

NCAA SNAP Study, October 2025 Survey

**Survey Instrument**

The NCAA research team invites you to take this **3-minute** survey on current topics in college sports, including performance technology, the role of SAAC, fan behavior, and your mental wellbeing to inform education efforts and policy-making this school year. Your name will not be collected. Your answers will be kept confidential, as results will be grouped together and reported in aggregate form (e.g., by sport, sub-division, gender). The findings will be made available to NCAA staff, committees, and participating schools within two weeks of the survey's close. You may skip any questions you choose not to answer and can discontinue your participation at any time.

Will you participate?

- ☐ Yes
- ☐ No

[If Yes is selected, show sport selection questions for non-Teamworks users only]

[If No is selected, show text below]

You have indicated that you do NOT wish to continue the survey. To avoid receiving further reminders, please scroll to the bottom of the survey and click "Submit."

[Visible only to student-athletes at schools that are not Teamworks users]

**1. Are you playing on a men's or women's team(s)?**

- ☐ Women's
- ☐ Men's

**2. What is your primary sport?**

Acrobatics & Tumbling  
Baseball  
Basketball  
Beach Volleyball  
Bowling  
Cross Country  
Equestrian  
Fencing  
Field Hockey  
Football  
Golf  
Gymnastics  
Ice Hockey  
Lacrosse  
Rifle  
Rowing  
Rugby

Skiing  
Soccer  
Softball  
Stunt  
Swimming & Diving  
Tennis  
Track & Field  
Triathlon  
Volleyball (Indoor)  
Water Polo  
Westling  
Other (please list)

[If Other, show text question with the title: "Other, list here"]

## [NEW SECTION]

### PERFORMANCE TECHNOLOGY

The NCAA's Sport Science Institute is developing educational materials and best practices for campuses on performance technology. Your feedback on these survey items will be an important contribution to this project.

What are performance technologies? Performance technologies are devices that collect biometric and/or performance data. They can be wearable (e.g., Catapult, FitBit, Apple watch, Whoop, Oura ring, Garmin) or non-wearable (e.g., app-based surveys, video cameras).

#### 1. Do you currently use performance technology? (Select all that apply)

- ☐ Yes, as a part of team-wide use.
- ☐ Yes, on my own, not related to team use.
- ☐ No, I do not use performance technology.
- ☐ I don't know.

[If yes, team wide, show Q4]

[If yes, personal use, show Q3]

[If no or IDK, show text below]

If you do not use performance technology, scroll to the bottom of the page and select "next"

#### 2. When do you use performance technology? (Select all that apply)

- ☐ During practice or conditioning
- ☐ During games/competitions
- ☐ Outside of athletic-related activity

#### 3. Within the past year, what data has your performance technology been tracking for your PERSONAL use? (Select all that apply)

- ☐ Body temperature
- ☐ Calories burned
- ☐ Heart rate

- Menstrual cycle
- Mental health
- Nutrition or food intake
- Performance metrics (e.g., speed, acceleration, distance covered, recovery)
- Sleep
- Other physical health metrics (e.g., SpO2, respiration rate, intensity minutes)

**4. With your current college team, what data has your performance technology been tracking for TEAM use? (Select all that apply)**

- Body temperature
- Calories burned
- Heart rate
- Menstrual cycle
- Mental health
- Nutrition or food intake
- Performance metrics (e.g., speed, acceleration, distance covered, recovery)
- Sleep
- Other physical health metrics (e.g., SpO2, respiration rate, intensity minutes)
- I'm not sure how/why performance technology is used

**5. Who selects the performance technology you use? (Select all that apply)**

- Myself
- Parent / family member
- Teammate
- Head / assistant team coach
- Athletic trainer
- Strength and conditioning coach
- Team dietitian / nutritionist
- Team physician
- Other athletics staff at my school
- Other(s) not affiliated with my school

**6. Who do you talk to about the data collected from performance technologies? (Select all that apply)**

- Parent / family member
- Friend or student-athlete not on your team
- Teammate
- Head / assistant team coach
- Athletic trainer
- Strength and conditioning coach
- Team dietitian / nutritionist

- Team physician
- Other athletics staff at my school
- Other(s) not affiliated with my school
- I don't discuss the data with others

**7. Within the last year, do you think performance technology has impacted your mental health?**

- Yes, it has **positively** impacted my mental health
- Yes, it has **negatively** impacted my mental health
- Yes, it has both positively and negatively impacted my mental health
- No, it has not impacted my mental health
- I'm not sure if it has impacted my mental health

**8. Within the last year, do you think performance technology has impacted your athletic performance?**

- Yes, it has **positively** impacted my athletic performance
- Yes, it has **negatively** impacted my athletic performance
- Yes, it has both positively and negatively impacted my athletic performance
- No, it has not impacted my athletic performance
- I'm not sure if it has impacted my athletic performance

**[NEW SECTION]**

**NATIONAL SAAC SUPPORT**

**9. Which of the following topics do you think should be prioritized by Division I National SAAC this year in terms of designing student-athlete educational resources? (Select all that apply)**

- NCAA rules on sports betting and associated risks (e.g., to student-athletes, sport integrity, etc.)
- Eligibility standards (e.g., Progress Toward Degree)
- Transfer process and rules
- General education about revenue sharing in Division I
- Scholarship impacts due to revenue sharing
- Name, Image and Likeness opportunities and NIL GO
- Preparing for life after college (e.g., career development, networking opportunities, grad school prep, transition support)
- Financial literacy (e.g., budgeting, taxes)
- Concussions (e.g., protocols, risks, management)
- Nutrition
- Mental health support/services
- Post-workout recovery

- Sleep
- Other (please list) [If Other, show text question with the title: "Other, list here"]

[NEW SECTION]

FAN BEHAVIOR

**9. Have you ever received negative or threatening messages from someone who bet on your game (e.g., via Twitter, Instagram, Venmo)?**

- Yes
- No

**10. Have you ever had another student on campus tell you that they won or lost a bet that they placed on your team?**

- Yes
- No

[NEW SECTION]

WELL-BEING

As the 2025-26 school year begins, NCAA research is interested in the overall mental wellbeing of Division I student-athletes. If you feel that you need mental health support, please contact your campus student health office or visit the resources linked at the end of this survey.

**11. In general, how would you rate your mental health, including your mood and your ability to think?**

- Excellent
- Very Good
- Good
- Fair
- Poor

**12. Within the last month, have you felt any of the following constantly or most every day? (Select all that apply, do not select any item if you've felt that way occasionally within the last month):**

- Felt things were hopeless
- Felt overwhelmed by all you had to do
- Felt exhausted (not from physical activity)
- Felt very lonely
- Felt sad
- Felt so depressed it was difficult to function
- Felt overwhelming anxiety
- Felt overwhelming anger
- Felt a sense of loss

- Experienced sleep difficulties (e.g., trouble falling asleep, waking too early)
- Have NOT felt ANY of these constantly or most every day within the last month

**13. Have any of the following negatively impacted your mental health within the last month? (Select all that apply)**

- Academic worries
- Coach relationship
- Family worries
- Financial worries
- Personal experiences of discrimination or trauma due to your identity
- Planning for the future
- Playing time
- Political disagreements with family or friends
- Pressures to perform athletically
- Social media abuse
- Struggles with time management
- Team environment
- Worries about the current social/political context
- None of these factors have negatively impacted my mental health within the last month

**[NEW SECTION]**

#### **ABOUT YOU**

The following section is designed to better understand the diversity of survey participants in terms of year in school, international status, race, sexual orientation and gender identity. As noted earlier, you are free to answer only those questions you would like to and can discontinue participation in the survey at any time.

**14. Are you currently practicing with your team?**

- Yes
- No

**15. What is your current academic standing?**

- Freshman
- Sophomore
- Junior
- Senior
- Completed bachelor's degree

**16. Are you an international student-athlete?**

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

**17. How do you describe yourself? (Select all that apply)**

- ☐ American Indian, Alaska Native or Indigenous
- ☐ Asian
- ☐ Black or African American
- ☐ Hispanic or Latino/a/x
- ☐ Middle Eastern or North African
- ☐ Native Hawaiian or Pacific Islander
- ☐ White
- ☐ Other
- ☐ Prefer not to answer

**18. Do you consider yourself to be: (Select all that apply)**

- ☐ Straight or heterosexual
- ☐ Gay or lesbian
- ☐ Queer
- ☐ Bisexual or pansexual
- ☐ Questioning or unsure
- ☐ Another sexual identity
- ☐ Prefer not to answer

**19. What is your gender identity? (Select all that apply)**

- ☐ Man
- ☐ Woman
- ☐ Genderqueer
- ☐ Nonbinary
- ☐ Transgender
- ☐ Another gender identity
- ☐ Prefer not to answer

**Message to those who completed the survey:**

**Survey complete. For national resources for mental health support or dealing with social media abuse, please visit this [link](#).**