



Time Management

What 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 sports. From courses to competition and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on campus.

Hours spent on activities per week (168 hours total)

Division I

85 Other (e.g., sleep, job, extracurriculars)	14.5 Socializing	35.5 Academics	33 Athletics
--	---------------------	-------------------	-----------------

Division II

84.5 Other (e.g., sleep, job, extracurriculars)	15.5 Socializing	37 Academics	31 Athletics
--	---------------------	-----------------	-----------------

Division III

84.5 Other (e.g., sleep, job, extracurriculars)	15.5 Socializing	40 Academics	28 Athletics
--	---------------------	-----------------	-----------------

*Medians collected from the 2019 NCAA GOALS study.

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

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with the compliance office at the NCAA school you may attend for more information.



Supplemental workouts



Competition



Film review



Practice



Strength and conditioning



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

67%
of Division I student-athletes

63%
of Division II student-athletes

47%
of Division III student-athletes

*Based on the 2019 NCAA GOALS study.

Division I

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

- » Academic meetings.
- » Nutritionist sessions.
- » Media activities.
- » Injury treatment/prevention.
- » College-bound student-athlete host duties.
- » Community service.
- » Sports psychologist sessions.
- » Team fundraising.
- » Compliance meetings.



Game Day

During a typical day of competition, **Division I** student-athletes report spending anywhere from four to nine hours on their sport.

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



Division II

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

- » Academic meetings.
- » Injury treatment/prevention.
- » College-bound student-athlete host duties.
- » Team fundraising.
- » Community engagement.
- » Compliance meetings.
- » Study hall.
- » Social activities.
- » Professional development.

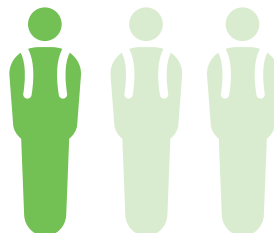
Participation

1 in every 8.9 Division II student-athletes will participate in an NCAA championship during their college experience.



1/3 of Division II student-athletes work nine hours per week on average during the academic year.

*Based on the 2019 NCAA GOALS study.



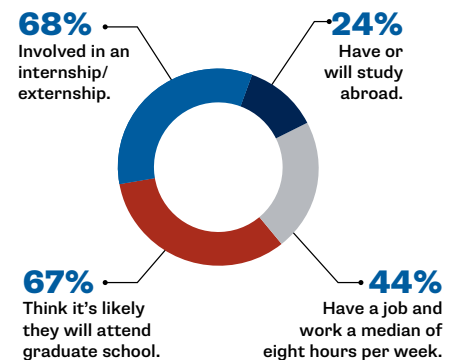
Division III

NCAA rules allow athletically related activities to occur only during your sport's declared playing season. Check with the compliance office at the NCAA school you may attend for more information. The Division III experience includes:

- » Academics.
- » Competition.
- » Compliance meetings.
- » Film review.
- » Injury treatment and prevention.
- » Internship/externship.
- » Leadership.
- » Practice.
- » Strength and conditioning.
- » Team fundraising.
- » Teamwork.
- » Time management.
- » Work.



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.



*Based on the 2019 NCAA GOALS study.