A HOLISTIC PERSPECTIVE ON STUDENT-ATHLETES' DUAL CAREER DEMANDS, COMPETENCIES AND OUTCOMES

Nowadays, the majority of student-athletes face a dual career demand. This means they are required to balance their academic, athletic, and professional responsibilities. The transition from student-athlete to professional athlete or career can be a challenging process. It requires a holistic perspective on the competencies and outcomes that students need to develop to succeed in both domains.

Education and Career Preparation

Student-athletes need to have a strong educational background and career preparation skills to succeed after graduation. They should have a clear understanding of their career goals and how their academic and athletic experiences can help them achieve them. They should also have the necessary skills to transition smoothly from the campus environment to the professional world.

Athletic Performance

Athlete performance is crucial in the competitive world of sports. Student-athletes need to have the physical and mental skills required to excel in their sport. They should also have the ability to manage their time effectively and balance their training and competition schedules with their academic and professional responsibilities.

Mental Health and Well-being

Mental health and well-being are important aspects of a student-athlete’s life. They need to learn how to manage stress, anxiety, and burnout. They should have access to mental health resources and support to help them navigate the challenges of dual career demands.

Conclusion

A holistic perspective on student-athletes’ dual career demands, competencies, and outcomes is crucial for their success. By understanding the challenges they face and equipping them with the necessary skills and resources, we can help them transition smoothly from student-athlete to professional athlete or career.