Current Findings on Student-Athlete Time Commitments

NCAA GOALS Study (March 2026)

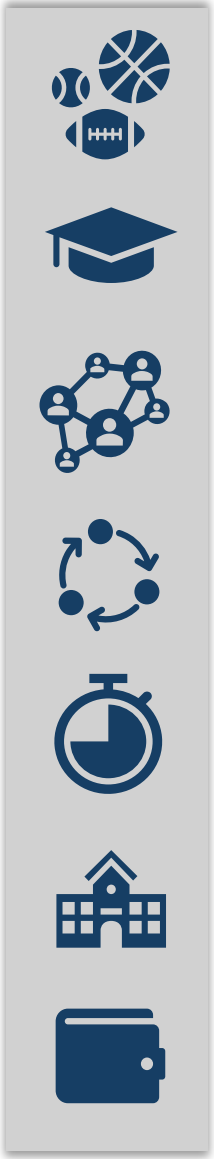
Summary of Study Methodology

- This study on student-athlete time commitments is based on data collected in the 2025 NCAA Study of Growth, Opportunities, Aspiration and Learning of Students (GOALS) in college. This is the fifth GOALS study conducted by the NCAA since 2006 and examines the college academic, athletic and social experiences of student-athletes.

- The study was administered by NCAA faculty athletics representatives (FARs) on behalf of NCAA Research.

- A total of 20,877 current student-athletes from 493 schools participated in the study; final data was weighted based on 2024-25 NCAA participation rates to ensure the representativeness of findings.

NCAA GOALS Study Topics



- Athletics experiences
- Academic experiences
- Social and team experiences
- Recruitment process
- Time commitments
- On-campus support
- Finances

NCAA RESEARCH

Student-Athlete Time Commitments

NCAA RESEARCH

Methods for Assessing Student-Athlete Time Commitments

- Student-athletes were asked to quantify time spent on various activities during their typical in-season weekday and in-season weekend. Weekly time estimates were then calculated by the researchers using the weekday and weekend numbers.

- Although survey self-report is an imperfect method for assessing time demands, the GOALS survey has provided very important national comparison data across sport and over time (the same time demands items were administered in 2006, 2010, 2015, 2019 and 2025).

- In most instances, weekly time estimates in this report are shared in terms of median values rather than averages (mean). Averages may be unduly impacted by extreme values in the calculations and medians may more accurately represent the student-athlete experience.

- Averages are used when reporting differences between categories of weekly time estimates (e.g., academic-athletic balance) and daily time estimates (e.g., nightly sleep) in which outliers were not a factor. Titles or notes on each slide clearly discern whether median or mean values are reported.

RESULTS

Athletic Activities

Summary – Time Spent on Athletics

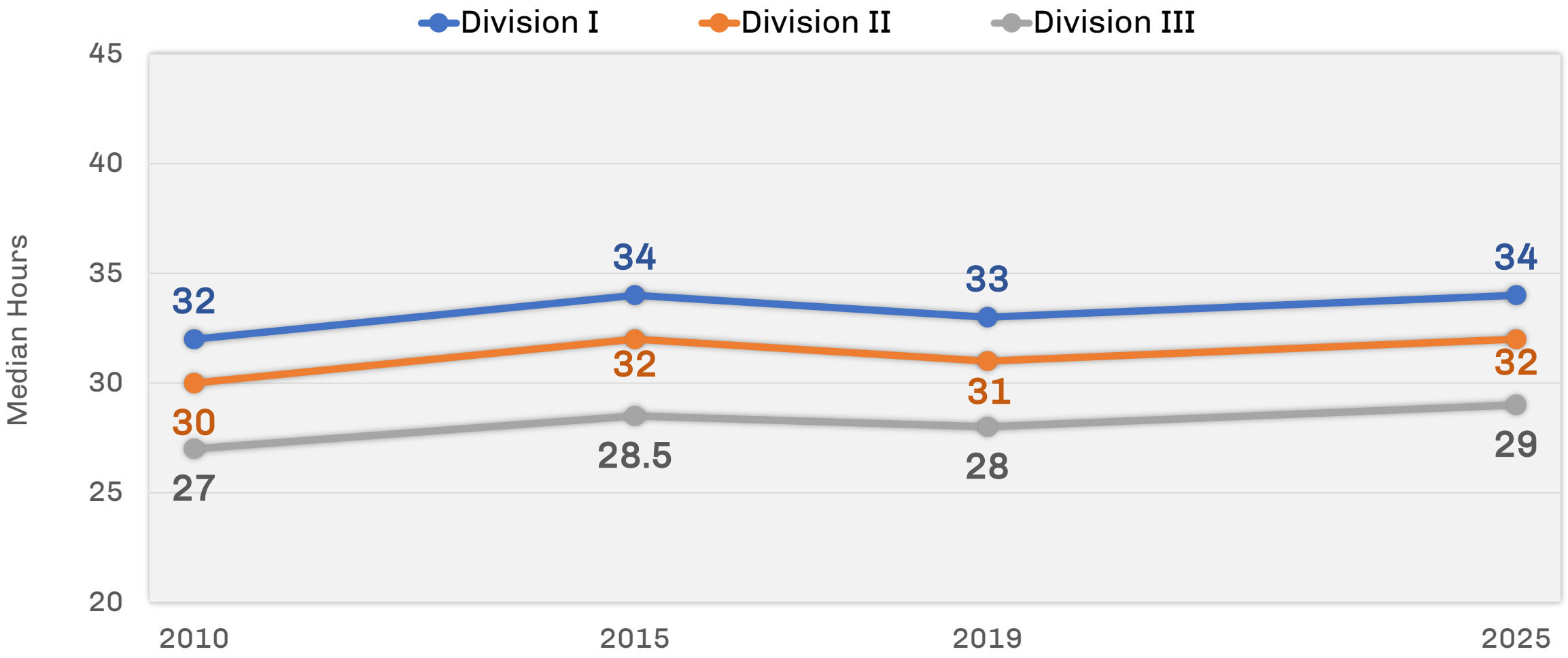
- Current college student-athletes are generally reporting similar time devoted to athletics pursuits vs. what was reported in 2015 and 2019.

- Change in median weekly time spent on athletics in-season:
  - Division I: 32 hrs. in 2010, 34 hrs. in 2015, 33 hrs. in 2019, 34 hrs. in 2025.
  - Division II: 30 hrs. in 2010, 32 hrs. in 2015, 31 hrs. in 2019, 32 hrs. in 2025.
  - Division III: 27 hrs. in 2010, 28.5 hrs. in 2015, 28 hrs. in 2019, 29 hrs. in 2025.

- FBS football reported the highest weekly in-season time commitments and the largest increase from 2019 (median=45 hrs./week, up from 39.5 hrs./week). FCS football, Division I baseball and Division I men's golf also reported spending at least 40 hrs./week on athletics. Among women's sports, Division I softball reported the highest time commitments (39 hrs./week).

- Division I women's rowing reported the largest decrease from 2019 (25.5 hrs./week in 2025, down from 32 hrs./week).

Trends in Median Hours Spent Per Week on Athletic Activities In-Season, 2010-2025



Note: Self-reported survey data. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Sources: NCAA GOALS Studies (2010, 2015, 2019, 2025).

NCAA RESEARCH

Median Hours Spent Per Week on Athletic Activities In-Season by Sport Gender

	Men's Sports (hours / week)	Women's Sports (hours / week)
Division I	36	32
Division II	32	30
Division III	30	28.5

Note: Self-reported survey data. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division I – Median Hours Spent Per Week on Athletic Activities In-Season

Men's Sports	Hours / Week
FBS Football	45
Baseball	41
Golf	41
FCS Football	40
Ice Hockey	37
Basketball	35
Lacrosse	32
Tennis	32
Soccer	31
Wrestling	29
Swimming and Diving	29
Track and Field	29

Women's Sports	Hours / Week
Softball	39
Basketball	37
Golf	36
Volleyball	34
Gymnastics	33
Field Hockey	32
Soccer	32
Ice Hockey	31
Lacrosse	31
Tennis	31
Track and Field	29
Swimming and Diving	28
Rowing	26

Note: Self-reported survey data. Median hours are rounded to nearest whole number. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Source: NCAA GOALS Study (2025).

Division I – Change in Median Hours Spent Per Week on Athletic Activities In-Season, 2019-2025

Men's Sports	Hours / Week
FBS Football	5.5
Golf	3.5
Soccer	3.25
Basketball	3
FCS Football	3
Ice Hockey	3
Track and Field	2
Tennis	1.5
Swimming and Diving	0
Baseball	-1
Wrestling	-1.25
Lacrosse	-2

Women's Sports	Hours / Week
Gymnastics	5
Golf	3.5
Track and Field	2.25
Soccer	2
Basketball	1.75
Softball	1
Volleyball	0.5
Ice Hockey	-1
Tennis	-1.25
Field Hockey	-2
Lacrosse	-2
Swimming and Diving	-2
Rowing	-6.5

Note: Self-reported survey data. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Sources: NCAA GOALS Studies (2019, 2025).

Division II – Median Hours Spent Per Week on Athletic Activities In-Season

Men's Sports	Hours / Week
Baseball	38
Football	36
Golf	36
Basketball	36
Lacrosse	32
Soccer	30
Tennis	28
Wrestling	28
Swimming and Diving	27
Track and Field	26

Women's Sports	Hours / Week
Softball	34
Basketball	32
Volleyball	32
Golf	31
Field Hockey	30
Soccer	30
Lacrosse	28
Track and Field	27
Swimming and Diving	27
Tennis	25

Note: Self-reported survey data. Median hours are rounded to nearest whole number. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc.
Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division II – Change in Median Hours Spent Per Week on Athletic Activities In-Season, 2019-2025

Men's Sports	Hours / Week
Basketball	3.5
Golf	2.25
Swimming and Diving	1.75
Wrestling	1.5
Baseball	1.5
Football	0.75
Lacrosse	0
Soccer	-0.5
Track and Field	-1.5
Tennis	-2.25

Women's Sports	Hours / Week
Soccer	3
Field Hockey	3
Basketball	2
Volleyball	2
Golf	0.5
Track and Field	0.5
Softball	-0.5
Lacrosse	-1
Swimming and Diving	-1.25
Tennis	-4

Note: Self-reported survey data. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Sources: NCAA GOALS Studies (2019, 2025).

NCAA RESEARCH

Division III – Median Hours Spent Per Week on Athletic Activities In-Season

Men's Sports	Hours / Week
Baseball	36
Ice Hockey	32
Football	31
Basketball	30
Wrestling	30
Golf	29
Lacrosse	29
Soccer	27
Track and Field	27
Swimming and Diving	26
Tennis	25

Women's Sports	Hours / Week
Ice Hockey	32
Softball	32
Basketball	30
Volleyball	30
Lacrosse	29
Golf	28
Field Hockey	28
Soccer	28
Track and Field	27
Swimming and Diving	26
Rowing	25
Tennis	25

Note: Self-reported survey data. Median hours are rounded to nearest whole number. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc.
Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division III – Change in Median Hours Spent Per Week on Athletic Activities In-Season, 2019-2025

Men's Sports	Hours / Week
Wrestling	4.25
Swimming and Diving	2.25
Baseball	2
Track and Field	1.75
Basketball	1
Tennis	1
Soccer	0
Football	-0.25
Ice Hockey	-1
Lacrosse	-1
Golf	-2.25

Women's Sports	Hours / Week
Lacrosse	3.5
Tennis	3
Basketball	3
Softball	3
Ice Hockey	1.5
Golf	1
Volleyball	1
Track and Field	1
Field Hockey	0.75
Soccer	0.5
Swimming and Diving	0.5
Rowing	0

Note: Self-reported survey data. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Sources: NCAA GOALS Studies (2019, 2025).

NCAA RESEARCH

Academic Activities

Summary – Time Spent on Academics

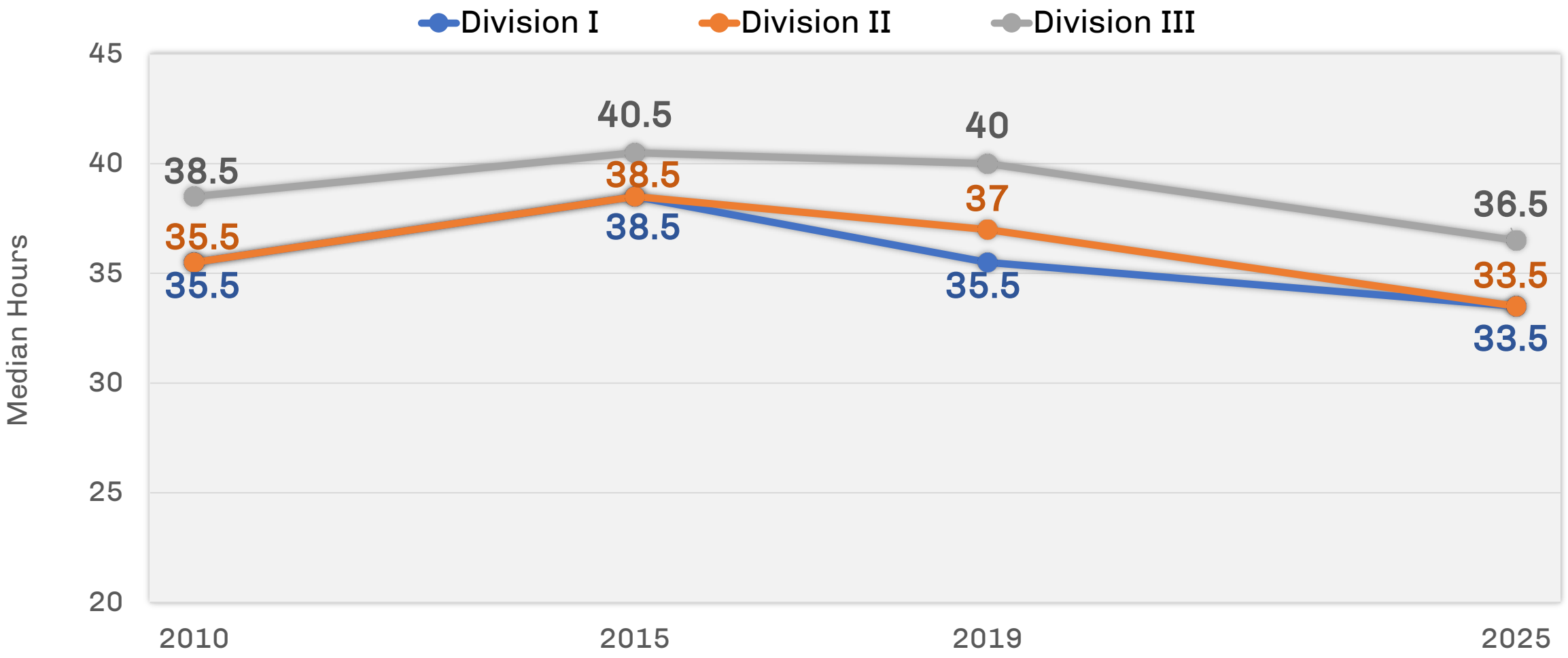
- Across sport and NCAA division, student-athlete reported time spent on academics has declined in the last decade. We do not currently have data on whether this is also true in the general student body.

- Change in median weekly time spent on academics in-season:
  - Division I: 35.5 hrs. in 2010, 38.5 hrs. in 2015, 35.5 hrs. in 2019, 33.5 hrs. in 2025.
  - Division II: 35.5 hrs. in 2010, 38.5 hrs. in 2015, 37 hrs. in 2019, 33.5 hrs. in 2025.
  - Division III: 38.5 hrs. in 2010, 40.5 hrs. in 2015, 40 hrs. in 2019, 36.5 hrs. in 2025.

- Similar to prior studies, men's sports student-athletes report spending similar or slightly higher amounts of time on athletics, whereas women's sports student-athletes in each division report spending several more hours per week on academic pursuits than men.

- Despite declines in nearly all sports in each division, several women's sports continue to report spending 40 hrs./week or more on academics (Division I: rowing; Division III: field hockey, rowing, soccer, swimming and diving, tennis and track and field).

Trends in Median Hours Spent Per Week on Academic Activities In-Season, 2010-2025



Note: Self-reported survey data. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Sources: NCAA GOALS Studies (2010, 2015, 2019, 2025).

NCAA RESEARCH

Median Hours Spent Per Week on Academic Activities In-Season by Sport Gender

	Men's Sports (hours / week)	Women's Sports (hours / week)
Division I	30	35.5
Division II	33.5	35.5
Division III	33.5	38.5

Note: Self-reported survey data. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division I – Median Hours Spent Per Week on Academic Activities In-Season

Men's Sports	Hours / Week
Soccer	34
Wrestling	34
FCS Football	32
FBS Football	32
Swimming and Diving	31
Track and Field	30
Lacrosse	29
Tennis	29
Baseball	29
Ice Hockey	29
Basketball	27
Golf	27

Women's Sports	Hours / Week
Rowing	43
Swimming and Diving	39
Track and Field	37
Soccer	36
Tennis	36
Volleyball	34
Gymnastics	34
Lacrosse	34
Field Hockey	33
Basketball	32
Ice Hockey	32
Softball	32
Golf	31

Note: Self-reported survey data. Median hours are rounded to nearest whole number. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

Division I – Change in Median Hours Spent Per Week on Academic Activities In-Season, 2019 to 2025

Men's Sports	Hours / Week
Tennis	-8.75
Basketball	-7
Track and Field	-5.5
Lacrosse	-4.5
FBS Football	-3.5
Wrestling	-2
FCS Football	-1.75
Golf	-1.5
Soccer	-1.5
Swimming and Diving	-1
Baseball	0
Ice Hockey	0

Women's Sports	Hours / Week
Field Hockey	-7
Gymnastics	-7
Ice Hockey	-7
Softball	-7
Basketball	-6.75
Lacrosse	-5
Soccer	-4.5
Volleyball	-4.25
Golf	-4
Track and Field	-3.25
Tennis	-1.75
Swimming and Diving	1.5
Rowing	2

Note: Self-reported survey data. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Sources: NCAA GOALS Studies (2019, 2025).

Division II – Median Hours Spent Per Week on Academic Activities In-Season

Men's Sports	Hours / Week
Wrestling	34
Football	34
Soccer	34
Swimming and Diving	34
Track and Field	34
Baseball	33
Basketball	32
Lacrosse	31
Tennis	31
Golf	30

Women's Sports	Hours / Week
Track and Field	39
Field Hockey	38
Swimming and Diving	37
Lacrosse	37
Softball	37
Soccer	37
Tennis	36
Volleyball	36
Basketball	34
Golf	34

Note: Self-reported survey data. Median hours are rounded to nearest whole number. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division II – Change in Median Hours Spent Per Week on Academic Activities In-Season, 2019-2025

Men's Sports	Hours / Week
Golf	-5
Lacrosse	-4.5
Track and Field	-4
Wrestling	-4
Tennis	-1.75
Basketball	-1.5
Football	-1.5
Swimming and Diving	-1.5
Soccer	0
Baseball	1

Women's Sports	Hours / Week
Golf	-8
Soccer	-7
Swimming and Diving	-4.25
Lacrosse	-3.75
Basketball	-3.5
Track and Field	-3.5
Softball	-2.5
Tennis	-2.5
Volleyball	-1.5
Field Hockey	-1

Note: Self-reported survey data. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Sources: NCAA GOALS Studies (2019, 2025).

NCAA RESEARCH

Division III – Median Hours Spent Per Week on Academic Activities In-Season

Men's Sports	Hours / Week
Football	39
Swimming and Diving	39
Track and Field	36
Tennis	35
Ice Hockey	34
Soccer	34
Wrestling	34
Lacrosse	33
Basketball	32
Golf	32
Baseball	29

Women's Sports	Hours / Week
Rowing	44
Field Hockey	44
Soccer	41
Swimming and Diving	41
Track and Field	41
Tennis	40
Basketball	39
Golf	39
Lacrosse	39
Softball	39
Volleyball	39
Ice Hockey	36

Note: Self-reported survey data. Median hours are rounded to nearest whole number. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division III – Change in Median Hours Spent Per Week on Academic Activities In-Season, 2019-2025

Men's Sports	Hours / Week
Basketball	-6
Baseball	-5
Soccer	-5
Tennis	-4.25
Golf	-2
Ice Hockey	-2
Swimming and Diving	-2
Wrestling	-2
Lacrosse	-1.25
Track and Field	-1
Football	2

Women's Sports	Hours / Week
Golf	-5.75
Volleyball	-5
Soccer	-4.5
Swimming and Diving	-4
Tennis	-3.25
Ice Hockey	-3
Basketball	-2
Field Hockey	-2
Lacrosse	-2
Softball	-2
Track and Field	-2
Rowing	2.75

Note: Self-reported survey data. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Sources: NCAA GOALS Studies (2019, 2025).

NCAA RESEARCH

Percentage of Student-Athletes Reporting They Would Prefer to Spend More Time on Academics, 2015-2025

		2015	2019	2025
Division I	Men's Sports	59%	54%	42%
	Women's Sports	66%	67%	56%
Division II	Men's Sports	56%	54%	44%
	Women's Sports	64%	66%	55%
Division III	Men's Sports	55%	58%	48%
	Women's Sports	62%	64%	55%

Outliers:

- Sports with highest % saying they would prefer more time on academics: DI women's rowing (66%), DI women's lacrosse (63%), and DI women's softball (62%).
- Sports with lowest % saying they would prefer more time on academics: DI men's ice hockey (24%) and DI men's golf (26%).

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Percentage of Student-Athletes Reporting They Would Prefer to Spend Less Time on Academics, 2015-2025

		2015	2019	2025
Division I	Men's Sports	9%	12%	16%
	Women's Sports	6%	6%	9%
Division II	Men's Sports	9%	10%	14%
	Women's Sports	6%	5%	8%
Division III	Men's Sports	9%	9%	11%
	Women's Sports	6%	6%	7%

Outliers:

- Sports with highest % saying they would prefer less time on academics: DI men's golf (28%), DI baseball (21%), DI men's basketball (21%) and DI men's ice hockey (21%).

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Balance between Academics and Athletics

Summary – Academic-Athletic Balance

- The median weekly time spent on academic and athletic activities in-season is 66.5 hours.
- The average difference in time spent each week on academics vs. athletics varies widely by division and sport. Sports where student-athletes reported spending more time on athletics than academics in-season:
  - DI/DII men's golf
  - DI/DII/DIII baseball
  - FBS/FCS/DII football
  - DI/DII men's basketball
  - DI/DII women's softball
  - DI/DII men's lacrosse
  - Several other DI sports (men's ice hockey, women's basketball, women's golf)
- Men's sports student-athletes are most likely to report spending as much or more time on their sport during the off-season. By sport, this was highest among Division I track and field (M 87%, W 78%), Division I men's golf (82%), Division II men's track and field (80%), Division II baseball (78%), FBS football (78%), Division I baseball (77%) and FCS football (76%).

Median Sum of Hours Spent Per Week on Academic and Athletic Activities In-Season by Sport Gender

	Men's Sports (hours / week)	Women's Sports (hours / week)
Division I	67	68.5
Division II	66.5	66.5
Division III	64.5	68.5

Note: Self-reported survey data. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division I – Median Sum of Hours Spent Per Week on Academic and Athletic Activities In-Season

Men's Sports	Hours / Week
FBS Football	76
FCS Football	73
Baseball	71
Golf	66
Ice Hockey	66
Soccer	65
Wrestling	62
Lacrosse	62
Basketball	61
Swimming and Diving	61
Tennis	61
Track and Field	60

Women's Sports	Hours / Week
Basketball	71
Softball	70
Soccer	70
Rowing	69
Volleyball	69
Track and Field	68
Golf	68
Lacrosse	68
Swimming and Diving	67
Gymnastics	67
Tennis	66
Field Hockey	64
Ice Hockey	63

Note: Self-reported survey data. Median sum of hours rounded to nearest whole number. Source: NCAA GOALS Study (2025).

Division II – Median Sum of Hours Spent Per Week on Academic and Athletic Activities In-Season

Men's Sports	Hours / Week
Baseball	71
Football	71
Basketball	69
Golf	67
Wrestling	65
Soccer	64
Lacrosse	62
Swimming and Diving	62
Track and Field	60
Tennis	57

Women's Sports	Hours / Week
Field Hockey	72
Softball	69
Soccer	68
Volleyball	67
Lacrosse	66
Tennis	64
Track and Field	64
Basketball	64
Golf	62
Swimming and Diving	62

Note: Self-reported survey data. Median sum of hours rounded to nearest whole number. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc.
Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division III – Median Sum of Hours Spent Per Week on Academic and Athletic Activities In-Season

Men's Sports	Hours / Week
Football	69
Ice Hockey	67
Baseball	65
Swimming and Diving	65
Wrestling	64
Track and Field	63
Basketball	63
Soccer	63
Lacrosse	62
Golf	61
Tennis	61

Women's Sports	Hours / Week
Field Hockey	72
Softball	71
Rowing	71
Basketball	69
Swimming and Diving	69
Volleyball	69
Golf	68
Soccer	68
Ice Hockey	67
Track and Field	67
Lacrosse	66
Tennis	66

Note: Self-reported survey data. Median sum of hours rounded to nearest whole number. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc.
Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Average Difference in Hours Spent Per Week on Academic vs. Athletic Activities In-Season by Sport Gender

	Men's Sports (hours / week)	Women's Sports (hours / week)
Division I	-7	+3
Division II	-2	+4
Division III	+3	+10

Note: Self-reported survey data. Average difference rounded to nearest whole number. "+" indicates more time on academics than athletics. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division I – Average Difference in Hours Spent Per Week on Academic vs. Athletic Activities In-Season

Men's Sports	Hours / Week
Swimming and Diving	+4
Wrestling	+3
Track and Field	+2
Soccer	0
Tennis	-1
Lacrosse	-6
Ice Hockey	-10
Basketball	-10
FCS Football	-11
FBS Football	-14
Baseball	-14
Golf	-15

Women's Sports	Hours / Week
Rowing	+15
Swimming and Diving	+11
Track and Field	+7
Tennis	+5
Ice Hockey	+3
Gymnastics	+1
Lacrosse	+1
Soccer	+1
Volleyball	-1
Field Hockey	-1
Golf	-3
Basketball	-6
Softball	-7

Note: Self-reported survey data. Average difference rounded to nearest whole number. "+" indicates more time on academics than athletics. Source: NCAA GOALS Study (2025).

Division II – Average Difference in Hours Spent Per Week on Academic vs. Athletic Activities In-Season

Men's Sports	Hours / Week
Track and Field	+7
Swimming and Diving	+5
Wrestling	+5
Soccer	+1
Tennis	+1
Lacrosse	-3
Football	-5
Golf	-6
Basketball	-6
Baseball	-7

Women's Sports	Hours / Week
Swimming and Diving	+9
Track and Field	+8
Tennis	+7
Field Hockey	+5
Soccer	+5
Lacrosse	+4
Golf	+3
Volleyball	+2
Basketball	0
Softball	-2

Note: Self-reported survey data. Average difference rounded to nearest whole number. "+" indicates more time on academics than athletics. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division III – Average Difference in Hours Spent Per Week on Academic vs. Athletic Activities In-Season

Men's Sports	Hours / Week
Swimming and Diving	+12
Track and Field	+11
Tennis	+11
Soccer	+5
Football	+5
Wrestling	+3
Lacrosse	+3
Golf	+3
Basketball	0
Ice Hockey	-1
Baseball	-6

Women's Sports	Hours / Week
Rowing	+17
Tennis	+16
Swimming and Diving	+16
Track and Field	+14
Field Hockey	+14
Golf	+12
Soccer	+10
Volleyball	+8
Lacrosse	+8
Basketball	+7
Softball	+5
Ice Hockey	+4

Note: Self-reported survey data. Average difference rounded to nearest whole number. "+" indicates more time on academics than athletics. Athletic activities include practicing, training, competing, athletic training room, meetings with coaches, team functions, film study, etc. Academic activities include attending class/lab/discussion groups, studying, academic work outside of class, etc. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Percentage of Student-Athletes Reporting as Much or More Time on Athletic Activities in Off-Season than in In-Season

		2015	2019	2025
Division I	Men's Sports	72%	72%	74%
	Women's Sports	59%	63%	56%
Division II	Men's Sports	74%	70%	71%
	Women's Sports	60%	53%	54%
Division III	Men's Sports	59%	56%	55%
	Women's Sports	39%	35%	35%

Outliers:

- Sports with highest % saying they spend as much or more time on athletic activities in off-season: DI men's track and field (87%), DI men's golf (82%), DII men's track and field (80%), DII baseball (78%), FBS football (78%), DI women's track and field (78%), DI baseball (77%) and FCS football (76%).

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Division I – Percentage of Student-Athletes Reporting as Much or More Time on Athletic Activities in Off-Season than in In-Season

Men's Sports	
Track and Field	87%
Golf	82%
FBS Football	78%
Baseball	77%
FCS Football	76%
Lacrosse	75%
Tennis	75%
Wrestling	72%
Basketball	64%
Soccer	63%
Swimming and Diving	40%
Ice Hockey	36%

Women's Sports	
Track and Field	78%
Softball	66%
Tennis	66%
Golf	65%
Gymnastics	62%
Lacrosse	55%
Rowing	55%
Soccer	52%
Field Hockey	48%
Volleyball	46%
Basketball	42%
Ice Hockey	26%
Swimming and Diving	23%

Source: NCAA GOALS Study (2025).

Division II – Percentage of Student-Athletes Reporting as Much or More Time on Athletic Activities in Off-Season than in In-Season

Men's Sports	
Track and Field	80%
Baseball	78%
Golf	75%
Basketball	73%
Football	71%
Tennis	70%
Lacrosse	70%
Soccer	62%
Wrestling	58%
Swimming and Diving	30%

Women's Sports	
Track and Field	74%
Tennis	66%
Golf	60%
Soccer	56%
Softball	55%
Lacrosse	52%
Basketball	46%
Field Hockey	43%
Volleyball	42%
Swimming and Diving	15%

NCAA RESEARCH

Source: NCAA GOALS Study (2025).

Division III – Percentage of Student-Athletes Reporting as Much or More Time on Athletic Activities in Off-Season than in In-Season

Men's Sports	
Track and Field	68%
Baseball	64%
Basketball	63%
Golf	63%
Tennis	59%
Wrestling	55%
Lacrosse	54%
Football	49%
Ice Hockey	49%
Soccer	48%
Swimming and Diving	24%

Women's Sports	
Track and Field	55%
Rowing	53%
Golf	40%
Softball	39%
Basketball	37%
Lacrosse	35%
Tennis	32%
Soccer	32%
Volleyball	30%
Ice Hockey	26%
Field Hockey	19%
Swimming and Diving	15%

NCAA RESEARCH

Source: NCAA GOALS Study (2025).

Missed Class and Time Away from Campus

Summary – Missed Class and Time Away from Campus

- 2025 reports of missed classes in-season were generally low and similar to those seen in 2010, 2015 and 2019. Sports with the highest percentages of student-athletes missing four or more classes in a typical in-season week: Division I and II women's golf (28% and 33%, respectively), Division I women's basketball (23%) and Division I and II women's tennis (20% and 23%, respectively).

- The typical NCAA student-athlete reports being away from campus about 1.5 days per week for in-season athletic competitions.
  - Highest absence rates: Division I and II softball (2.9 and 2.3 days, respectively), Division I and II women's golf (2.6 and 2.7), Division I and II women's volleyball (2.6 and 2.3), and Division I baseball (2.3).
  - Sports with a majority of student-athletes reporting 3+ days away from campus: Division I softball (70%), Division I and II women's golf (66%), Division I volleyball (61%) and Division I baseball (52%).

- Half of student-athletes reported being okay with the current amount of time spent traveling to away competitions, while 27% would prefer more time and 23% reported wanting less time traveling. Preference for less time traveling to away competitions was highest among women's sports athletes across divisions.

Average Classes Missed Per Week During Season, 2019-2025

		2019		2025	
		Average Number Missed	% Who Missed More than 3 Classes	Average Number Missed	% Who Missed More than 3 Classes
Division I	Men's Sports	1.7	11%	1.5	11%
	Women's Sports	2.0	14%	1.8	13%
Division II	Men's Sports	1.6	11%	1.5	12%
	Women's Sports	1.9	13%	1.9	13%
Division III	Men's Sports	1.1	7%	1.2	8%
	Women's Sports	1.2	6%	1.3	8%

Note: Self-reported survey data. Participants were asked, "During your most recent athletic season, how many classes did you miss on average each week for any reason (practice, travel, competition, skipped)?" Sources: NCAA GOALS Studies (2019, 2025).

NCAA RESEARCH

Division I – Average Classes Missed Per Week During Season

Men's Sports	Avg. # Missed	Missed > 3
Tennis	2.0	15%
Basketball	1.9	14%
Golf	1.9	17%
Baseball	1.8	14%
Ice Hockey	1.7	10%
Soccer	1.6	10%
Track and Field	1.4	10%
Swimming and Diving	1.4	7%
Lacrosse	1.3	8%
FCS Football	1.3	10%
FBS Football	1.2	12%
Wrestling	1.0	3%

Women's Sports	Avg. # Missed	Missed > 3
Basketball	2.5	23%
Golf	2.5	28%
Tennis	2.3	20%
Softball	2.2	18%
Lacrosse	2.1	14%
Volleyball	2.1	14%
Field Hockey	1.9	9%
Soccer	1.9	13%
Ice Hockey	1.8	5%
Track and Field	1.5	9%
Gymnastics	1.4	6%
Swimming and Diving	1.3	6%
Rowing	1.0	5%

Note: Self-reported survey data. Participants were asked, "During your most recent athletic season, how many classes did you miss on average each week for any reason (practice, travel, competition, skipped)?" Source: NCAA GOALS Study (2025).

Division II – Average Classes Missed Per Week During Season

Men's Sports	Avg. # Missed	Missed > 3
Golf	2.0	18%
Basketball	1.9	19%
Baseball	1.8	15%
Tennis	1.7	13%
Track and Field	1.5	10%
Football	1.4	13%
Soccer	1.4	9%
Swimming and Diving	1.3	12%
Lacrosse	1.3	6%
Wrestling	1.0	7%

Women's Sports	Avg. # Missed	Missed > 3
Golf	2.7	33%
Tennis	2.3	23%
Soccer	2.2	16%
Softball	2.1	16%
Basketball	2.1	16%
Volleyball	1.9	9%
Field Hockey	1.7	11%
Lacrosse	1.5	7%
Track and Field	1.3	7%
Swimming and Diving	1.0	4%

Note: Self-reported survey data. Participants were asked, "During your most recent athletic season, how many classes did you miss on average each week for any reason (practice, travel, competition, skipped)?" Source: NCAA GOALS Study (2025).

Division III – Average Classes Missed Per Week During Season

Men's Sports	Avg. # Missed	Missed > 3
Baseball	1.7	11%
Golf	1.6	10%
Wrestling	1.4	10%
Tennis	1.4	10%
Soccer	1.3	7%
Basketball	1.2	8%
Lacrosse	1.2	8%
Track and Field	1.1	7%
Ice Hockey	1.0	5%
Football	0.9	8%
Swimming and Diving	0.9	6%

Women's Sports	Avg. # Missed	Missed > 3
Golf	1.8	13%
Softball	1.8	13%
Tennis	1.7	13%
Volleyball	1.3	7%
Ice Hockey	1.3	5%
Soccer	1.3	4%
Basketball	1.2	6%
Lacrosse	1.2	6%
Field Hockey	1.1	6%
Track and Field	1.0	7%
Swimming and Diving	0.9	7%
Rowing	0.6	1%

Note: Self-reported survey data. Participants were asked, "During your most recent athletic season, how many classes did you miss on average each week for any reason (practice, travel, competition, skipped)?" Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Average Days Away from Campus in a Typical Week for Athletic Competition, 2019-2025

		2019		2025	
		Average Number of Days Away	% Who Spent 3+ Days Away	Average Number of Days Away	% Who Spent 3+ Days Away
Division I	Men's Sports	1.6	19%	1.5	17%
	Women's Sports	2.0	32%	1.8	28%
Division II	Men's Sports	1.4	15%	1.5	15%
	Women's Sports	1.8	25%	1.9	27%
Division III	Men's Sports	1.2	9%	1.2	7%
	Women's Sports	1.5	12%	1.3	10%

Note: Self-reported survey data. Participants were asked, "During the season, how much time in a typical week (including weekends) do you spend away from campus due to athletics competition?" Sources: NCAA GOALS Studies (2019, 2025).

NCAA RESEARCH

Division I – Average Days Away from Campus in a Typical Week for Athletic Competition

Men's Sports	Avg. # Days Away	3+ Days Away
Baseball	2.3	52%
Golf	2.2	42%
Basketball	1.9	28%
Ice Hockey	1.9	30%
Tennis	1.8	20%
Track and Field	1.6	11%
Soccer	1.4	8%
Lacrosse	1.3	4%
Wrestling	1.2	7%
FBS Football	1.1	6%
FCS Football	1.1	5%
Swimming and Diving	1.0	3%

Women's Sports	Avg. # Days Away	3+ Days Away
Softball	2.9	70%
Golf	2.6	66%
Volleyball	2.6	61%
Basketball	2.1	42%
Tennis	2.0	30%
Field Hockey	1.9	25%
Gymnastics	1.8	24%
Soccer	1.8	21%
Track and Field	1.7	15%
Lacrosse	1.7	7%
Ice Hockey	1.6	19%
Swimming and Diving	1.1	1%
Rowing	1.0	2%

Note: Self-reported survey data. Participants were asked, "During the season, how much time in a typical week (including weekends) do you spend away from campus due to athletics competition?" Source: NCAA GOALS Study (2025).

Division II – Average Days Away from Campus in a Typical Week for Athletic Competition

Men's Sports	Avg. # Days Away	3+ Days Away
Baseball	2.0	38%
Golf	2.0	42%
Basketball	1.6	25%
Tennis	1.4	10%
Soccer	1.3	10%
Track and Field	1.3	6%
Lacrosse	1.1	3%
Wrestling	1.1	2%
Football	1.0	5%
Swimming and Diving	1.0	2%

Women's Sports	Avg. # Days Away	3+ Days Away
Golf	2.7	66%
Softball	2.3	46%
Volleyball	2.3	41%
Basketball	2.0	34%
Soccer	1.9	24%
Tennis	1.8	19%
Field Hockey	1.6	10%
Lacrosse	1.5	10%
Track and Field	1.3	6%
Swimming and Diving	1.0	2%

Note: Self-reported survey data. Participants were asked, "During the season, how much time in a typical week (including weekends) do you spend away from campus due to athletics competition?" Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division III – Average Days Away from Campus in a Typical Week for Athletic Competition

Men's Sports	Avg. # Days Away	3+ Days Away
Baseball	1.8	23%
Golf	1.4	11%
Wrestling	1.4	4%
Basketball	1.3	7%
Tennis	1.3	4%
Ice Hockey	1.2	4%
Soccer	1.2	5%
Track and Field	1.0	0%
Lacrosse	1.0	3%
Swimming and Diving	0.8	2%
Football	0.8	3%

Women's Sports	Avg. # Days Away	3+ Days Away
Golf	2.0	30%
Softball	2.0	26%
Volleyball	1.7	19%
Tennis	1.6	9%
Basketball	1.5	10%
Soccer	1.5	8%
Field Hockey	1.4	5%
Ice Hockey	1.3	3%
Lacrosse	1.3	3%
Track and Field	1.1	1%
Swimming and Diving	0.9	1%
Rowing	0.9	0%

Note: Self-reported survey data. Participants were asked, "During the season, how much time in a typical week (including weekends) do you spend away from campus due to athletics competition?" Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Student-Athlete Preferences for Time Spent Traveling to Away Competitions

		Prefer More Time	OK with Current Time	Prefer Less Time
Division I	Men's Sports	38%	49%	13%
	Women's Sports	24%	52%	24%
Division II	Men's Sports	37%	46%	17%
	Women's Sports	22%	47%	31%
Division III	Men's Sports	27%	50%	23%
	Women's Sports	13%	53%	34%

Note: Participants were asked, "If you could, would you prefer to spend more or less time traveling to away competitions while in college?" Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Percentage of Student-Athletes Reporting They Would Prefer to Spend Less Time Traveling to Away Competitions

		2015	2019	2025
Division I	Men's Sports	17%	19%	13%
	Women's Sports	29%	28%	24%
Division II	Men's Sports	17%	18%	17%
	Women's Sports	29%	30%	31%
Division III	Men's Sports	24%	24%	23%
	Women's Sports	33%	34%	34%

Outliers:

- Sports with highest % stating they would prefer to spend less time traveling: DIII women's lacrosse (43%), DI women's basketball (43%), DIII women's ice hockey (40%), DII women's basketball (40%) and DII women's volleyball (40%).

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Number of Competitions

Summary – Satisfaction with Number of Competitions

- Most student-athletes across division expressed satisfaction with the number of contests in their sport, with 26% of those competing in men's sports and 17% in women's sports wanting even more contests (including high percentages in men's ice hockey, men's soccer, men's golf, men's tennis and women's rowing).

- The percentage of student-athletes expressing a desire for fewer competitions was low (4% in men's sports and 9% in women's sports). Sports where student-athletes were most likely to express a desire for fewer competitions included softball, women's golf, women's tennis and both men's and women's swimming and diving.

- Women's sports student-athletes were more likely than those competing on men's teams to state a preference for spending less time on athletics.

Percentage of Student-Athletes Reporting They Would Prefer More College Games/Competitions, 2015-2025

		2015	2019	2025
Division I	Men's Sports	26%	25%	23%
	Women's Sports	19%	18%	17%
Division II	Men's Sports	29%	26%	28%
	Women's Sports	19%	18%	18%
Division III	Men's Sports	32%	26%	26%
	Women's Sports	21%	16%	16%

Outliers:

- Highest % stating they would prefer more competitions: DI/DIII men's ice hockey (53% and 46%, respectively), DIII men's tennis (43%), DII men's soccer (42%), DII/DIII men's golf (39%, 38%), DI/DIII men's soccer (37%), DII men's track (36%) and DII men's tennis (35%).

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Percentage of Student-Athletes Reporting They Would Prefer Fewer College Games/Competitions, 2015-2025

		2015	2019	2025
Division I	Men's Sports	7%	7%	5%
	Women's Sports	10%	12%	8%
Division II	Men's Sports	4%	6%	3%
	Women's Sports	10%	12%	10%
Division III	Men's Sports	5%	6%	4%
	Women's Sports	7%	9%	8%

Outliers:

- DI/DII softball were most likely to report that they would prefer fewer competitions (22%, 26%, respectively); the next highest teams were below 15%.

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Percentage of Student-Athletes Reporting They Would Prefer to Spend More Time on Athletics, 2015-2025

		2015	2019	2025
Division I	Men's Sports	42%	43%	45%
	Women's Sports	24%	24%	27%
Division II	Men's Sports	52%	49%	50%
	Women's Sports	33%	29%	30%
Division III	Men's Sports	50%	48%	47%
	Women's Sports	33%	33%	31%

Outliers:

- Similar to prior iterations, men's golfers (56%) were most likely to prefer spending more time on athletics.

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Percentage of Student-Athletes Reporting They Would Prefer to Spend Less Time on Athletics, 2015-2025

		2015	2019	2025
Division I	Men's Sports	16%	14%	9%
	Women's Sports	25%	26%	16%
Division II	Men's Sports	11%	12%	7%
	Women's Sports	20%	19%	17%
Division III	Men's Sports	10%	11%	8%
	Women's Sports	15%	16%	15%

Outliers:

- Sports with 20% or more respondents who prefer less time on athletics: DI field hockey, DI/DII women's lacrosse, DI women's basketball, DI/DII women's softball and DII women's soccer.

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Extracurricular and Job-Related Activities

Summary – Time for Extracurricular, Job or NIL Activities

- More than half of student-athletes report wanting more time for extracurricular activities. No information was collected on type of activity desired. The preference for additional extracurriculars is highest among women's sports student-athletes (59%) and student-athletes in Division I (54%).
- The percentage of student-athletes working at a job or spending time on NIL commitments varies strongly by division and sport. Division III has the most student-athletes working at a job during the school year while Division I has the highest NIL engagement.
- Sports with the most student-athletes engaging in NIL deals: FBS football (42%), DI men's basketball (33%), FCS football (22%), DII men's basketball (17%), DI women's gymnastics (16%), DII football (16%) and DII men's tennis (16%).

Percentage of Student-Athletes Reporting They Would Prefer to Spend More Time on Extracurricular Activities, 2015-2025

		2015	2019	2025
Division I	Men's Sports	52%	50%	49%
	Women's Sports	64%	66%	61%
Division II	Men's Sports	49%	48%	45%
	Women's Sports	57%	59%	58%
Division III	Men's Sports	49%	49%	47%
	Women's Sports	57%	60%	57%

Outliers:

- DI field hockey and DI women's rowing: >70% would prefer more time for extracurricular activities.

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Percentage of Student-Athletes Working at a Job for Pay

		% with a Job	Average Hours/Week
Division I	Men's Sports	21%	8.2
	Women's Sports	27%	8.1
Division II	Men's Sports	33%	8.9
	Women's Sports	38%	8.7
Division III	Men's Sports	35%	8.2
	Women's Sports	49%	7.4

Outliers:

- DIII women's golf, field hockey, women's swimming and diving, women's track and field and women's rowing: >50% working at a job for pay.
- DI men's lacrosse, women's basketball, women's golf, women's ice hockey, baseball, men's ice hockey and men's golf: <15% working at a job for pay.

Note: Self-reported survey data. **Does not include NIL opportunities.** Participants were asked, "Not counting any NIL opportunities, how many hours per week do you spend working at a job for pay (including work-study)?" Source: NCAA GOALS Study (2025).

Percentage of Student-Athletes with NIL Commitments

		% with NIL Commitments	Average Hours/Week
Division I	Men's Sports	19%	4.9
	Women's Sports	11%	3.7
Division II	Men's Sports	12%	6.2
	Women's Sports	9%	4.1
Division III	Men's Sports	8%	5.8
	Women's Sports	6%	4.9

Outliers:

- Sports with highest % of student-athletes with NIL commitments: FBS football (42%), DI men's basketball (33%), FCS football (22%), DII men's basketball (17%), DI women's gymnastics (16%), DII football (16%), DII men's tennis (16%).

Note: Self-reported survey data. Participants were asked, "How many hours per week do you spend on name, image and likeness (NIL) commitments?" Source: NCAA GOALS Study (2025).

Division I – Percentage of Student-Athletes with NIL Commitments

Men's Sports	% with NIL Deals	Avg. Hrs./Week
FBS Football	42%	4.7
Basketball	33%	4.5
FCS Football	22%	5.1
Baseball	13%	5.3
Track and Field	12%	5.6
Lacrosse	11%	4.9
Wrestling	11%	7.1
Soccer	10%	5.5
Golf	10%	3.3
Tennis	10%	3.4
Swimming and Diving	7%	4.8
Ice Hockey	4%	4.0

Women's Sports	% with NIL Deals	Avg. Hrs./Week
Gymnastics	16%	3.1
Soccer	14%	3.3
Basketball	13%	3.4
Volleyball	13%	3.2
Golf	12%	4.8
Track and Field	12%	4.4
Softball	11%	3.7
Ice Hockey	9%	4.3
Tennis	8%	3.4
Lacrosse	6%	3.3
Field Hockey	6%	3.6
Swimming and Diving	5%	3.5
Rowing	4%	3.0

Note: Self-reported survey data. Participants were asked, "How many hours per week do you spend on name, image and likeness (NIL) commitments?"
Source: NCAA GOALS Study (2025).

Division II – Percentage of Student-Athletes with NIL Commitments

Men's Sports	% with NIL Deals	Avg. Hrs./Week
Basketball	17%	5.7
Football	16%	6.9
Tennis	16%	5.0
Soccer	12%	5.3
Wrestling	10%	6.1
Baseball	9%	6.7
Lacrosse	9%	6.3
Track and Field	8%	5.2
Golf	7%	5.0
Swimming and Diving	6%	5.5

Women's Sports	% with NIL Deals	Avg. Hrs./Week
Track and Field	11%	4.5
Softball	10%	4.1
Lacrosse	9%	4.5
Golf	9%	3.5
Tennis	9%	6.0
Soccer	8%	3.5
Swimming and Diving	8%	4.9
Basketball	8%	3.7
Volleyball	7%	3.4
Field Hockey	6%	4.7

Note: Self-reported survey data. Participants were asked, "How many hours per week do you spend on name, image and likeness (NIL) commitments?" Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Division III – Percentage of Student-Athletes with NIL Commitments

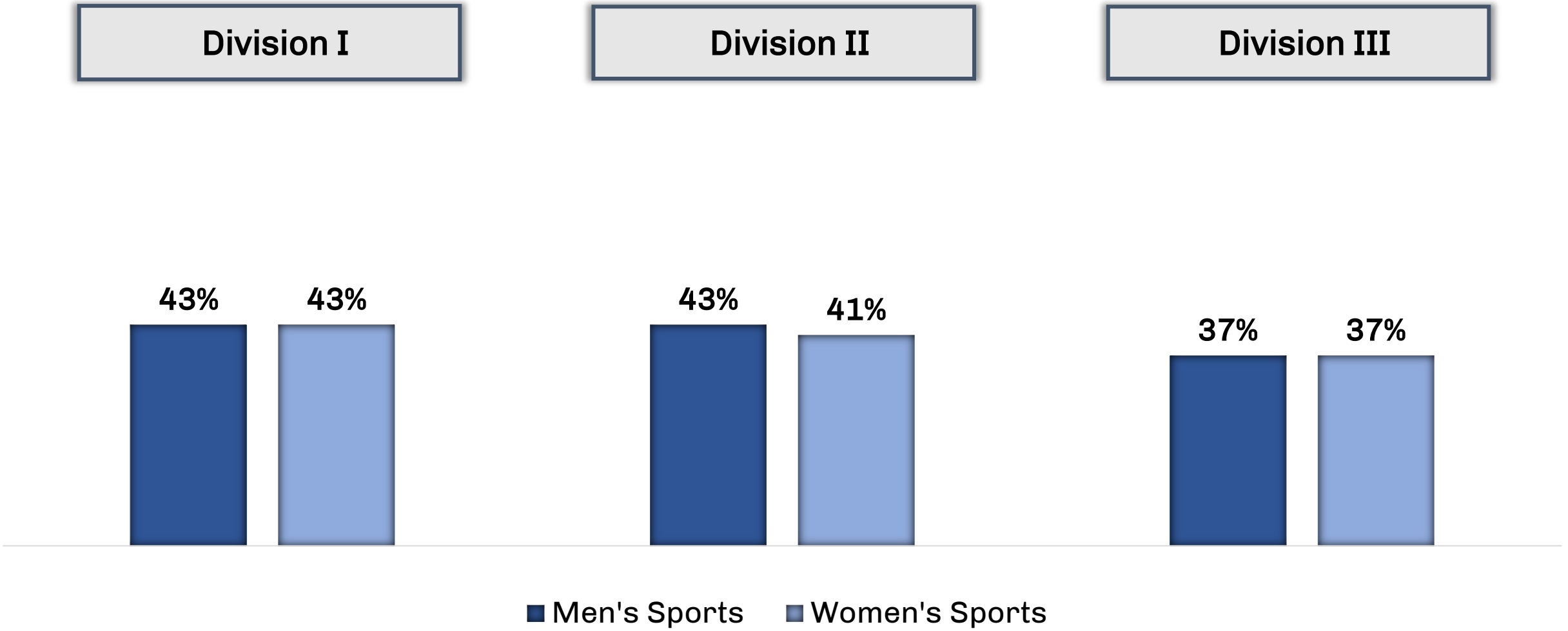
Men's Sports	% with NIL Deals	Avg. Hrs./Week
Wrestling	11%	3.9
Tennis	10%	6.6
Soccer	9%	5.7
Football	9%	5.6
Basketball	8%	6.6
Golf	8%	3.7
Lacrosse	7%	9.2
Baseball	6%	5.8
Swimming and Diving	5%	4.9
Ice Hockey	5%	4.1
Track and Field	5%	5.5

Women's Sports	% with NIL Deals	Avg. Hrs./Week
Volleyball	10%	4.2
Tennis	9%	4.7
Golf	8%	4.9
Softball	7%	4.5
Track and Field	7%	6.5
Soccer	6%	4.0
Field Hockey	6%	6.6
Swimming and Diving	6%	4.9
Rowing	6%	4.0
Lacrosse	5%	5.5
Basketball	3%	6.2
Ice Hockey	2%	8.0

Note: Self-reported survey data. Participants were asked, "How many hours per week do you spend on name, image and likeness (NIL) commitments?" Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Percentage of Student-Athletes Reporting They Would Prefer to Spend More Time Working at a Job or on NIL Commitments



Note: Top 2 points on a 6-point scale. This work-related item was modified to add NIL commitments in 2025 so it cannot be compared to previous iterations. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Socialization, Relaxation and Family Activities

Summary – Time for Socializing, Relaxing or Family

- The median self-reported weekly time spent socializing, relaxing or with family during the athletic season was 17.5 hours in 2025, up from 15.5 hours in 2019.

- Men's sports athletes reported three more hours for socializing, relaxing or family activities during a typical in-season week than women's sports athletes (18.5 hours vs. 15.5 hours).

- Nearly two-thirds of men's sports student-athletes and 70% of women (highest in Division I) express a preference for more opportunities to visit home and family. These percentages are down slightly from 2019.

- High percentages of student-athletes expressed a desire to have more time for socializing with friends and relaxing alone. This was especially true among women's sports student-athletes with high levels of academic and athletic time commitments.

Median Hours Spent Per Week on Socializing, Relaxing or Family Activities In-Season by Sport Gender

	Men's Sports (hours / week)	Women's Sports (hours / week)
Division I	17.5	15.5
Division II	18.5	15.5
Division III	18.5	15.5

Note: Self-reported survey data. Source: NCAA GOALS Study (2025).

NCAA RESEARCH

Percentage of Student-Athletes Reporting They Would Prefer to Spend More Time Visiting Home or Family, 2015-2025

		2015	2019	2025
Division I	Men's Sports	68%	69%	66%
	Women's Sports	76%	78%	73%
Division II	Men's Sports	62%	66%	63%
	Women's Sports	72%	72%	73%
Division III	Men's Sports	56%	61%	60%
	Women's Sports	63%	66%	64%

Outliers:

- DI/DII softball, DI women's basketball, and gymnastics: >80% would prefer more time visiting home or family.

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Percentage of Student-Athletes Reporting They Would Prefer to Spend More Time Socializing with Friends, 2015-2025

		2015	2019	2025
Division I	Men's Sports	62%	62%	58%
	Women's Sports	72%	76%	72%
Division II	Men's Sports	57%	60%	57%
	Women's Sports	68%	69%	72%
Division III	Men's Sports	58%	62%	61%
	Women's Sports	67%	70%	71%

Outliers:

- DI field hockey, DI women's rowing, DI women's lacrosse, DIII women's tennis, DI/DII women's volleyball, DI women's basketball, DII women's soccer, DI women's golf: 75% or more would prefer more time socializing with friends.
- At least half of participants in every sport except for DI men's ice hockey (47%) want more time to socialize. However, the top 29 sport percentages are all from women's sports.

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Percentage of Student-Athletes Reporting They Would Prefer to Spend More Time Relaxing Alone, 2015-2025

		2015	2019	2025
Division I	Men's Sports	66%	67%	59%
	Women's Sports	78%	82%	75%
Division II	Men's Sports	61%	63%	57%
	Women's Sports	75%	76%	76%
Division III	Men's Sports	60%	62%	60%
	Women's Sports	73%	75%	73%

Outliers:

- DI field hockey, DI/DII women's volleyball, DI women's basketball, DII women's soccer: 80% or more would prefer more time to relax alone.
- Similar to prior iterations, strong dichotomy between percentages in women's and men's sports (32 highest sport percentages are in women's sports, ranging 67-82%).

NCAA RESEARCH

Sources: NCAA GOALS Studies (2015, 2019, 2025).

Sleep

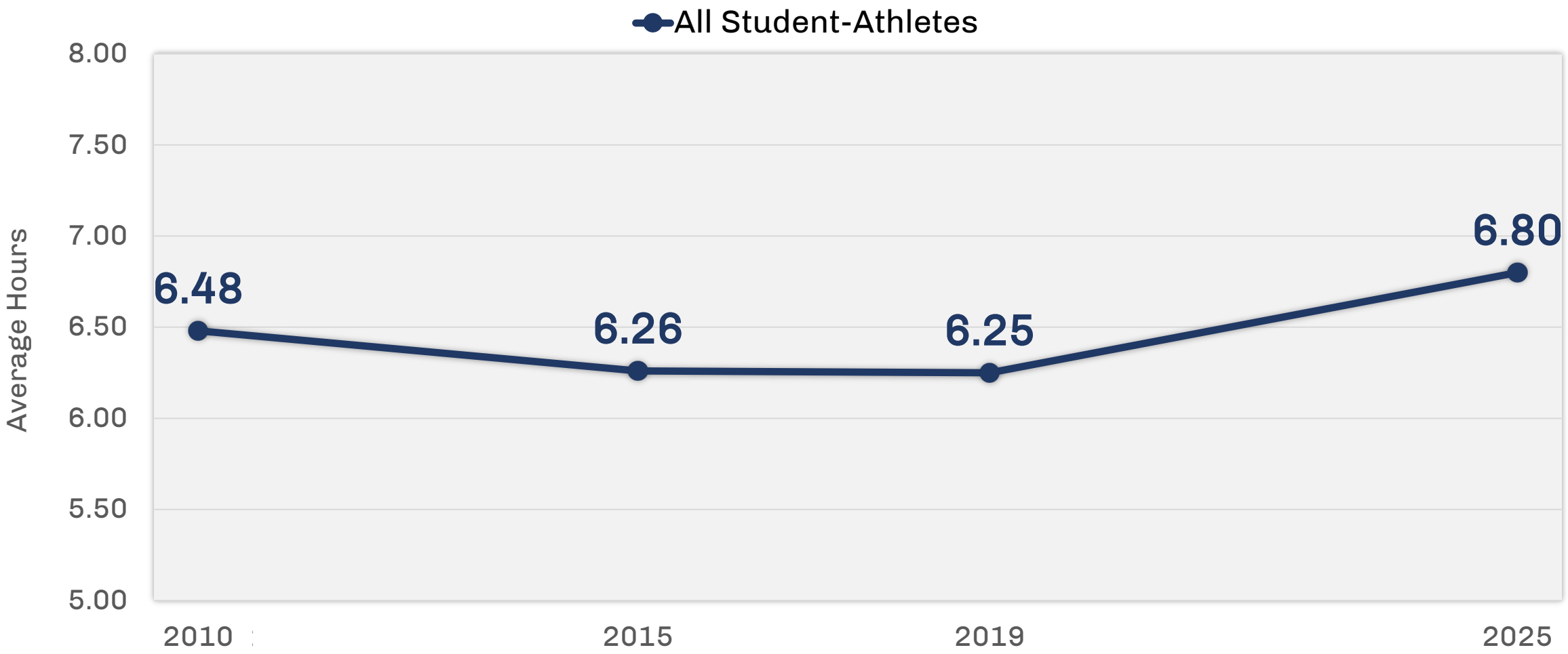
Summary – Sleep

- Student-athletes in the 2025 GOALS Study reported sleeping an average of 6 hours and 48 minutes on a typical in-season weeknight. That is up more than 30 minutes from 6 hours and 15 minutes reported in 2015 and 2019.

- As seen in previous iterations of the survey, ice hockey student-athletes reported the highest average weekday hours of sleep (7 hours and 16 minutes for men, 7 hours and 1 minute for women), while football student-athletes reported the lowest average (6 hours and 24 minutes, up from 5 hours and 51 minutes in 2019).

- Positive increases in the average amount of sleep time on a typical weeknight in-season were seen across nearly all sports in 2025.

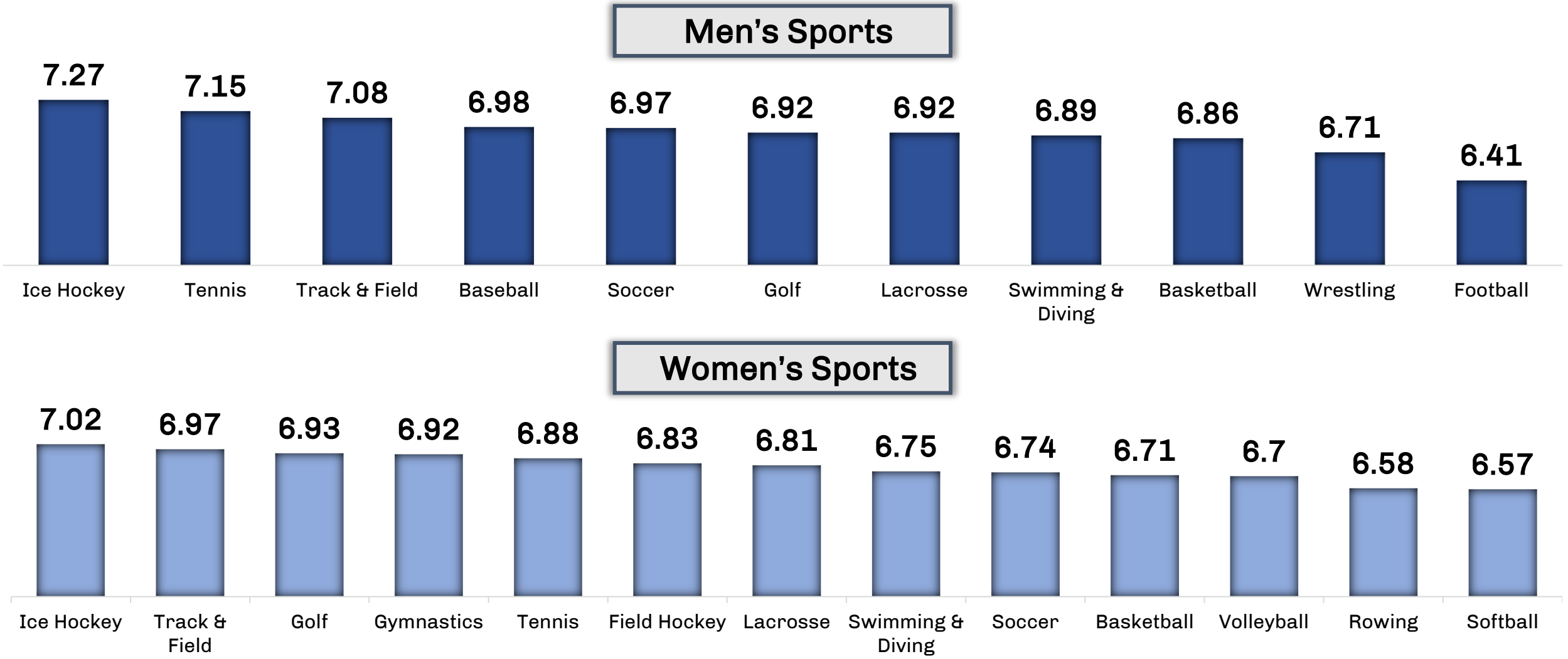
Trends in Average Weekday Hours of Sleep In-Season, 2010-2025



NCAA RESEARCH

Note: Self-reported survey data. Sources: NCAA GOALS Studies (2010, 2015, 2019, 2025).

Average Weekday Hours of Sleep In-Season



NCAA RESEARCH

Note: Self-reported survey data. Source: NCAA GOALS Study (2025).

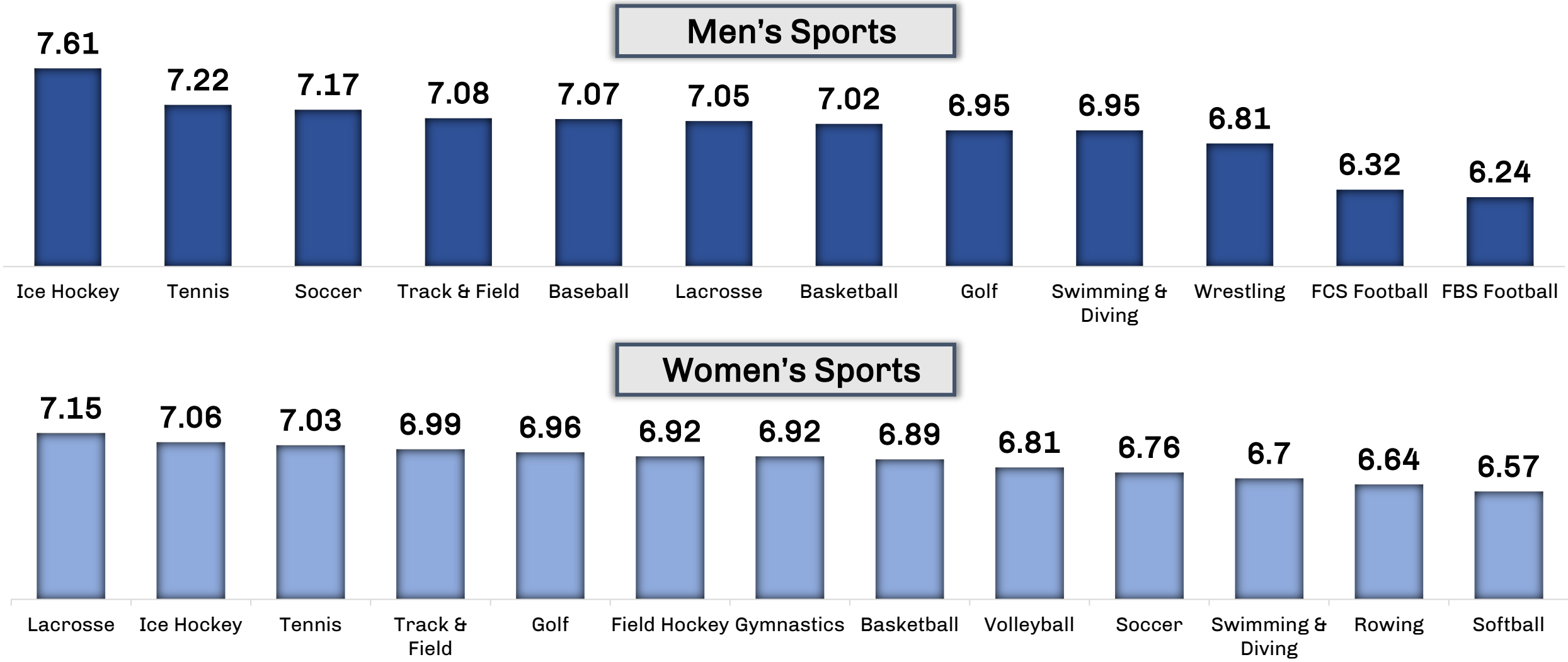
Change in Average Weekday Hours of Sleep In-Season, 2019-2025

Men's Sports	+/- Minutes
Lacrosse	+46
Soccer	+41
Tennis	+40
Swimming and Diving	+39
Baseball	+38
Basketball	+35
Football	+34
Track and Field	+33
Ice Hockey	+19
Golf	+19
Wrestling	+9

Women's Sports	+/- Minutes
Volleyball	+40
Golf	+37
Soccer	+35
Basketball	+34
Softball	+32
Rowing	+29
Tennis	+29
Field Hockey	+28
Gymnastics	+27
Track and Field	+27
Swimming and Diving	+25
Lacrosse	+25
Ice Hockey	+21

Note: Self-reported survey data. Sources: NCAA GOALS Studies (2019, 2025).

Division I – Average Weekday Hours of Sleep In-Season



NCAA RESEARCH

Note: Self-reported survey data. Source: NCAA GOALS Study (2025).

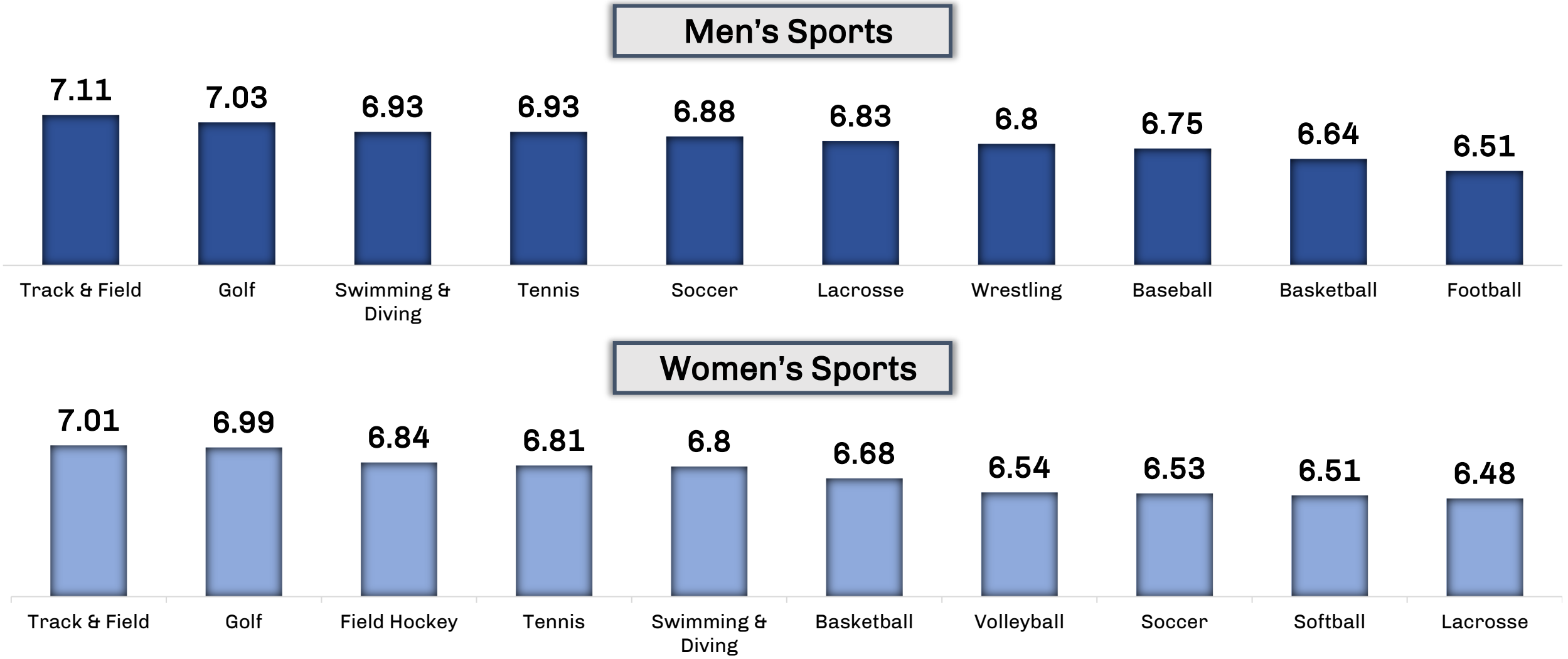
Division I – Change in Average Weekday Hours of Sleep In-Season, 2019-2025

Men's Sports	+/- Minutes
Tennis	+58
Swimming and Diving	+49
Soccer	+43
FBS Football	+41
Lacrosse	+41
Basketball	+35
Baseball	+33
FCS Football	+29
Golf	+23
Ice Hockey	+23
Track and Field	+22
Wrestling	-1

Women's Sports	+/- Minutes
Volleyball	+50
Basketball	+38
Lacrosse	+37
Golf	+35
Softball	+34
Rowing	+34
Soccer	+29
Track and Field	+28
Gymnastics	+27
Tennis	+23
Field Hockey	+21
Swimming and Diving	+20
Ice Hockey	+15

Note: Self-reported survey data. Sources: NCAA GOALS Studies (2019, 2025).

Division II – Average Weekday Hours of Sleep In-Season



NCAA RESEARCH

Note: Self-reported survey data. Source: NCAA GOALS Study (2025).

Division II – Change in Average Weekday Hours of Sleep In-Season, 2019-2025

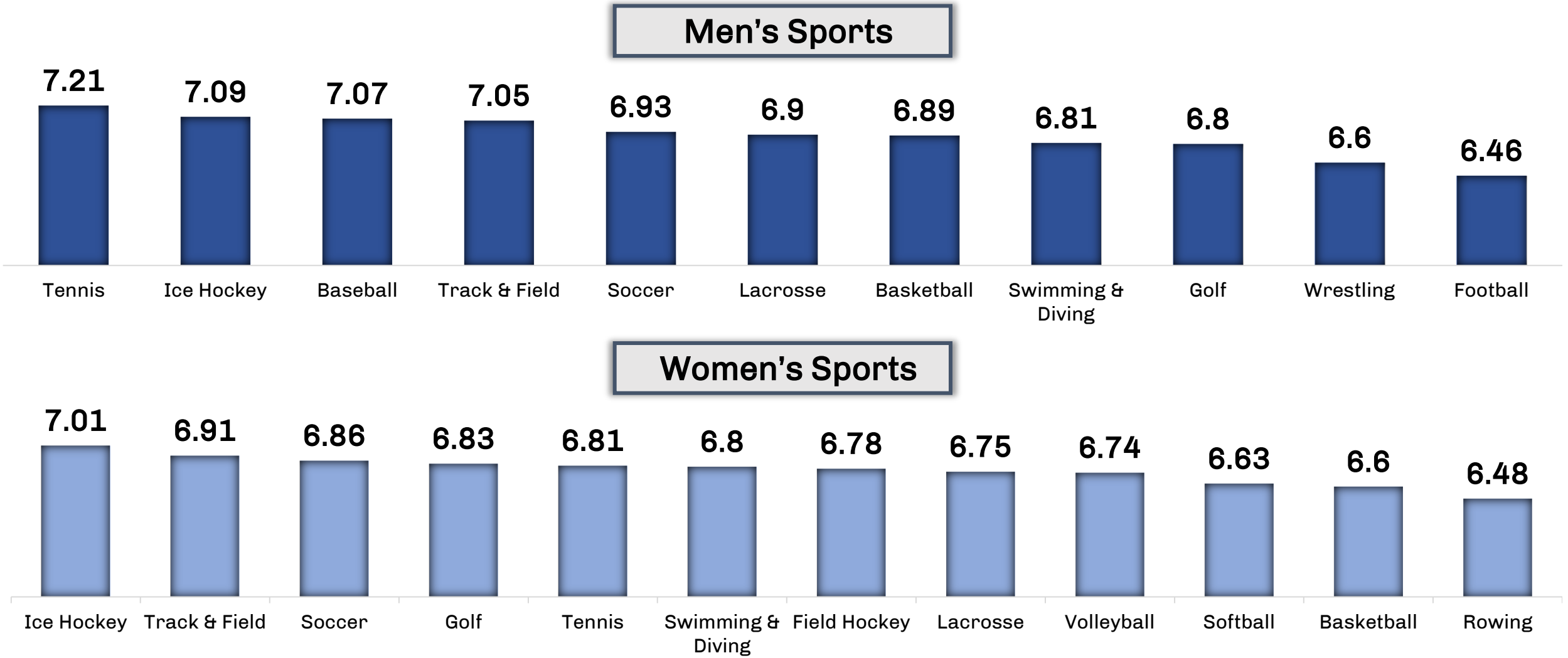
Men's Sports	+/- Minutes
Soccer	+47
Football	+46
Swimming and Diving	+46
Track and Field	+39
Lacrosse	+38
Wrestling	+35
Baseball	+27
Basketball	+22
Golf	+17
Tennis	+14

Women's Sports	+/- Minutes
Track and Field	+41
Basketball	+37
Field Hockey	+37
Golf	+34
Softball	+29
Volleyball	+26
Swimming and Diving	+20
Soccer	+18
Lacrosse	+16
Tennis	+14

NCAA RESEARCH

Note: Self-reported survey data. Sources: NCAA GOALS Studies (2019, 2025).

Division III – Average Weekday Hours of Sleep In-Season



NCAA RESEARCH

Note: Self-reported survey data. Source: NCAA GOALS Study (2025).

Division III – Change in Average Weekday Hours of Sleep In-Season, 2019-2025

Men's Sports	+/- Minutes
Baseball	+50
Lacrosse	+50
Basketball	+41
Track and Field	+41
Tennis	+40
Soccer	+37
Swimming and Diving	+28
Football	+25
Ice Hockey	+22
Golf	+16
Wrestling	+4

Women's Sports	+/- Minutes
Soccer	+51
Volleyball	+43
Tennis	+41
Golf	+39
Softball	+32
Swimming and Diving	+32
Field Hockey	+31
Basketball	+30
Ice Hockey	+25
Lacrosse	+20
Rowing	+20
Track and Field	+14

NCAA RESEARCH

Note: Self-reported survey data. Sources: NCAA GOALS Studies (2019, 2025).

Detailed Study Methodology

- This study on student-athlete time commitments is based on data collected in the 2025 NCAA Study of Growth, Opportunities, Aspiration and Learning of Students (GOALS) in college. This is the fifth GOALS study conducted by the NCAA since 2006 and examines the college academic, athletic and social experiences of student-athletes.
- Faculty athletics representatives at all active member schools were asked to survey one to three pre-specified teams on campus. Selected teams were determined by a stratified random sampling procedure.
- The study was administered in-person, either on paper or online (taking about 30 minutes to complete).
- Data collection began in December 2024 and concluded in June 2025.
- A total of 20,887 current student-athletes from 493 schools participated in the study; final data was weighted based on 2024-25 NCAA participation rates to ensure the representativeness of findings.
  - Responses by sport:
    - 12,472 men's sports student-athletes.
    - 8,415 women's sports student-athletes.
  - Responses by division:
    - 7,308 Division I student-athletes.
    - 6,151 Division II student-athletes.
    - 7,428 Division III student-athletes.

RESEARCH

ncaa.org/research

@ncaaresearch |