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## **Student-Athlete Experience: A Study of Time Demands Among Student-Athletes and Their Non-Athlete Peers**

Charles Provencio

Yan Gioseffi

Allison Brooke Smith

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## Student-Athlete Experience: A Study of Time Demands Among Student-Athletes and Their Non-Athlete Peers

Chuck Provencio, M.S.  
Health, Exercise Science, and Sport  
The University of New Mexico

Yan Gioseffi, M.B.A.  
Health, Exercise Science, and Sport  
The University of New Mexico

Allison Smith, Ph.D. (Advisor)  
Health, Exercise Science, and Sport  
The University of New Mexico

The purpose of this study was to examine time demands of student-athletes and non-athletes to determine if there was a significant difference between the two groups. Data were collected from students at a Division I university using a Student Activity Log (SAL). Data was collected using the SAL to show how much time was spent doing various activities, including Academic, Athletic, Work, Social, Sleep and Other. Data was analysed using a Mann-Whitney U Test to determine significant differences in the time expenditures between student-athletes and non-athletes. Results indicated that there was a significant difference in the time demands between student-athletes and non-athletes in athletic activities; however, there was no significant difference between student-athletes and non-athletes in academic, work, social, other, or sleep activities. This may have implications for university and NCAA policy makers, as student athletes receive substantial support in comparison to other student groups. In addition, there are implications for college coaches, student-athletes, and non-athletes who contribute substantial resources (financial and otherwise) toward the athletic department on their campuses.