

Life After Sport: Your Role in Preparing Athletes to Transition Well



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GLATA

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Thank you



Presenter Conflict

- Lauren Link, Author
 - *The Healthy Former Athlete*
 - Formerly published as *From Athlete to Normal Human*
 - CPSDA Board of Directors
- The statements and opinions contained in this program are solely those of the presenters except where appropriately cited.
- “Transition to life after sport” information presented today is solely based on our personal respective experiences as an athletic trainer and a registered dietitian, Lauren’s own research and book, and review of the literature.
- Participants must use discretion when using the information contained in this presentation.



Objectives

■ Participants will be able to:

- 1. **Recognize potential areas of concern** for athletes during their transition to life after sport.
- 2. **Identify potential programming opportunities** that can be developed and implemented to prepare athletes for success during and after their transition from varsity sports.
- 3. **Identify resources** that can be utilized directly by athletes or included in programming developed to prepare athletes for the transition to life after athletics
- 4. **Prepare and/or organize currently available information and resources** to athletes prior to their transition.



Normal Leben



£600



But where's the data?

- **n=250**
- **80%** of surveyed former athletes **are less active** than when they were an athlete
 - Less than **40%** said their **hunger decreased accordingly**
- **48%** are **unhappy** with their current **body weight** and over **60%** are **less satisfied** with their weight & composition compared to when they were an athlete
- In regards to satisfaction around their current activity plan:
 - Respondents were overall **dissatisfied** with the **frequency of strength-building** activities
 - Respondents were overall **dissatisfied** with the **intensity** of their cardio and strength-building activities
 - Respondents were **least satisfied** with **stretching, cool down** and general wellness around their activity plan



But where's the data?

- National Center for Health Statistics. Health, United States (2016)
 - **Physical Activity Guidelines (PAGs):**
 - 150 Minutes of moderate-intensity aerobic physical activity / week.
 - **Or** 75 minutes of vigorous-intensity aerobic physical activity / week.
 - Muscle-strengthening exercises that work all major muscle groups at least 2 days a week.
 - **Less than one third (31.1%)** of young adults (18 – 24 years) in the United States **met both aerobic and muscular strengthening recommendations.**
 - Approximately **two fifths (38.0%) met neither** aerobic activity nor muscle strengthening guidelines.



But where's the data?

- Farren et al (2017) – Journal of American College Health
 - Despite the health benefits of regular physical activity, previous research has indicated that **participation in regular physical activity typically declines with age**, with **the two greatest declines occurring during adolescence and young adulthood**.
 - **n=396 college students** (online questionnaires: meeting aerobic PAGs, meeting muscle-strengthening PAGs, or meeting both PAGs)
 - **Interventions to increase Psychosocial factors may increase likelihood of meeting any or all PAGs.**



How can you help?

1. Get your athletes thinking about the transition that's coming
2. Talk about it
 - Help them understand that “normal human” things apply to them now
3. Direct them towards sources of good information (acsm.org; US Dept of HHS, 2018; Garber et al, 2011)
4. Make sure your efforts are focused on just this population



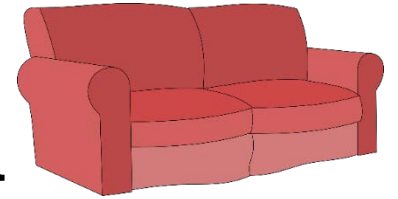
Nutrition



- Change in energy needs
 - Carbohydrate
- Liquid calories
 - Alcohol
- Sodium
- Calcium/Vitamin D
- Fad diets
 - If it sounds too good to be true...it probably is



Fitness/Physical Health



- **Stay active**

- What will that look like? Find something they enjoy!
- Encourage cross training
- Be mindful of prior injuries

- **Include cardiorespiratory training, strength training and flexibility.** (Garber et al, 2011)

- **Accountability**

- Workout partner? Group class? Technology? (Farren et al, 2017)

- Put thought into **a plan** (Garber et al, 2011; Farren et al, 2017)

- What will you do? When will you do it? How often?

- Help them understand what **regular medical care** looks like/how to access it

- Preventative care/screenings
- Know your resources



Mental Health/Preparedness

- Acknowledge the **transition** is coming
- What is your **identity** outside of athletics?
- Encourage them to set **short and long term goals** (personal, professional, financial, etc.)
- Establish a **mentor**
- When to seek **help**/from who?



Developing programming

Formal Programming

- **Boiler Life After SporT (BLAST)**

- Nutrition & Fitness
- Financial Literacy
- Professional Development
- Mental Health/Identity



- Designed to be largely activities that they can complete on their own time
 - Each pillar has 1-2 activities that they attend in person
- Incentivized through donor dollars
 - If athletes complete everything, they receive \$200 towards business clothing & a copy of The Healthy Former Athlete



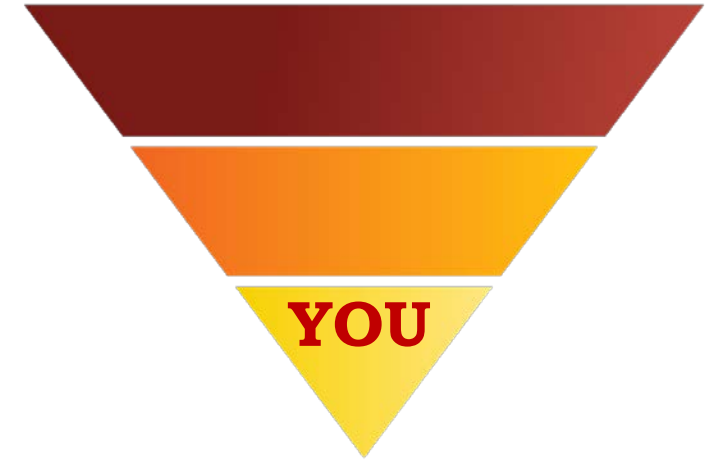
Programming cont.

- **Professionals available** through athletics, campus or locally
 - Dietitian
 - Psychologist/Therapist
 - Physician
 - Strength & Conditioning coach
 - CCO
- Make “**seminars**” or **workshops** available periodically
 - Incentivize with food – look into local sponsorship
 - Work with your marketing/fundraising departments
- **Local alumni/boosters**
 - Share their story
 - Financial
 - Professional
 - Networking



Programming continued

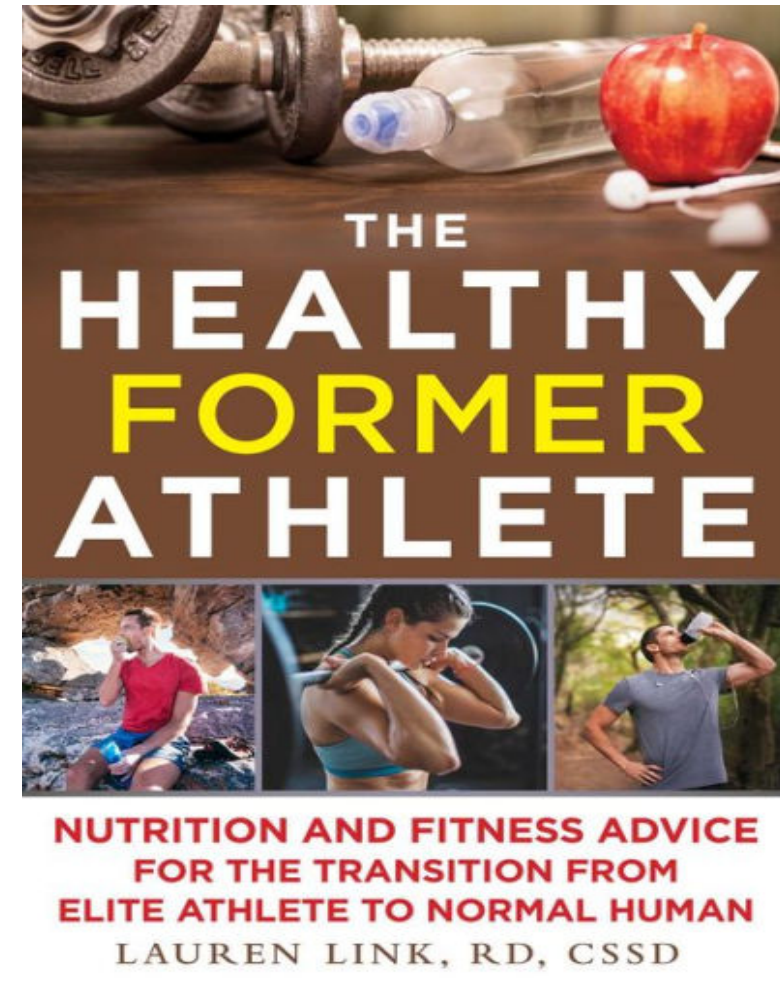
- **YOU** are the resource
 - Your athletes *know* you
 - Available
 - Regular interaction throughout their athletic career
 - Your athletes *trust* you
 - History of helping (personal or teammates)
 - Wide subject matter knowledge base
 - Knowledge of current level of physical activity



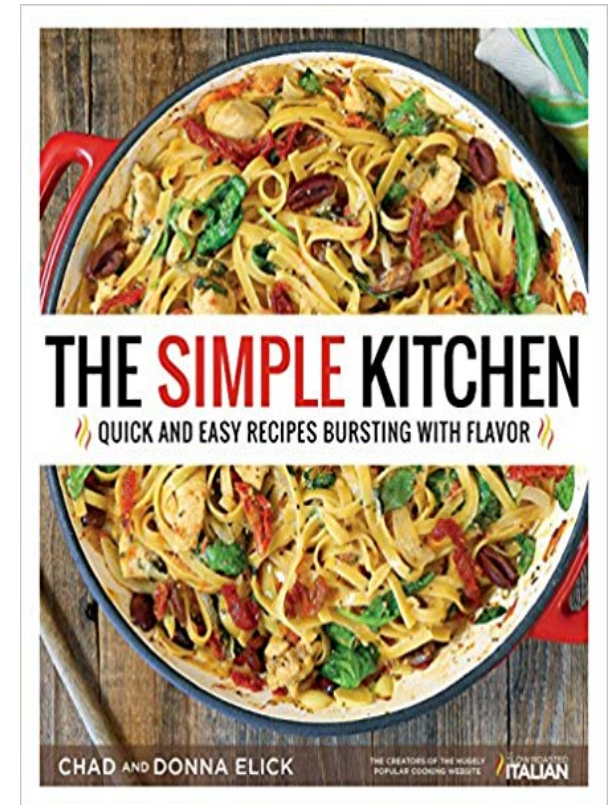
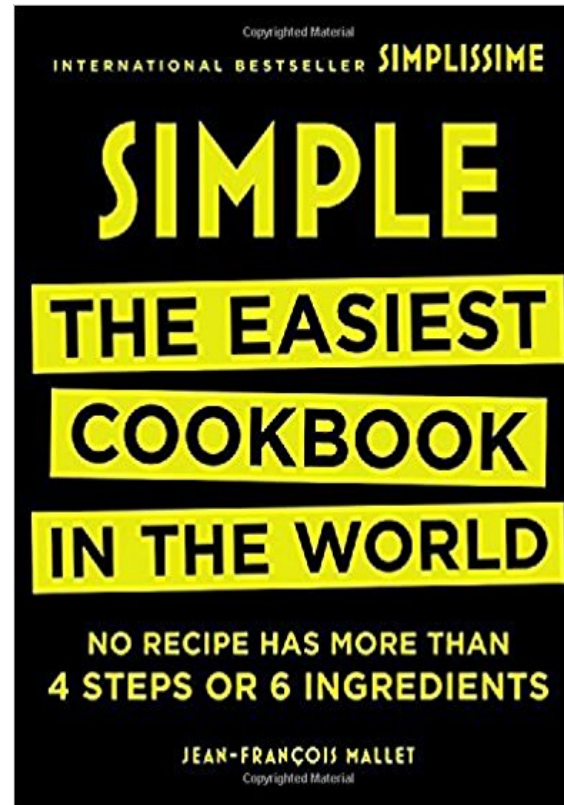
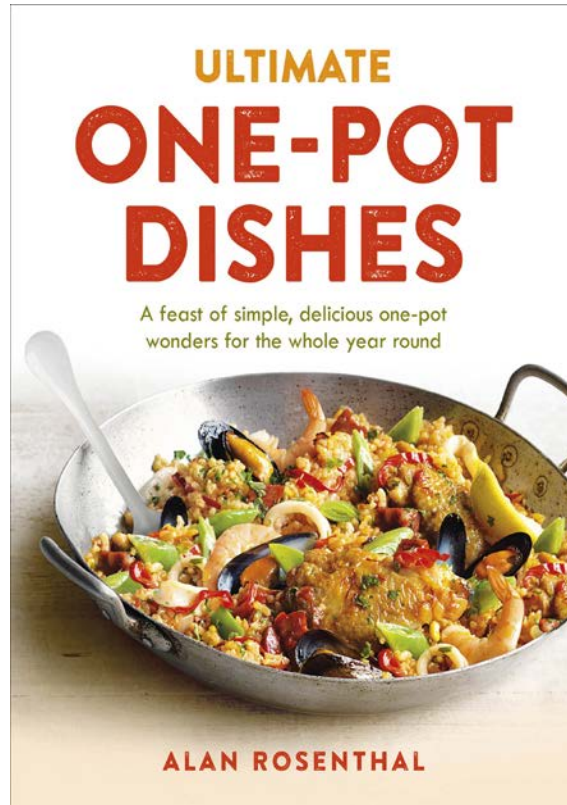
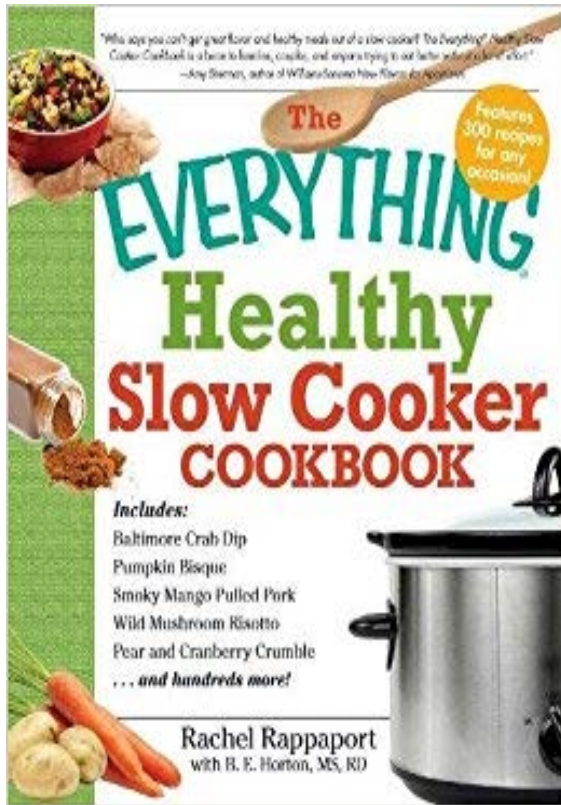
Nutrition



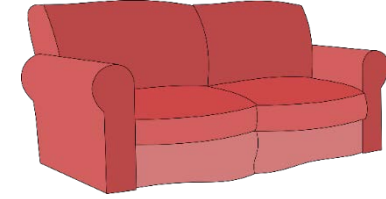
- SCAN
 - Scandpg.org
- CPSDA
 - Sportsrd.org
- *The Healthy Former Athlete* by Lauren Link (Skyhorse Publishing, 2018)
- Academy of Nutrition & Dietetics
 - Eatright.org
- Perhaps the best example of good vs. bad sources of information on this subject
- Look for credentialed professional (RD)



Additional Nutrition Resources



Fitness/Physical Health



Physical Activity Guidelines for Adults

(US Dept of HHS, 2018)

The American College of Sports Medicine

(Garber et al, 2011)

- Cardiorespiratory Fitness
 - Muscular Strength and Endurance
 - Body Composition
 - Flexibility
 - Neuromotor Fitness
- ## ACSM Resource Library (acsm.org)
- 7-Minute High-Intensity Workout
 - Time Saver: High Intensity Fitness Circuit in Minutes
 - Myofascial Massage Tools

Time Saver: High Intensity Fitness Circuit in Minutes

What is it?
This workout involves completion of 12 key aerobic and strengthening exercises of all the major muscle groups in rapid succession with 10 seconds of rest between exercises.

What does it feel like?
Each exercise takes 20 seconds and is performed at a high intensity. Your effort level during the seven minutes should be at an 8 out of 10 point, where 10 is your maximum effort level. You will be breathing hard and your heart rate will increase.

Special considerations and safety:
• The execution and form of each exercise is a priority for safety and optimal fitness gains.
• Avoid holding your breath during any exercise.
• ACSM recommends doing an appropriate warm up and cool down before and after any exercise session.

What kind of exercises are included?
Workouts may vary slightly, but typically include aerobic exercise (jumping jacks, high knees, weighted exercise ball sit, squat, lunge, step up onto chair, knee dip on a chair, plank, pushup on a surface), and core stability (plank, side plank, abdominal crunch). The order of the exercises is important to follow to allow one muscle group to rest while another is exercising.

Why participate in this kind of workout?
• Time: Vigorous exercise can be done in short time intervals (3 to 5 times).
• Space: With only your own body weight, a chair and a wall, a short motivating exercise bout can be accomplished in a space like a small office.
• Health and Fitness Benefits: High intensity exercise can increase muscle activity and heart rate and contribute to healthy weight management. Short bouts of challenging exercise may also provide meaningful benefits such as helping to reduce health risk factors, strengthen your posture and improve your posture.
• Cool: Fun!
• Feels refreshing.

How to access the program:
Online: [muscle fitness](#) or [work apps](#) ("Seven", "7 Minute Workout")

Start

1. Jumping jacks (total body)
2. Wall sit (lower body)
3. Push up (upper body)
4. Abdominal crunch (core)
5. Step up onto chair (total body)
6. Squat (lower body)
7. Triceps dip (upper body)
8. Plank (core)
9. High knees (total body)
10. Lunge (lower body)
11. Push-up and rotation (upper body)
12. Side plank (core)

Finish

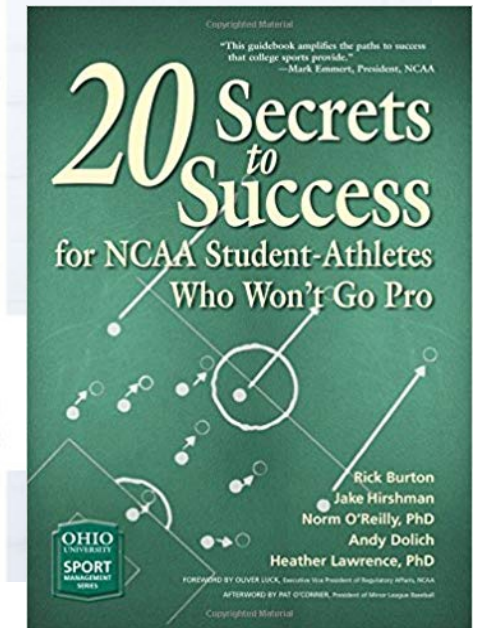
■ Aerobic Exercise ■ Strengthening Exercise ■ Core Stability

Source: ACSM's Health & Fitness Journal® 44(4) and 44(5) High-Intensity Circuit Training using Body Weight: maximum results with minimal investment. 2012; 17(2):8-13



Mental Health/Preparedness

- GamePlan - <https://wearegameplan.com/>
- BluePrint - <https://www.blueprint.us/>
- Athlete Network - <https://www.athletenetwork.com/>
- Podcast – Untold 98%
- NCAA After the game <http://www.ncaa.org/student-athletes/former-student-athlete>
- *The Transition* by Kelli Tennant
- *20 Secrets to Success for NCAA Student-Athletes Who Won't Go Pro*



Actionable items

- Putting together a **packet**
 - Available in the athletic training room
 - Senior night gift
 - Included in exit interview
- Start compiling a **resource library**
- **Graduation gift**
 - Book(s)
 - Consultation with RD, personal trainer/gym membership, masseuse, therapist



Referenced Resources

- ACSM Resource Library (acsm.org)
 - 7-Minute High-Intensity Workout https://www.acsm.org/read-research/resource-library/resource_detail?id=5c0c3dc8-2e67-4777-9a38-43bcff95522f
 - Time Saver: High Intensity Fitness Circuit in Minutes https://www.acsm.org/read-research/resource-library/resource_detail?id=fd28128c-59df-4cef-a752-981e9bc45e94
 - Myofascial Massage Tools https://www.acsm.org/read-research/resource-library/resource_detail?id=3f91e8bf-dd64-48a3-9ead-30c72d6b1a51
- Deforche B, Van Dyck D, Deliens T, & De Bourdeaudhuij I (2015) Changes in weight, physical activity, sedentary behaviour and dietary intake during the transition to higher education: a prospective study, *International Journal of Behavioral Nutrition and Physical Activity* 12:16
- Farren GL, Zhang T, Martin SB & Thomas KT. (2017) Factors related to meeting physical activity guidelines in active college students: A social cognitive perspective, *Journal of American College Health*, 65:1, 10-21, DOI: [10.1080/07448481.2016.1229320](https://doi.org/10.1080/07448481.2016.1229320)
- Garber C E, Blissmer B, Deschenes M R , Franklin B A , Lamonte M J ; Lee I; Nieman D C, Swain D P (2011) American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently health adults: guidance for prescribing exercise. *Medicine & science in sports & exercise.* , 2011, Vol.43(7), p.1334-1359. ISSN: 0195-9131 , 1530-0315; DOI: 10.1249/MSS.0b013e318213febf



Referenced Resources cont.

- National Center for Health Statistics. Health, United States, 2015: With Special Feature on Racial and Ethnic Health Disparities. Hyattsville, MD. 2016. <https://www.cdc.gov/nchs/data/hus/hus15.pdf>
- U.S. Department of Health and Human Services. 2018 Physical Activity Guidelines for Americans, 2nd edition





Questions?