

Results from the FISU Questionnaire

29th Winter Universiade in Krasnoyarsk 2019

All Countries (respondents came from 24 out of 58 countries)

Number of respondents:
297 (of 1,692 athletes, 18%)

▪ Russian Federation	58 (19.5%)
▪ United States of America	25 (8.4%)
▪ Canada	24 (8.1%)
▪ Switzerland	19 (6.4%)
▪ Italy	16 (5.4%)
▪ Norway	16 (5.4%)
▪ Czech Republic	13 (4.4%)
▪ Finland	13 (4.4%)
▪ France	13 (4.4%)
▪ Germany	12 (4.0%)
▪ Poland	11 (3.7%)
▪ Slovakia	11 (3.7%)
▪ Japan	10 (3.4%)
▪ People's Republic of China	10 (3.4%)
▪ Latvia	7 (2.4%)
▪ Austria	6 (2.0%)
▪ Turkey	6 (2.0%)
▪ Slovenia	5 (1.7%)
▪ Australia	4 (1.3%)
▪ Estonia	4 (1.3%)
▪ Hungary	3 (1.0%)
▪ Kazakhstan	3 (1.0%)
▪ Mongolia	2 (0.7%)
▪ United Kingdom of Great Britain and Northern Ireland	1 (0.3%)
▪ Not answered	5 (1.7%)

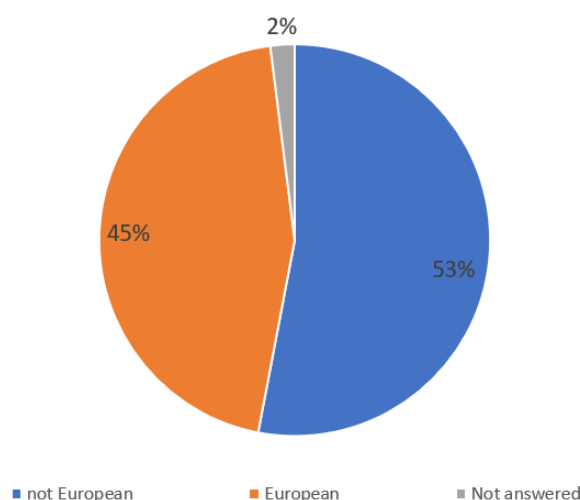


Figure 1: Countries classified according to political borders (European/not European)

Demographic Aspects

Gender of respondents

142 female and 150 male athletes (not answered: 5)

Sport

(Question: I participated in the 2019 Winter Universiade in the sport)

▪ Ice Hockey	48
▪ Cross-Country Skiing	40
▪ Figure Skating	39
▪ Alpine Skiing	35
▪ Curling	23
▪ Freestyle Skiing	23
▪ Snowboard	23
▪ Bandy	21
▪ Ski Orienteering	20
▪ Short Track Speed Skating	11
▪ Biathlon	10
▪ Not answered	4

Table 1: Sport

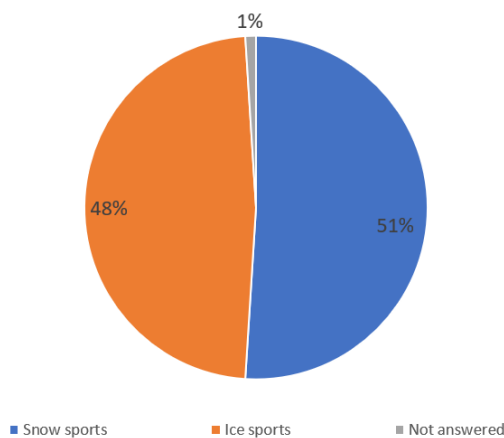
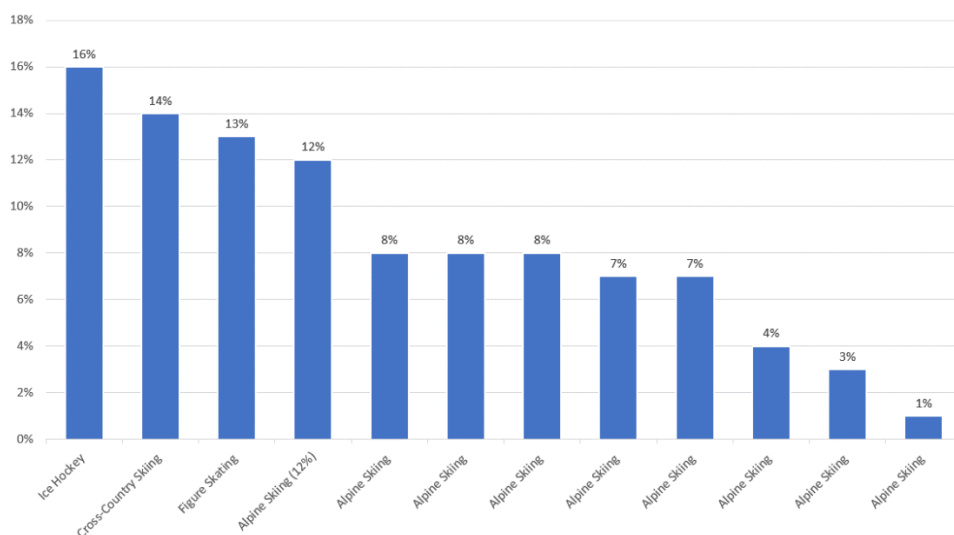


Figure 2: Sports disciplines classified into snow and ice sports

Academic level*(Question: I am enrolled at university level for)*

▪ Bachelor studies	77.8%
▪ Master studies	13.8%
▪ PhD studies	1.7%
▪ Other	1.7%
▪ Not answered	5.1%

Major*(Question: My major is in the field of)*

▪ Sport Science/Physical Education	27.3%
▪ Engineering Sciences	19.9%
▪ Economics	14.5%
▪ Human medicine and Health Sciences	8.8%
▪ Mathematics and Natural Sciences	7.1%
▪ Social Sciences	6.4%
▪ Humanities	4.0%
▪ Law	2.7%
▪ Literature/Language Studies and foreign Languages	2.4%
▪ Agricultural, Forestry and Nutrition Sciences, Veterinary Medicine	1.3%
▪ Art	0.7%
▪ Other	1.7%
▪ Not answered	3.4%

University semester*(Question: Which university semester are you in? (Please add up all semesters you have studied at universities, i.e. semester in your current course of studies, in your previous course of studies, semester abroad and semester on leave))*

▪ 1	7.4%
▪ 2	14.5%
▪ 3	5.7%
▪ 4	17.5%
▪ 5	5.1%
▪ 6	18.5%
▪ 7	2.4%
▪ 8	13.5%
▪ 9	1.7%
▪ 10	6.7%
▪ 11	2.4%
▪ 12	0.7%
▪ 13	0.7%
▪ 16	0.3%
▪ 17 or more	0.7%
▪ Not answered	2.4%

Years of international competitions*(Question: In which year did you start to compete in international competitions?)*

▪ 2010	11.8%
▪ 2011	6.1%
▪ 2012	9.8%
▪ 2013	11.4%
▪ 2014	10.8%
▪ 2015	10.8%
▪ 2016	6.4%

▪ 2017	6.7%
▪ 2018	5.1%
▪ 2019	19.2%
▪ Not answered	2.0%

Experience in international competitions

(Question: In which other international competitions than the 2019 Winter Universiade have you already competed? (Multiple answers possible))

▪ Other continental and international competitions	62.6%
▪ World Championships	29.6%
▪ World Cups	23.2%
▪ Previous Winter Universiades	13.8%
▪ Olympic Games	5.1%
▪ None	20.2%

Approximate sports hours per week

(Question: How many hours per week are you on average actively engaged in elite sports (training, competition, physiotherapy etc.) in the most intense part of the season? Enter the number of hours per week.)

▪ 10 and less	14.1%
▪ 11-20	40.7%
▪ 21-30	30.6%
▪ 31-40	7.1%
▪ 41-50	5.1%
▪ 51 and more	0.7%
▪ Not answered	1.7%

Approximate university hours per week

(Question: How many hours per week are you on average actively engaged in university studies during the semester? Enter the number of hours per week.)

▪ 10 and less	25.3%
▪ 11-20	27.9%
▪ 21-30	21.9%
▪ 31-40	13.8%
▪ 41-50	7.1%
▪ 51 and more	2.0%
▪ Not answered	2.0%

Absence days from university

(Question: How many days of absence from university did you have in 2018 due to training sessions and/or competitions?)

▪ 0-7	20.9%
▪ 8-14	11.8%
▪ 15-21	17.5%
▪ 22-30	10.8%
▪ 31-50	11.4%
▪ 51-70	6.4%
▪ 71-100	6.1%
▪ 101-200	6.7%
▪ 200 and more	4.7%
▪ Not answered	3.7%

Reasons for starting university (athletes who marked 4 or 5)

(Question: The reason(s) you applied to start a university education was/were, because... (1 = strongly disagree ... 5 = strongly agree)?)

- | | |
|---|-------|
| ▪ ... you want to be prepared for life after a sporting career | 81.2% |
| ▪ ... you want to develop myself personally | 77.8% |
| ▪ ... you want to be able to realize a certain career wish | 74.0% |
| ▪ ... your studies open up a greater professional diversity for you | 73.1% |
| ▪ ... you don't earn enough money in sports to be able to make a living after [...] | 66.0% |
| ▪ ... you would like to have a (mental) occupation beside the sport | 64.6% |
| ▪ Other | 1.7% |

Academic performance (athletes who marked 4 or 5)

(Question: How do you rate the academic performance you have achieved so far in your studies? (1 = strongly disagree ... 5 = strongly agree)?)

- | | |
|---|-------|
| ▪ My academic achievements correspond to my own demands. | 70.7% |
| ▪ My academic achievements are better than I originally expected. | 43.4% |
| ▪ Compared to my fellow students, I have achieved better academic results. | 38.7% |
| ▪ Compared to my fellow students, I would have to invest more time in my studies. | 35.4% |
| ▪ I am one of the best students of my year | 27.9% |

Expected extra time

(Question: Considering the standard period of study in your university and major, are you expecting to need extra time to complete your studies?)

- | | |
|--|-------|
| ▪ Yes, about 1 semester more. | 12.5% |
| ▪ Yes, about 2 semester more. | 12.1% |
| ▪ Yes, more than 2 semester. | 10.8% |
| ▪ No, I will finish on time. | 51.5% |
| ▪ No, I will finish earlier than the standard period of study. | 2.7% |
| ▪ I don't know | 8.8% |
| ▪ Not answered | 1.7% |

Dual career situation (athletes who marked 4 or 5)

(Question: Concerning my dual career situation ... (1 = strongly disagree ... 5 = strongly agree))

- | | |
|---|-------|
| ▪ ... it takes a lot of planning to balance my studies and elite sport. | 67.3% |
| ▪ ... [...] I take exams at the university at the planned times. | 55.6% |
| ▪ ... elite sport restricts my regular participation in study courses. | 46.8% |
| ▪ ... I always have a contact person if there are problems with the combination [...] | 45.2% |
| ▪ ... the courses in my studies overlap with my training and competition times. | 45.1% |
| ▪ ... it is difficult for me to find time for learning [...] | 40.1% |
| ▪ ... it is very difficult for me to combine elite sport and studies. | 22.9% |

Belonging to other institutions

(Question: Do you belong to one of the following institutions besides your studies?)

- | | |
|-------------------------|-------|
| ▪ No | 85.2% |
| ▪ Military/Army | 4.7% |
| ▪ Customs | 3.4% |
| ▪ Public Administration | 1.3% |
| ▪ Border Police/Police | 0.7% |
| ▪ Not answered | 4.7% |

Personal finance

(Question: How do you finance yourself? (Multiple answers possible))

▪ Parents	65.3%
▪ Job activity	42.1%
▪ Scholarship	31.0%
▪ Sport (club salary, appearance money, premiums)	31.0%
▪ Sponsors/Suppliers	25.6%
▪ Grants of your sport federation/ National Olympic Committee	9.1%
▪ Grants from foundations	6.1%
▪ Military/Army/Police salary	3.0%
▪ Other	2.4%

Problems in Combining Sport and Education

Problems in the combination of elite sport and studies (athletes who marked 4 or 5)

(Question: I face the following problems by participating in both elite sport and university education (1 = strongly disagree...5 = strongly agree)

▪ Missing single university classes due to competitions and trainings sessions	60.0%
▪ Long absence from university classes (competitions, trainings camps)	58.0%
▪ Missing university tests and exams	49.0%
▪ Overload through double burden	45.0%
▪ Little leisure time	43.0%
▪ Financial uncertainty	37.0%
▪ Reduced training sessions due to university education	37.0%
▪ Extension of the study time	37.0%
▪ Other	1.0%

Athletes' Knowledge of Dual Career System in the Country

Familiarity with Dual Career policies

(Question: Are there any policies or initiatives to facilitate the combination of elite sport and studies in your country?)

▪ Yes	45.0%
▪ I don't know	33.0%
▪ No	20.0%
▪ Not answered	2.0%

Responsibility for Dual Career policies

(Question: Which organisation/s is/are responsible for the dual career policies and programmes in your country? (Multiple answers possible))

▪ Universities	39.0%
▪ I don't know	20.0%
▪ National University Sport Federation	17.0%
▪ National Sport Federation	16.0%
▪ Government/Governmental departments	12.0%
▪ National Olympic Committee	9.0%
▪ Dual Career organisation	3.0%
▪ Other	1.0%

Dual Career Support

Type(s) of support

(Question: What type(s) of support is/are available to elite athletes who combine sport with study in your country? (Multiple answers allowed))

▪ Financial support	58.0%
▪ Educational flexibility	45.0%
▪ Contact person at the university	32.0%
▪ Sport facilities at/close to the university	29.0%
▪ Contact person at a sport organisation	19.0%
▪ I don't know	16.0%
▪ Legal aspects	8.0%

Importance of improvement (athletes who marked 4 or 5)

(Question: How important do you consider the improvement of the following aspects in the dual career system of your country in the future? (1 = unimportant ... 5 = very important))

▪ Financial support	57.2%
▪ Educational flexibility	56.9%
▪ Contact person at the university	49.9%
▪ Sport facilities at/close to the university	48.8%
▪ Contact person at a sport organisation	47.1%
▪ Legal aspects	33.0%

Type(s) of support at sport level

(Question: As an elite athlete you receive support at the sport level with regard to (Multiple answers possible))

▪ Coach (Strength, Conditioning, Recovery)	63.0%
▪ Medical Support	42.0%
▪ Sport facilities of the highest international training level	40.0%
▪ Physiotherapy	36.0%
▪ Accommodation	27.0%
▪ Contact person at a sport organisation	24.0%
▪ Sport Psychologist	22.0%
▪ Career counselling	19.0%
▪ Restaurant, serving healthy, fresh and well-prepared food	17.0%
▪ Rooms to study – ICT and Internet equipped – and to relax	17.0%
▪ Nutritionist	16.0%
▪ Other	1.0%

Importance of support services at sport level (athletes who marked 4 or 5)

(Question: How important are the following support services at the sport level to you? (1 = unimportant ... 5 = very important))

▪ Coach (Strength, Conditioning, Recovery)	81.5%
▪ Sport facilities of the highest international training level	79.8%
▪ Medical support	77.4%
▪ Physiotherapy	75.8%
▪ Restaurant, serving healthy, fresh and well-prepared food	67.3%
▪ Sport Psychologist	61.3%
▪ Contact person at a sport organisation	58.9%
▪ Accommodation	56.5%
▪ Nutritionist	51.8%
▪ Career counselling	51.2%
▪ Rooms to study – ICT and Internet equipped – and to relax	43.7%

Provider of support at sport level*(Question: At sport level, who provides support for your dual career (Multiple answers possible))*

▪ Coach	65.0%
▪ Sport Psychologist	9.0%
▪ Medical doctor	8.0%
▪ Sport managers and officials	17.0%
▪ Specific (dual) career counsellor	14.0%
▪ Other	8.0%

Support at university level*(Question: As an elite athlete you receive support at the university level with regard to (Multiple answers possible))*

▪ Flexible exam sessions	43.0%
▪ Flexible class attendance	42.0%
▪ Sport facilities	35.0%
▪ Contact person at the university	34.0%
▪ Scholarships	33.0%
▪ Individual study schedules	27.0%
▪ Flexibility in the university entry-requirements	24.0%
▪ Long-distance learning	24.0%
▪ Extended term-time	23.0%
▪ Elite sport development programmes	21.0%
▪ Rooms to study – ICT and Internet equipped – and to relax	19.0%
▪ Accommodation	18.0%
▪ Alternative access to delivery of courses	18.0%
▪ Career counselling	16.0%
▪ Restaurant, serving healthy, fresh and well-prepared food	15.0%
▪ Individual or small group tutoring	11.0%
▪ Encouraged employability (of the individual) linked to industry-recognized providers	6.0%
▪ Programmes tailored to retiring athletes	5.0%

Importance of support services at university level (athletes who marked 4 or 5)*(Question: How important are the following support services at the university level to you?)*

▪ Flexible class attendance	72.7%
▪ Flexible exam sessions	71.7%
▪ Sport facilities	69.7%
▪ Scholarships	68.7%
▪ Contact person at the university	63.3%
▪ Individual study schedules	62.6%
▪ Elite sport development programmes	61.3%
▪ Restaurant, serving healthy, fresh and well-prepared food	60.2%
▪ Alternative access to delivery of courses	58.9%
▪ Long-distance learning	56.9%
▪ Flexibility in university entry-requirements	54.9%
▪ Extended term-time	54.8%
▪ Career counselling	46.5%
▪ Rooms to study – ICT and Internet equipped – and to relax	44.7%
▪ Encouraged employability (of the individual) linked to industry-recognized providers	44.4%
▪ Programmes tailored to retiring athletes	43.7%
▪ Accommodation	43.5%
▪ Individual or small group tutoring	42.8%

Provider of support at university level

(Question: At university level, who provides support for your dual career (Multiple answers possible))

▪ Professors/Academic staff	43.0%
▪ University sport staff	34.0%
▪ University administrative staff	33.0%
▪ Specific (dual) career counsellor	9.0%
▪ Other	1.0%

Provider of support at personal level

(Question: At personal level, who provides support for your dual career (Multiple answers possible))

▪ Parents	92.0%
▪ Sport teammates	52.0%
▪ Friends	47.0%
▪ Sister/brother	35.0%
▪ Classmates	31.0%
▪ Other	2.0%



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