

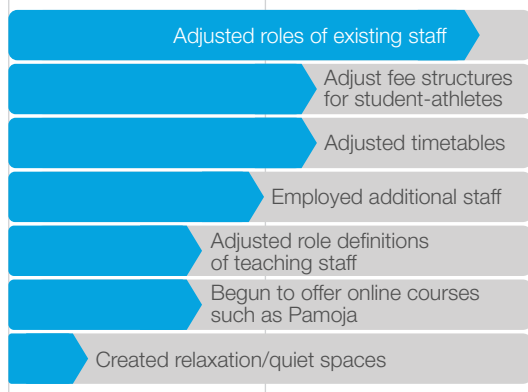
HOW DO STUDENT-ATHLETES BALANCE SPORT & EDUCATION

Student-athletes have to make difficult choices in balancing sport and education. It is well-known that many students forgo education for sporting aspirations. So at the end of their sporting career...what next? An education is vital for student-athletes to prepare for a dual career approach.

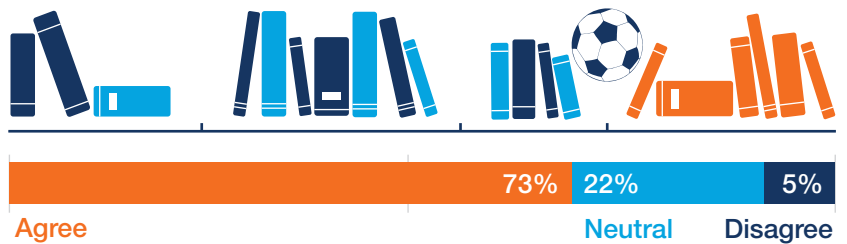
Where International Baccalaureate World Schools have prioritised supporting student-athletes through W AoS Athlete friendly Education Centres (AFEC), research has identified:

What schools do?

Services provided by schools to support student-athletes

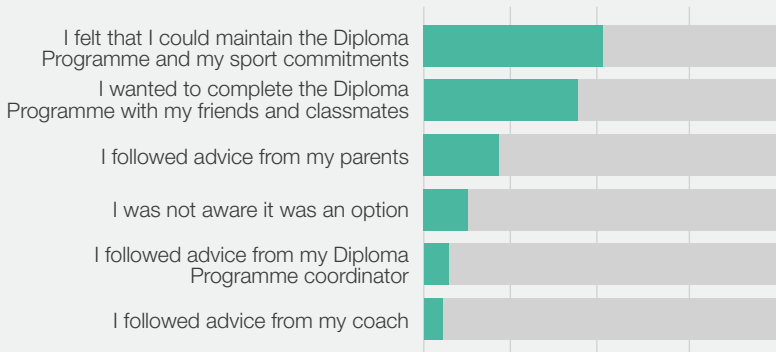


Is it helpful for the school to offer student-athletes the option to undertake an extended period of study of the IB Diploma Programme through an AFEC accredited school?

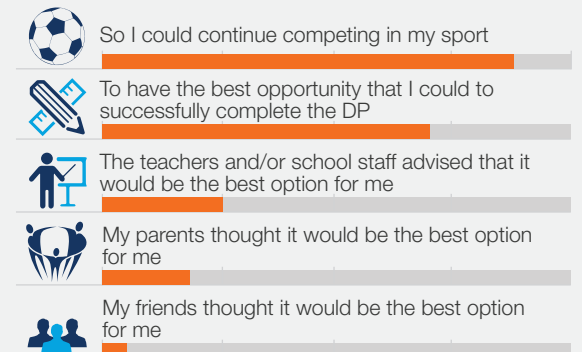


Why student-athletes choose the length of time to complete their high school?

Why do student-athletes choose the standard period of study?

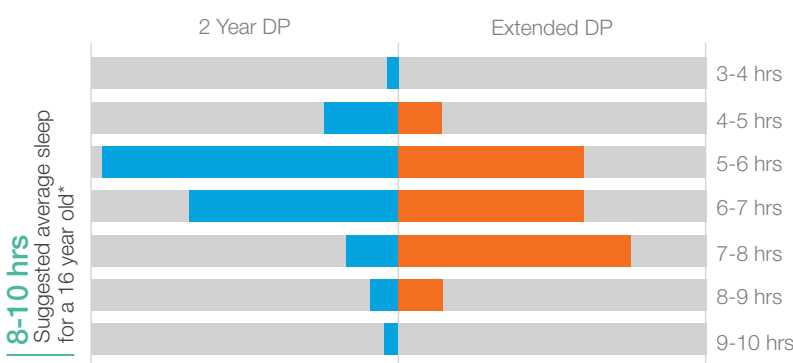


Why do student-athletes choose to extend their period of study?

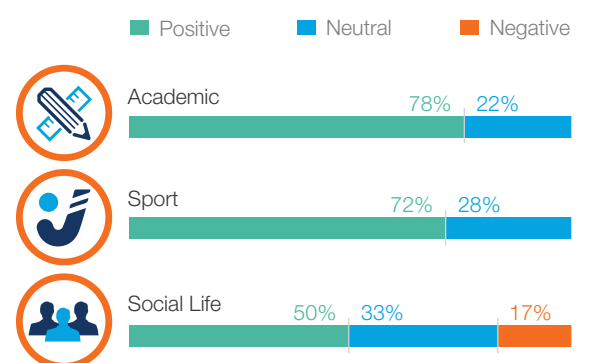


What do we observe when student-athletes chose to extend their period of study?

Average hours of sleep student-athletes get per week night



Impact that completing an extended period of study has on student-athletes lives?



As part of the Athlete Friendly Education Centres project through the World Academy of Sport and International Baccalaureate Sport Pilot research project, three complimentary surveys were developed for IB Coordinators, Head of Sport and Student-athletes respectively. Distribution of surveys to Pilot schools was completed in March 2018 undertaken by W AoS and follow up supported by the IB World Schools Services Team. The data presented in this infographic represent responses from 12 schools from Singapore, USA, UK, Australia, Hong Kong, Thailand, Denmark, The Netherlands, Lebanon and Jordan.

IB Coordinators: 12 Head of Sport: 10

Student-athletes: 109 - Extended IB Diploma Programme: 23, 2 year IB Diploma Programme: 54, Other programme than the IB Diploma Programme: 32

*Suggested average sleep - <https://sleepfoundation.org/sleep-topics/teens-and-sleep>