



SAMEurope

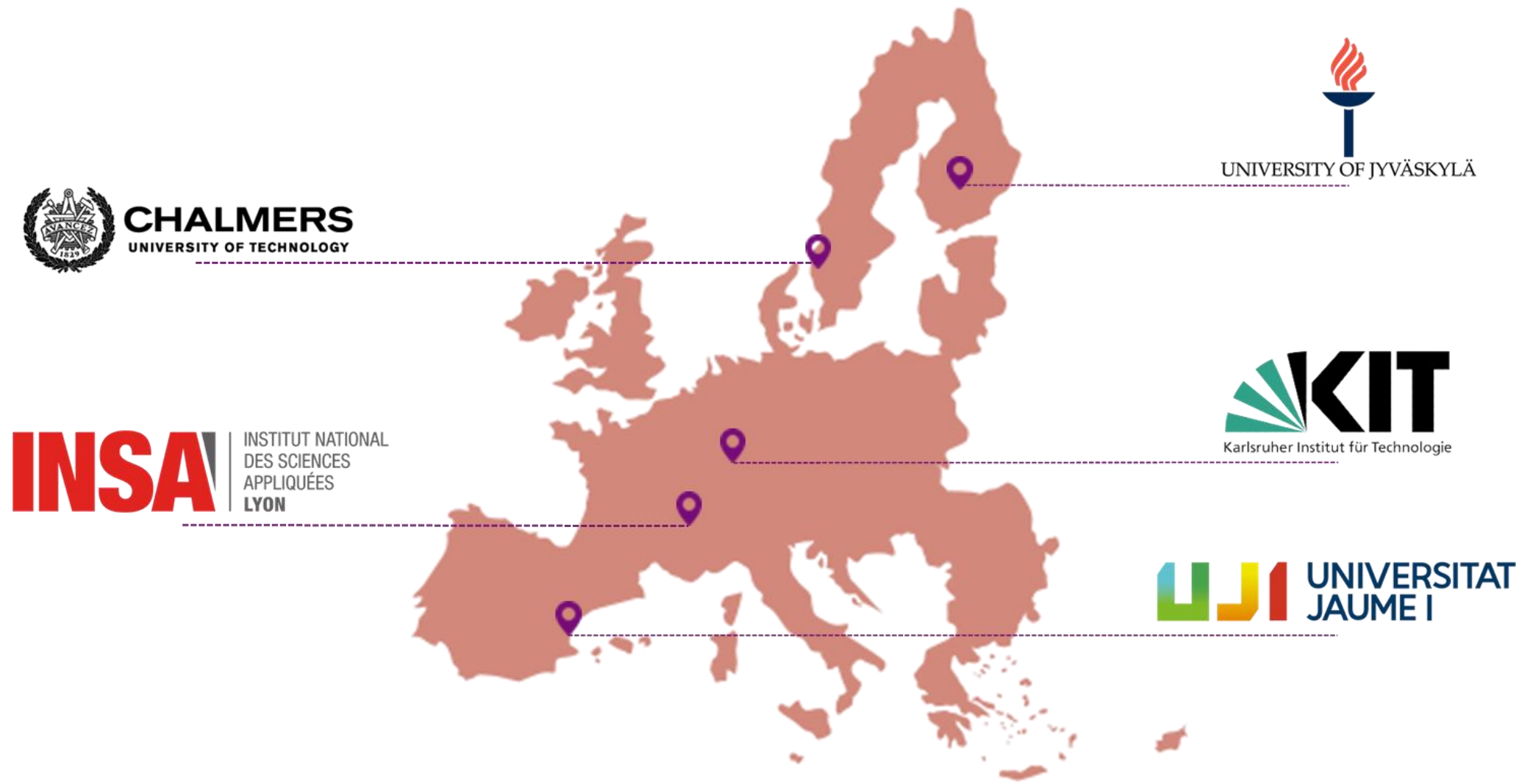


Co-funded by
the European Union

DC ATHLETES AND HEALTH - A CONTRADICTION?

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SAME EUROPE? – CONSORTIUM AND AIM



The Student Athletes Erasmus+ Mobility in Europe (SAMEurope) project, co-funded by the European Union, is carried out by a consortium formed by

- Chalmers University of Technology (Sweden),
- Institut national des sciences appliquées de Lyon (France),
- University of Jyväskylä (Finland),
- Karlsruhe Institute of Technology (Germany), and
- Universitat Jaume I (Spain).

We have different constellations at each university:
different times of semester, different support, different subjects, different sports ...
but one aim: **to help dc students!**

WHAT DOES IT MEAN, TO BE DC STUDENT?

▶ TARGET GROUP:



- High level sport is usually embedded in a system of competitions, organized and structured by national and international sports federations. The individual aim of the athlete is a maximum of performance. According to their individual health (body and mind) they receive a maximum amount of support to cope with the self-chosen (?) maximum of load.
- Dc (double career) students are according to SAMEurope those, who are either at highest level of their sports career (elite student athlete) or represent their country but not necessarily at the highest level (sub elite student athlete) and who match the prerequisite to be enrolled at a university.

▶ TARGET GROUP:



- KIT elite student athletes for example spend 23,59 hours on average for their studies a week, while their training expenditure are 22,56h on average (non published survey SAMEurope 2023).
- In Germany there is a program of the German University Sports Federation (adh) so called “partner university of high level Sports”, where 116 universities take part all over Germany. One of it is the KIT – since 21 years already. The program supports elite student athletes in their studies exclusively.

▶ **THREE AIMS:**



- Needs of dc students are in the focus of this Erasmus+ program.
- A network of European Universities supports dc students concerning their study **and their sporting career inland and abroad (mobility)**.
- Findings should be generated, which influence mobility has on specific development of personality concerning dc students and on their entrance in their professional career.

▶ FIRST PUBLICATION



- Carlos Hernando, Marta Renau, María Pilar Marín, Per Thoren, Johan Bankel, Magnus Karlsteen, Sami Kalaja, Minna Rasinaho, Aki Karjalainen, Swantje Scharenberg, Florian Agneray, Alexia Deflon and Dorothée Brac de la Perriere (2024). Promoting dual careers at higher education institutions: 31 benefits ranked by the project Student Athletes Erasmus+ Mobility in Europe (SAMEurope). *Front. Sports Act. Living* 6:1407194. doi: 10.3389/fspor.2024.1407194
- The purpose of the study was to rank these benefits by combining the perspectives of the university staff (24 people participated) and the students athletes from each university (514 dual-career athletes, 208 (116 of which were women) completed the questionnaire) in the consortium. The overall response rate was 40.47%.

▶ HIT LIST OF ITEMS

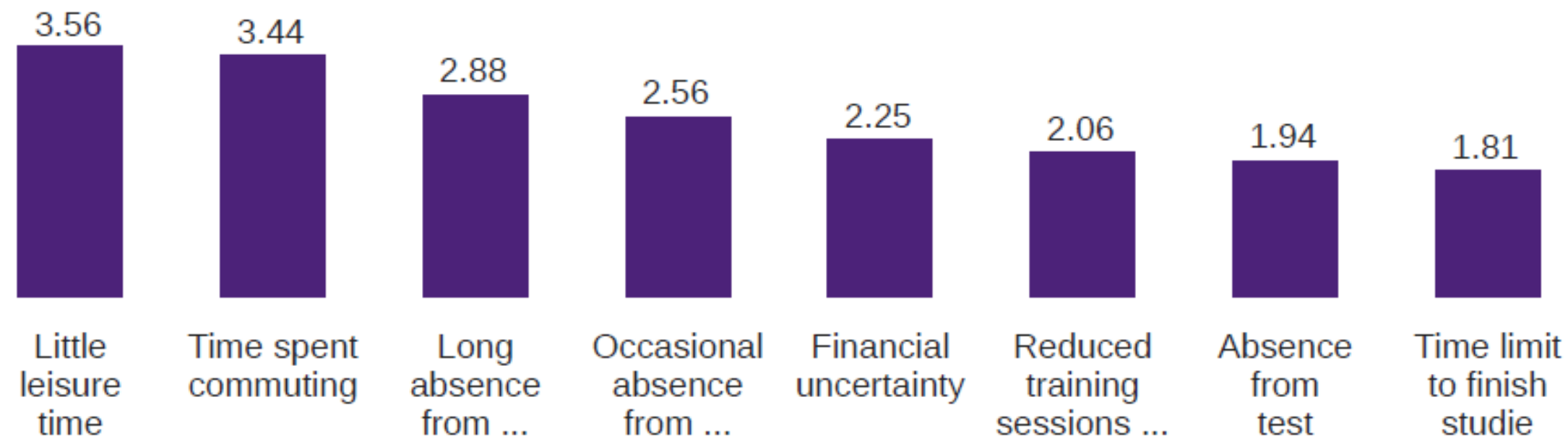


- **General medical services** (Student athletes have access to general medical services **within the educational institution**, allowing them to receive basic medical care to keep their health in optimal condition and treat any ailments or illnesses they may have.)
 - **Mental health support** (Student athletes are provided with mental health support and resources, such as psychological counseling sessions or access to support groups, to help them manage stress, competitive pressure and other emotional challenges **related to their dual career.**)
 - **Physiotherapy**
 - **Nutritionist**
 - **Testing (physiology, biomechanics, performance)**
 - **Specialized PE teachers**
- At KIT all these items are not offered by university... (= a challenge for KIT made by the German sports system concerning incoming dc students)

▶ KIT RESULTS



Rate from 0 to 5 the problems you have when combining elite sport with studies (0 = not an important problem, 5 = a very important problem)

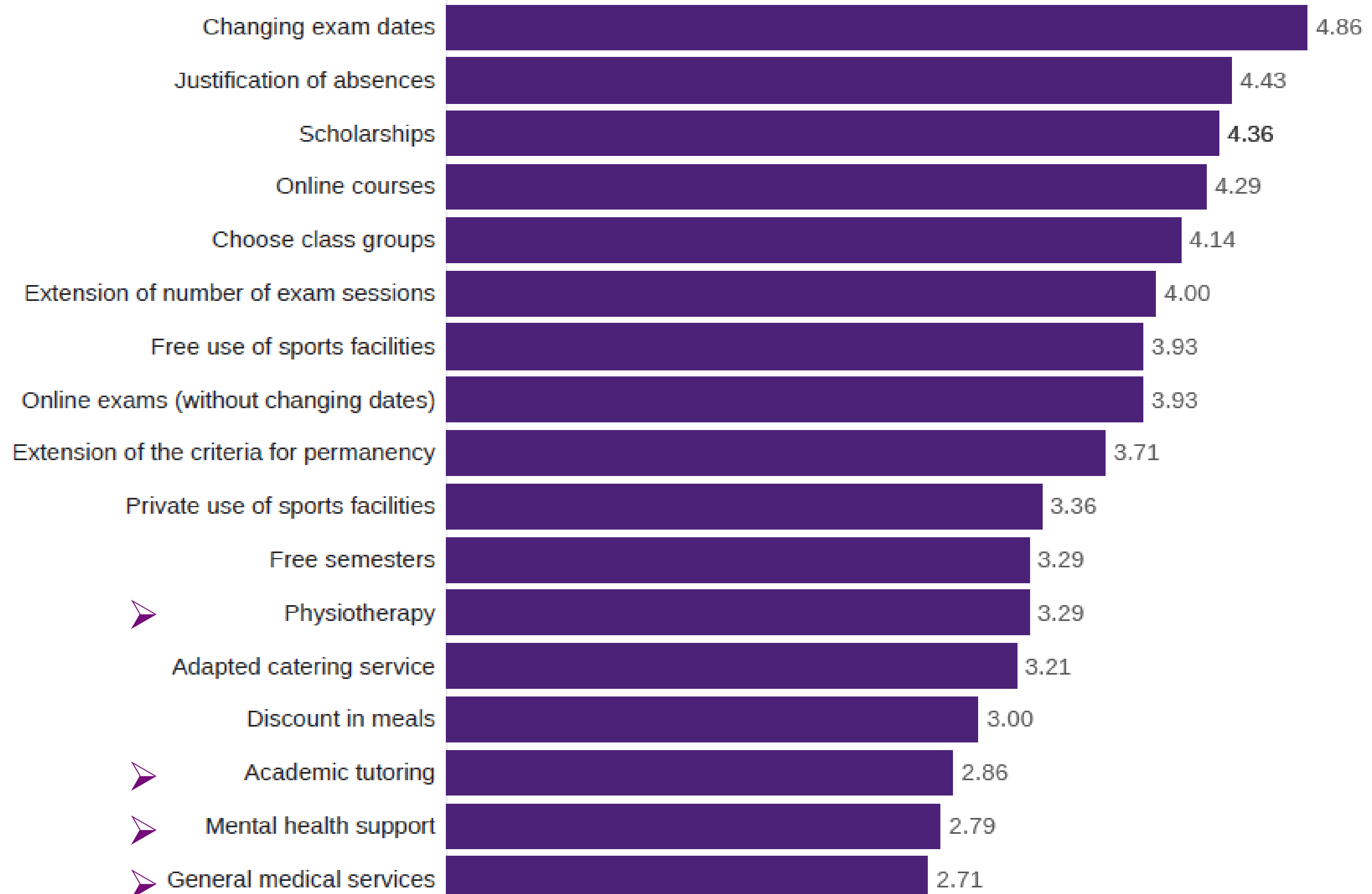


The problems, which can be solved according to *partner university of high level sports*, are

- “absence from test” or
- “time limit to finish study”

IMPORTANCE OF THE BENEFITS

▶ KIT RESULTS



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▶ IT DEPENDS, WHICH FOCUS YOU CHOOSE ...



- General medical services, Mental health support, Physiotherapy, Nutritionist, Testing (physiology, biomechanics, performance) – all those benefits are offered by the **sports system** in Germany, however for Olympic athletes exclusively. So dc students might be under perfect treatment as long as they are in the system.
 - (again, how can we attract or match the expectations or support dc-students from abroad, if we as a university can't offer the most wanted benefits?)
- DC students at KIT do not have to register or to contact the support of the university (in Germany for example the project coordination of “partner university of high level sports”). Dc students can ask for help, as all the 22 800 “ordinary” students at KIT. And at KIT there is a mental health support for **everyone**

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