



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



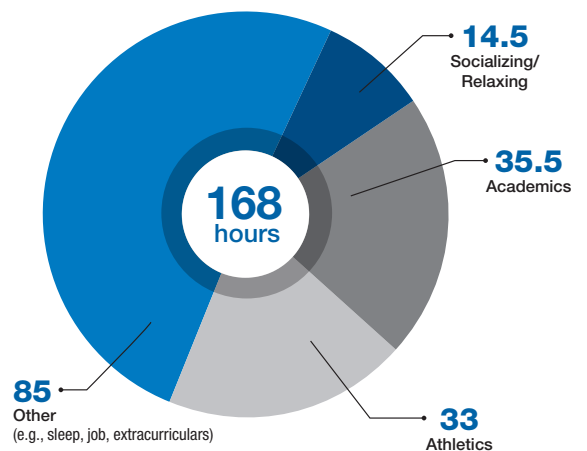
Community service



Compliance meetings

Time spent on activities per week

*Medians collected from the 2019 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 2019 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.

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