

# TIME DEMANDS AS THE DRIVER OF INEQUALITIES BETWEEN COLLEGE ATHLETE AND NON-ATHLETE EXPERIENCES

RESEARCH FROM THE FRONT PORCH

**“STAKEHOLDERS MUST CONSIDER BETTER MONITORING AND LESSENING THE BURDENS OF ATHLETE TIME DEMANDS TO ENSURE MORE HOLISTIC DEVELOPMENT OF COLLEGE ATHLETES AT THEIR INSTITUTIONS. ”**

## RESEARCH HIGHLIGHTS

- The biggest driver of unequal experiences between athletes and non-athletes is athletes’ strenuous time demands according to all stakeholder groups in the study (i.e., athletes, non-athletes, athletics administrators, and academics administrators).
- Stakeholders in the study largely related time demand concerns only to football and men’s basketball players, failing to consider that research demonstrates college athletes across sports and gender identities encounter struggles with balancing academics and athletics.
- Stakeholders also expressed concerns with athlete time demands, particularly regarding hindrances to academic involvement, social engagement, and identity growth. However, administrators did not actively attempt to lessen athletes’ time demands to help them develop in these areas.

## QUESTIONS FOR PRACTICE

- What are the key factors increasing athletes’ time demands at our institution? How can administrators better mitigate these factors to ease athlete time demands?
- What resources can our athletics department provide to athletes to better support those struggling to balance academics and athletics? If we are already providing time demand resources and support to athletes, are our processes working?
- How can our administrators better monitor athletes’ time demands to ensure they grow academically and socially and develop identities outside of sports?



**Molly Harry**  
Assistant Professor  
University of Arkansas-Fayetteville

*mharry@uark.edu*  
*Twitter: @mollypageharry*

**Additional Resources:**  
- NCAA - Understanding the Student Athlete Experience

- Re-Imagining the Academic-Athletic Divide

---

## WANT TO LEARN MORE?

Visit the Center’s Research Brief Library

Explore the UW’s Intercollegiate Athletic Leadership Graduate Program

