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.

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.

Did you know?
These activities do not count toward a team or student-athlete’s countable athletically related activities limit.

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

**Competition**

**Practice**

**Strength and conditioning**

**Supplemental workouts**

**Film review**

**Academic meetings**

**Injury treatment/prevention**

**Sports psychologist sessions**

**Nutritionist sessions**

**Prospective student-athlete host duties**

**Team fundraising**

**Compliance meetings**

**Media activities**

**Community service**

**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.

Time spent on activities per week

*Medians collected from the 2019 NCAA GOALS study.

- **168 hours**
- **35.5** Academics
- **14.5** Socializing/Relaxing
- **33** Other (e.g., sleep, job, extracurriculars)

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.