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RESEARCH Study probes time allotments

By Tom Paskus

For the first time, a national study has measured the extent to which NCAA student-athletes across all sports and divisions balance their time commitments.

Sixty percent of NCAA member institutions participated in surveying 21,000 current student-athletes as part of the NCAA's Growth, Opportunities, Aspirations and Learning of Students (GOALS) in College study. Student participants were asked about their athletics, academic, social, and health experiences in college, and about their daily time commitments during their competitive seasons.

Student-athletes were asked to describe their typical in-season weekday and weekend. That information was then used to compute weekly estimates of the time they spent on academics, athletics, socializing, relaxation, employment and other pursuits during their most recent season of competition.

In-Season Time Commitments

Although there was notable variation across sport (see tables), the typical NCAA student-athlete commits substantial time to both academics and athletics.

Within each division, there was a relationship between time spent on athletics and academics. Student-athletes in sports with higher athletics time commitments tended to spend less time on academics. One notable exception was in Division I's Football Bowl Subdivision, in which student-athletes reported high time demands of both athletics and academics.

In several sports, student-athletes in aggregate reported spending more time in-season on athletics than academics. In Division I, those sports were baseball (8.0 hours more per week on athletics than academics in-season), men's golf (7.5), men's ice hockey (6.4), FBS football (5.3) and men's basketball (2.9).

Time Away From Campus

Relative to the other sports, student-athletes in baseball, softball, men's and women's golf, men's and women's skiing, women's volleyball, Division I women's basketball, and Division I women's soccer spent the most time away from campus during the competitive season.

Finding Extra Time

Across division and sport, nearly half of male student-athletes and one-third of female student-athletes state that they would prefer to spend even more time on athletics than they do currently. Sizable numbers of student-athletes report wishing they had at least a little more time for academics (59 percent), extracurricular activities (50 percent), socializing (65 percent), relaxing (68 percent) or sleeping (75 percent).

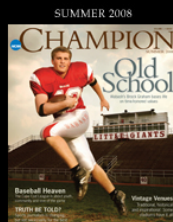
However, when asked how they would choose to use an extra hour in their day if they had it, male student-athletes report a stronger desire to use the time for athletics (22 percent) than academics (18 percent), socializing (19 percent) or other extracurricular activities (5 percent). Female student-athletes report wanting to use the extra hour for socializing (27 percent) or academics (18 percent) than for athletics (11 percent) or other extracurricular activities (5 percent).

Average hours spent per week on athletics vs. academics activities by student-athletes in men's sports.

SPORT	Division I		Division II		Division III		A-Wide	
	Ath.	Acad.	Ath.	Acad.	Ath.	Acad.	Ath.	Acad.
Baseball	40.0	32.0	37.6	31.8	33.5	35.0		
Basketball	36.8	33.9	35.0	35.0	30.6	35.2		
Football	44.8	39.5	37.1	35.4	34.4	37.9		
FBS	40.8	33.3	28.9	34.0	26.7	36.1		
Ice Hockey	37.6	31.3	—	—	35.1	34.2		
Lacrosse	34.8	36.1	31.1	32.6	31.6	38.7		
Skiing							33.8	36.9
Soccer	33.6	39.1	29.9	35.5	28.5	37.3		
Swimming	33.6	35.9	33.6	36.8	27.5	41.9		
Tennis	33.9	34.4	31.7	39.5	27.7	36.5		
Track / XC	36.7	36.5	28.6	36.3	27.0	39.8		
Volleyball							31.8	37.5
Water Polo							30.9	34.5
Wrestling	32.4	35.4	31.4	32.4	33.6	37.3		

Average hours spent per week on athletics vs. academics activities by student-athletes in women's sports.

SPORT	Division I		Division II		Division III		A-Wide	
	Ath.	Acad.	Ath.	Acad.	Ath.	Acad.	Ath.	Acad.
Basketball	36.1	27.4	32.2	37.4	30.0	37.3		
Bowling							29.8	40.3
Field Hockey	34.3	40.4	28.5	34.1	28.6	41.1		
Golf	32.4	38.0	24.9	38.9	23.9	42.2		
Gymnastics							34.2	36.9
Ice Hockey	34.6	38.6	—	—	31.1	35.8		
Lacrosse	32.0	39.3	29.5	41.9	26.4	42.9		
Skiing							30.1	38.2
Soccer	34.1	39.6	27.2	36.2	29.2	43.0		
Softball	37.1	38.5	34.8	36.2	29.1	40.3		
Swimming	32.6	37.2	34.3	43.6	29.5	46.3		
Tennis	30.2	38.3	26.7	42.6	26.2	42.9		
Track / XC	29.3	40.1	27.6	40.1	25.9	44.1		
Volleyball	35.4	39.2	30.8	39.2	31.7	41.7		
Water Polo							30.9	38.4



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