

# College Basketball Athlete's off Court Commitments on in-game Performance

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## Abstract

Many outside factors can influence a collegiate athletes' in-game performance, including academic commitments, personal characteristics including well-being, sleep (or lack thereof), among others (Mojca & Mateja, 2020). As such, understanding what factors beyond physical preparation may influence in game performance (and how they may impact said performance) is critical. Indeed, athletic departments are beginning to invest in mechanisms to support their athletes off the court (or field, mat, track, etc.) such as sports performance consultants, clinical psychology personnel, student-athlete development professionals, and nutritionists. Therefore, the purpose of this study is to explore collegiate athlete's lifestyle factors such as practice/conditioning workload, school workload, and individual characteristics to understand how performance can be affected.

Data collection will consist of two phases. First, members of an NCAA Division I women's basketball team will complete a survey to better understand their practice and conditioning workload/schedule, academic commitments, and individual characteristics that may impact their in-game performance. In the second step, the lead researcher will match survey responses with in game performance and strength and conditioning metrics. Analysis will be conducted in attempts to better understand what factors have the highest impact on in game performance.

This project is unique from previous research because it will utilize matched performance metrics instead of athlete's perceptions of their performance. Though perceptions are important, utilizing official in-game statistics and strength and conditioning metrics (e.g., training load), coaches and support staff will be able to better understand factors that positively and negatively impact on court performance.