**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?**

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.

*Medians collected from the 2015 NCAA GOALS study.*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time Spent per Week (numbers listed in hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Socializing/Relaxing</td>
<td>14.5</td>
</tr>
<tr>
<td>Athletics</td>
<td>35.5</td>
</tr>
<tr>
<td>Academics</td>
<td>85</td>
</tr>
<tr>
<td>Other (e.g., sleep, job, extracurriculars)</td>
<td>168 hours</td>
</tr>
</tbody>
</table>

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

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

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.*

**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.*