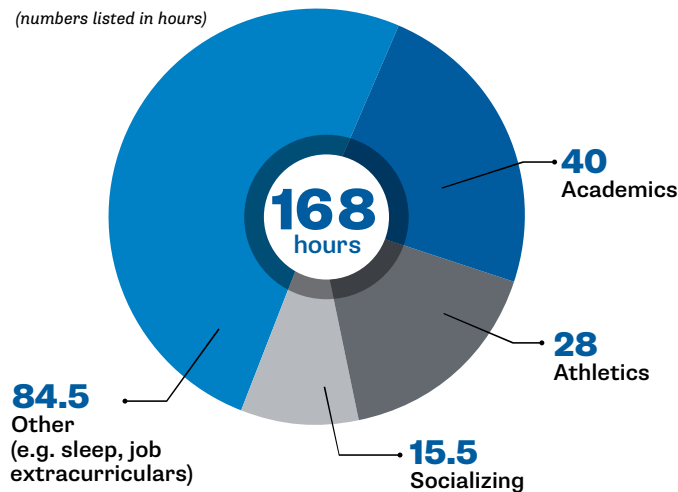
# Time Management

**What Division III student-athletes should expect.**

Time management is a key component of any college student's success. From classes to competition and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

## Division III student-athlete's time each week

(numbers listed in hours)



## Did you know?

Division III student-athletes note their athletics experience did **not** hinder their academic and co-curricular pursuits. In fact, it had a positive effect on their collegiate experience. (approximate percentages)



**24%**

Have or will study abroad

**44%**

Have a job and work a median of 8 hours per week

**66%**

Involved in an internship/externship

**67%**

Think it's likely they will attend graduate school



Division III student-athletes report spending one day a week away from campus.

*\*Median amount; based on 2015 NCAA GOALS study.*



Half of Division III student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*\*Based on the 2015 NCAA GOALS study.*

## The Division III experience includes:



Academics



Internship/  
externship



Work



Graduate  
school



Competition



Practice



Strength and  
conditioning



Film review



Injury  
treatment and  
prevention



Team  
fundraising



Compliance  
meetings



Teamwork



Time  
management



Leadership