Moving On!
Next Steps for Promoting Long-Term Health and Well-Being of Student-Athletes

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Transitional Challenges

<table>
<thead>
<tr>
<th>NCAA Participants</th>
<th>% NCAA to Major Pro*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>72,788</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>18,697</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>16,589</td>
</tr>
<tr>
<td>Baseball</td>
<td>34,198</td>
</tr>
<tr>
<td>Men’s Ice Hockey</td>
<td>4,071</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>24,477</td>
</tr>
</tbody>
</table>

- Student-athletes are less physically active after college (Reifsteck et al., 2013; Sorenson et al., 2015)
- Report lower health-related quality of life (Simon & Docherty, 2014)
- CVD risks more strongly related to current health behaviors than a history of sport participation (Paffenbarger & Lee, 1998; Pihl et al., 1998)

Source: NCAA, Apr. 2016
http://www.ncaa.org/about/resources/research/estimated-probability-competing-professional-athletics
Moving On! Program

Moving On! program consists of 4 sessions:

- Session 1: Introduction and Overview
- Session 2: Identity Exploration
- Session 3: Goal-Setting and Action Plans
- Session 4: Planning Ahead

Healthy Self-Perceptions
Self-Determined Motivation
Lifetime Physical Activity & Healthy Eating

Reifsteck et al., 2016
Moving On! Research Agenda

• Phase 1: Prototype development and feasibility study
  (*completed* - 2015 NCAA Innovations)

• Phase 2: Development of the expanded program and initial outcome evaluation
  (*current project* - 2016 NCAA Innovations)

• Phase 3: Longitudinal impact assessment
  (*future plans*)
Phase 2: 2016 Innovations Project

• Aim 1: Develop the expanded version of the *Moving On!* program, including widely accessible resources that support the program’s adoption and sustainability.

• Aim 2: Conduct initial assessment of the extent to which the *Moving On!* program influences relevant theoretical constructs among student-athlete participants.
Methodology & Data Collection

• Participants
  – \( N = 20 \) in final year (DI & DIII)
  – Mostly female \((n=17)\) and African-American \((n=9)\) or White \((n=9)\)
  – Represented basketball, soccer, softball, tennis, cross country, track & field, and golf
  – Completed 4 x 90 min sessions in Spring 2016

• Measures:
  – Evaluation ratings for each session & overall program
  – Focus group interviews
  – Pre, post, follow-up surveys
Average Ratings for the *Moving On!* Program

<table>
<thead>
<tr>
<th>Statement</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>I would recommend the <em>Moving On!</em> program to other student-athletes.</td>
<td>4.95</td>
</tr>
<tr>
<td>I feel more prepared to engage in healthy eating behaviors following the conclusion of my collegiate career.</td>
<td>4.60</td>
</tr>
<tr>
<td>I feel more prepared to transition to a physically active lifestyle following the conclusion of my collegiate career.</td>
<td>4.70</td>
</tr>
<tr>
<td>Overall, I enjoyed the program.</td>
<td>4.90</td>
</tr>
<tr>
<td>Overall, the program increased my knowledge.</td>
<td>4.90</td>
</tr>
</tbody>
</table>

1=Strongly Disagree, 5= Strongly Agree

Program Average: 4.81
KEY RESULTS:

• Participant Quotes:

  – *I felt that the program was helpful ‘cause the information was like, relatable. It was tailored to us.*

  – *I like that [the Moving On! program] served as a space where we can discuss how it feels to no longer be a student-athlete. Allowed for expression of fears, goals, challenges without judgment.*

  – *…being able to, like, think ahead and actually acknowledge that we do have to move on and we do have to make changes definitely, I think, is helping me out. And I can recognize it. And be able to actually make a plan about how to prepare for it, instead of just being thrown in.*

  – *I thoroughly enjoyed the program and I believe it would be of help to a broader range of schools and programs.*
Student-athletes offered few suggestions for improvement, with the most common suggestion being to add more time and content:

- *There really isn't anything I would change or omit. Every aspect was great.*

- *Because I remember when we were in here a few times, and like, a couple people had to be rushed through what they were doing ‘cause like, “Hey we gotta go to that activity.” You know? But like people were interested and they wanted to know more, and that kind of thing, and you know it wasn’t a big deal for us, but like, if that was longer, if we had another session, we wouldn’t have to worry about that.*
Program Resources
Program Resources

Moving On! prepares student-athletes to make healthy transitions to life after college sports.

AthletesMovingOn.org
Conclusion

• “Season ends and this is your last game, and then after that is kind of like, there's no connection. It's like you just never really see people again in that element. So I think [Moving On!] was like a space where we could all share how we really felt about not being student-athletes anymore.”

• Moving Forward
  – Future research & practice
Thank You!

• Funding Acknowledgment: Research for this project was conducted with the support of the NCAA. Any opinions, findings and conclusions are those of the authors and do not necessarily reflect the views of the National Collegiate Athletic Association.