Results from the FISU dual career questionnaire – Rhine-Ruhr 2025 FISU World University Games Summer

Countries: respondents came from 67 out of 102 countries

Number of respondents: 590 (of 6233 athletes, 9.46%)

Africa

- Kenya 15 (2.5%)
- South Africa 8 (1.4%)
- Zambia 5 (0.8%)
- Mali 2 (0.3%)
- Nigeria 2 (0.3%)
- Uganda 2 (0.3%)
- Burkina Faso 1 (0.2%)
- Democratic Republic of the Congo 1 (0.2%)
- Egypt 1 (0.2%)

America

- Argentina 33 (5.6%)
- Chile 12 (2.0%)
- Brazil 11 (1.9%)
- United States of America 11 (1.9%)
- Costa Rica 7 (1.2%)
- Mexico 2 (0.3%)
- Colombia 2 (0.3%)
- Honduras 2 (0.3%)
- Canada 1 (0.2%)
- Ecuador 1 (0.2%)

Asia

- Japan 50 (8.5%)
- People's Republic of China 37 (6.3%)
- India 32 (5.4%)
- Chinese Taipei 21 (3.6%)
- Kazakhstan 11 (1.9%)
- Hong Kong 5 (0.8%)
- Republic of Korea 5 (0.8%)
- Nepal 3 (0.5%)
- Bangladesh 3 (0.5%)
- Thailand 2 (0.3%)
- Pakistan 2 (0.3%)
- Sri Lanka 2 (0.3%)
- Mangolia 1 (0.2%)
- Oman 1 (0.2%)
- Singapore 1 (0.2%)

Europe

- Germany 40 (6.8%)
- Hungary 40 (6.8%)

- Czechia 25 (5.9%)
- Spain 22 (3.7%)
- Slovakia 19 (3.2%)
- Ukraine 18 (3.1%)
- Latvia 16 (2.7%)
- Norway 11 (1.9%)
- Switzerland 10 (1.7%)
- Azerbaijan 8 (1.4%)
- Poland 8 (1.4%)
- Finland 6 (1.0%)
- Armenia 3 (0.5%)
- Ireland 3 (0.5%)
- Netherlands 3 (0.5%)
- Sweden 3 (0.5%)
- Georgia 3 (0.5%)
- France 2 (0.3%)
- Israel 2 (0.3%)
- Türkiye 2 (0.3%)
- United Kingdom of Great Britain and Northern Ireland 2 (0.3%)
- Albania 1 (0.2%)
- Belgium 1 (0.2%)
- Croatia 1 (0.2%)
- Estonia 1 (0.2%)
- Portugal 1 (0.2%)
- Slovenia 1 (0.2%)
- Romania 1 (0.2%)
- Bosnia and Herzegovina 1 (0.2%)
- Cyprus 1 (0.2%)

Oceania

- Australia 7 (1.2%)
- New Zealand 5 (0.8%)

- Individual Neutral Athletes 18 (3.1%)

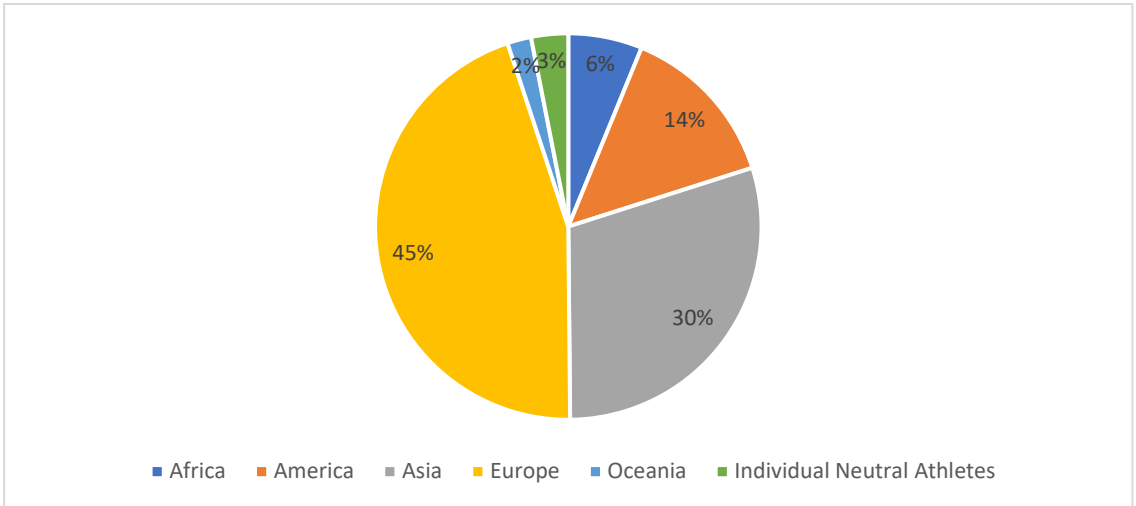


Figure 1: Countries classified by continent

Demographic aspects

Gender of respondents

310 female and 270 male athletes, 4 athletes who identified as other and 6 athletes who preferred not to say; n = 590 (of 590)

Sport

(Question: I participated in the Rhine Ruhr 2026 FISU World University Games Summer in the sport) n = 590

- Athletics 89
- Taekwondo 80
- Judo 60
- Badminton 47
- Fencing 45
- Basketball 40
- Archery 38
- Rowing 31
- Swimming 26
- Volleyball 26
- Artistic Gymnastics 20
- Rhythmic Gymnastics 17
- Table Tennis 16
- Waterpolo 14
- Beach Volleyball 12
- Tennis 11
- 3x3 Basketball 9
- 3x3 Wheelchair Basketball 6
- Diving 3

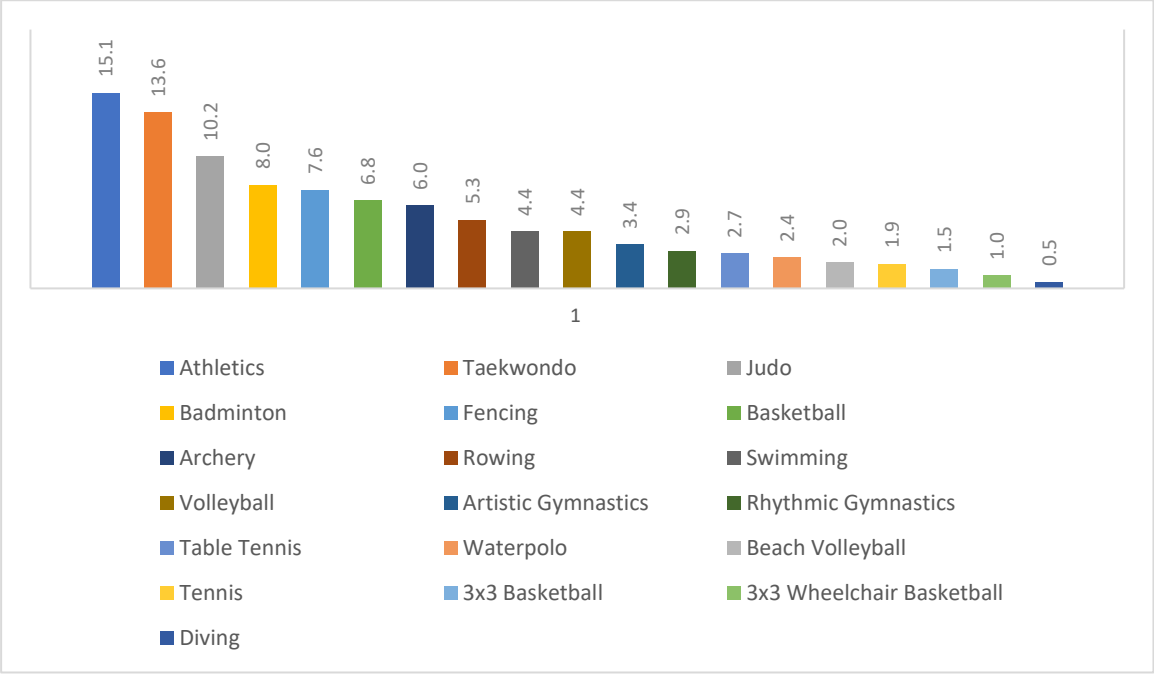


Figure 2: Sport (in %)

Academic level

(Question: I am enrolled at university level for) n = 568 (of 590)

▪ Bachelor studies	69.3%
▪ Master studies	17.5%
▪ PhD studies	1.9%
▪ Other	7.6%

Major

(Question: My major is in the field of) n = 570 (of 590)

▪ Sport Science/Physical Education	34.9%
▪ Engineering Sciences	11.6%
▪ Economics	11.2%
▪ Human medicine and Health Sciences	10.4%
▪ Social Sciences	6.8%
▪ Humanities	6.8%
▪ Law	2.8%
▪ Mathematics and Natural Sciences	2.5%
▪ Agricultural, Forestry and Nutrition Sciences, Veterinary Medicine	1.9%
▪ Literature/Language Studies and foreign Languages	1.6%
▪ Art	1.4%
▪ Other	8.1%

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)) n = 569 (of 590)

▪ 1	12.0%
▪ 2	17.8%
▪ 3	12.3%
▪ 4	13.7%
▪ 5	7.4%
▪ 6	9.8%
▪ 7	5.6%
▪ 8	8.3%
▪ 9	3.5%
▪ 10	4.0%
▪ 11	1.8%
▪ 12	2.1%
▪ 13	0.2%
▪ 14	0.5%
▪ 15 or more	1.1%

Years of international competitions

(Question: In which year did you start to compete in international competitions?) n = 380 (of 590)

- 2015 11.1%
- 2016 6.6%
- 2017 6.3%
- 2018 8.4%
- 2019 12.1%
- 2020 5.8%
- 2021 7.9%
- 2022 8.4%
- 2023 7.1%
- 2024 6.1%
- 2025 20.3%

Experience in international competitions

(Question: In which other international competitions than the Rhine Ruhr 2026 FISU World University Games Summer have you already competed? (Multiple answers possible)) n = 590 (of 590)

- Other continental and international competitions 52.0%
- Junior World Championships 27.1%
- World Championships 19.8%
- World Cups 18.5%
- Previous World University Games 12.2%
- Youth Olympic Games 6.3%
- Olympic Games 4.9%
- None 24.4%

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) n = 512 (of 590)

- 10 and less 25.6%
- 11-20 38.7%
- 21-30 21.9%
- 31-40 9.6%
- 41-50 3.3%
- 51 and more 1.0%

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) n = 512 (of 590)

- 10 and less 35.9%
- 11-20 34.0%
- 21-30 18.6%
- 31-40 7.0%
- 41-50 2.5%
- 51 and more 2.0%

Absence days from university

(Question: How many days of absence from university did you have in 2025 due to training sessions and/or competitions?) n = 588 (of 590)

- 0-7 27.9%
- 8-14 14.6%
- 15-21 11.6%
- 22-30 11.9%
- 31-50 6.1%
- 51-70 2.2%
- 71-100 4.8%
- 101-200 2.2%
- 201 and more 18.7%

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)?) n = 504 (of 590)

- … you want to be prepared for life after a sporting career 84.5%
- … you want to develop myself personally 78.3%
- … you want to be able to realize a certain career wish 72.0%
- … your studies open up a greater professional diversity for you 70.6%
- … you don't earn enough money in sports to be able to make a living after […] 66.1%
- … you would like to have a (mental) occupation beside the sport 64.3%

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)?) n = 503 (of 590)

- My academic achievements correspond to my own demands 68.2%
- My academic achievements are better than I originally expected 48.7%
- Compared to my fellow students, I would have to invest more time in my studies 48.6%
- Compared to my fellow students, I have achieved better academic results 44.4%
- I am one of the best students of my year 39.8%

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?) n = 468 (of 590)

- Yes, about 1 semester more 17.9%
- Yes, about 2 semester more 17.7%
- Yes, more than 2 semester 15.2%
- No, I will finish on time 37.8%
- No, I will finish earlier than the standard period of study 2.4%
- I don't know 9.0%

Dual career situation (athletes who marked 4 or 5)

(Question: Concerning my dual career situation ... (1 = strongly disagree ... 5 = strongly agree)) n = 452 (of 590)

- … despite my commitment to elite sport, I take exams at the university at the planned times 64.1%
- … it takes a lot of planning to balance my studies and elite sport 61.5%
- … the courses in my studies overlap with my training and competition times 53.1%

- … I always have a contact person if there are problems with the combination of elite sport and studies 48.0%
- … elite sport restricts my regular participation in study courses 47.9%
- … it is difficult for me to find time for learning […] 46.0%
- … it is very difficult for me to combine elite sport and studies 38.7%

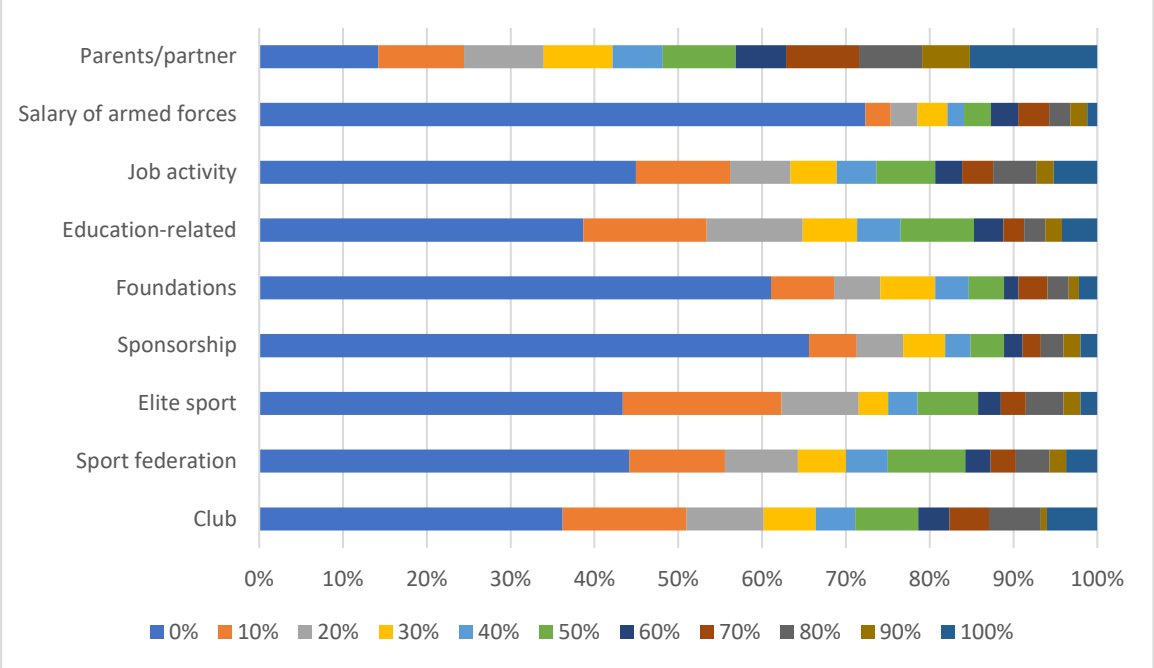
Belonging to other institutions

(Question: Do you belong to one of the following institutions besides your studies?) n = 554 (of 590)

- No 86.5%
- Military/Army 6.0%
- Public Administration 3.2%
- Customs 1.6%
- Border Police/Police 1.6%
- Fire Service 0.7%
- Other 0.4%

Personal finance

(Question: How do you finance yourself? (Multiple answers possible) n = 402 (of 590)



Parents / partner includes also spouse partner, relatives and friends
Salary of armed forces includes also police, customs and border guard
Sponsorship includes also advertising contracts
Sport federation includes also the National Olympic Committee

Figure 3: Personal finance

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) n = 468 (of 590)

- Limited spare time 63.3%
- Missing single university classes due to competitions and trainings sessions 57.9%
- Long absence from university classes (competitions, training camps) 54.9%
- Overload through double burden 52.1%
- Extension of the study time 45.5%
- Financial uncertainty 45.5%
- Missing university tests and exams 42.9%
- Reduced training sessions due to university education 37.6%

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?) n = 440 (of 590)

- Yes 49.5%
- I don’t know 26.8%
- No 23.6%

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)) n = 440 (of 590)

- Universities 40.5%
- I don’t know 33.2%
- Government/Governmental departments 19.8%
- National Sport Federation 19.5%
- National University Sport Federation 19.3%
- National Olympic Committee 13.0%
- Dual Career organisation 4.8%
- Other 2.3%

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)) n = 440 (of 590)

- Educational flexibility 42.7%
- Financial support 29.5%
- I don't know 28.0%
- Contact person at the university 26.6%
- Sport facilities at/close to the university 26.1%
- Contact person at a sport organisation 17.5%
- Legal aspects 10.2%
- Other 2.5%

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)) n = 440 (of 590)

- Educational flexibility 73.5%
- Financial support 73.4%
- Contact person at the university 67.9%
- Sport facilities at/close to the university 67.0%
- Contact person at a sport organisation 66.6%
- Legal aspects 60.2%

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)) n = 424 (of 590)

- Coach (Strength, Conditioning, Recovery) 50.5%
- Sport facilities of the highest international training level 42.5%
- Physiotherapy 38.0%
- Medical Support 33.0%
- Accommodation 28.3%
- Sport Psychologist 24.8%
- Nutritionist 24.3%
- Contact person at a sport organisation 24.1%
- Restaurant, serving healthy, fresh and well-prepared food 21.2%
- Rooms to study – ICT and Internet equipped – and to relax 17.5%
- Career counselling 12.3%

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)) n = 424 (of 590)

- Coach (Strength, Conditioning, Recovery) 77.8%
- Physiotherapy 74.3%
- Sport facilities of the highest international training level 73.8%
- Medical support 72.6%
- Sport Psychologist 66.2%
- Restaurant, serving healthy, fresh and well-prepared food 65.3%
- Contact person at a sport organisation 63.9%
- Nutritionist 63.5%
- Accommodation 61.2%
- Career counselling 55.5%
- Rooms to study – ICT and Internet equipped – and to relax 53.5%

Provider of support at sport level

(Question: At sport level, who provides support for your dual career (Multiple answers possible)) n = 424 (of 590)

- Coach 72.2%
- Sport managers and officials 32.3%
- Other 17.9%
- Sport Psychologist 17.7%
- Medical doctor 12.7%

Support at university level

(Question: As an elite athlete you receive support at the university level with regard to (Multiple answers possible)) n = 411 (of 590)

- Scholarships 40.4%
- Sport facilities 32.1%
- Flexible class attendance 29.7%
- Flexibility in the university entry-requirements 24.3%
- Elite sport development programmes 24.1%
- Flexible exam sessions 22.9%
- Contact person at the university 22.1%
- Individual study schedules 20.7%
- Long-distance learning 18.2%
- Extended term-time 16.5%
- Accommodation 15.8%
- Rooms to study – ICT and Internet equipped – and to relax 14.8%
- University catering, serving healthy, fresh and well-prepared food 11.9%
- Alternative access to delivery of courses 11.2%
- Individual or small group tutoring 11.2%
- Other 9.5%
- Career counselling 8.3%
- Encouraged employability (of the individual) linked to industry-recognized providers 6.3%
- Programmes tailored to retiring athletes 5.1%

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?) n = 411 (of 590)

- Flexible class attendance 80.3%
- Sport facilities 79.1%
- Scholarships 78.1%
- Flexible exam sessions 77.8%
- Elite sport development programmes 77.4%
- Restaurant, serving healthy, fresh and well-prepared food 75.4%
- Individual study schedules 73.7%
- Long-distance learning 71.7%
- Contact person at the university 70.0%
- Alternative access to delivery of courses 70.0%
- Flexibility in university entry-requirements 68.7%
- Extended term-time 66.0%
- Rooms to study – ICT and Internet equipped – and to relax 64.8%
- Accommodation 64.0%
- Encouraged employability (of the individual) linked to industry-recognized providers 62.0%
- Career counselling 60.6%
- Programmes tailored to retiring athletes 58.4%
- Individual or small group tutoring 56.7%
- Other 43.5%

Provider of support at university level
(Question: At university level, who provides support for your dual career (Multiple answers possible)) n = 411 (of 590)

- Professors/Academic staff 45.0%
- University sport staff 41.4%
- University administrative staff 29.7%
- Other 11.2%
- Specific (dual) career counsellor 10.5%

Provider of support at personal level
(Question: At personal level, who provides support for your dual career (Multiple answers possible)) n = 411 (of 590)

- Parents 82.5%
- Friends 48.4%
- Sport teammates 45.7%
- Sister/brother/relatives 37.0%
- (Spouse) partner 27.7%
- Classmates 21.2%
- Other 2.2%

Income of Household

(Question: If you think about the overall income of your household, how easy or difficult is it to make ends meet every week?) n = 391 (of 590)

▪ Very difficult	12.8%
▪ Difficult	15.9%
▪ Somewhat difficult	32.7%
▪ Somewhat easy	23.5%
▪ Easy	11.0%
▪ Very easy	4.1%

Worries about Financial Situation

(Question: Are you currently worried about your financial situation?) n = 391 (of 590)

▪ Extremely worried	11.8%
▪ Quite worried	17.4%
▪ Somewhat worried	35.3%
▪ Not very worried	25.6%
▪ Not at all worried	7.2%
▪ Prefer not to answer	2.8%

Financial Situation Comparison

(Question: If you compare your financial situation to that of three years ago, do you think that your financial situation has become:) n = 391 (of 590)

▪ Much worse	7.4%
▪ Worse	19.2%
▪ Neither better nor worse	38.4%
▪ Better	25.8%
▪ Much better	9.2%

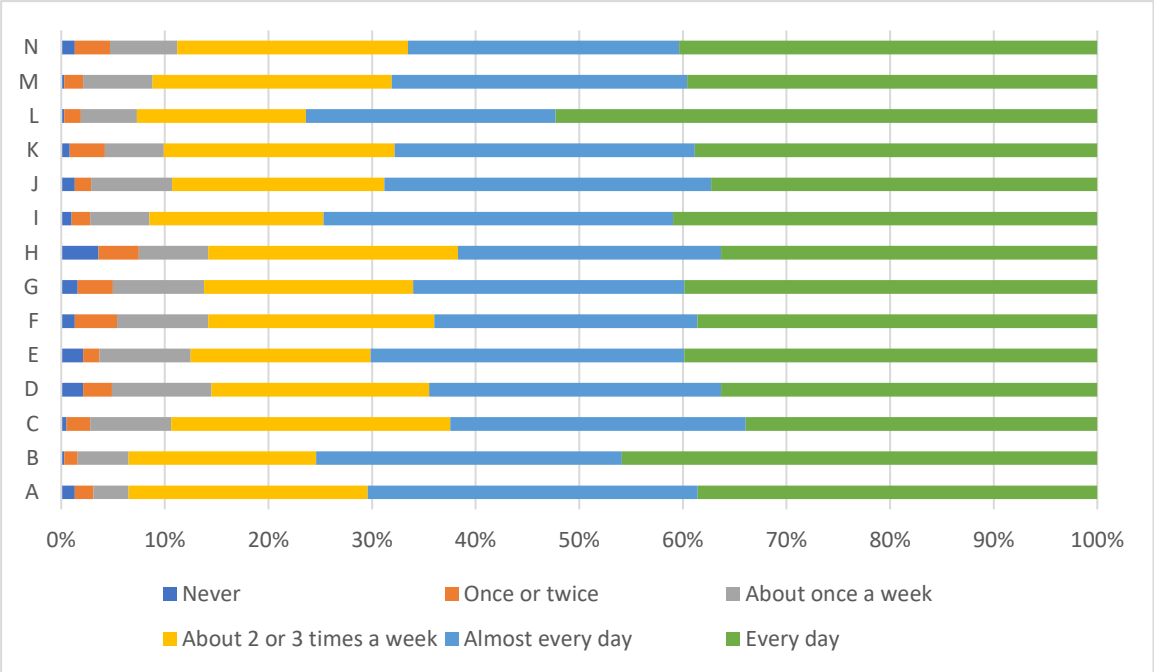
Future Financial Situation

(Question: In three years from now, do you think that your financial situation will be:) n = 391 (of 590)

▪ Much worse	4.3%
▪ Worse	11.3%
▪ Neither better nor worse	31.7%
▪ Better	39.4%
▪ Much better	13.3%

Feelings about Participation:

(Question: During the past month, how often did your participation in sport make you feel…:) n = 386 (of 590)

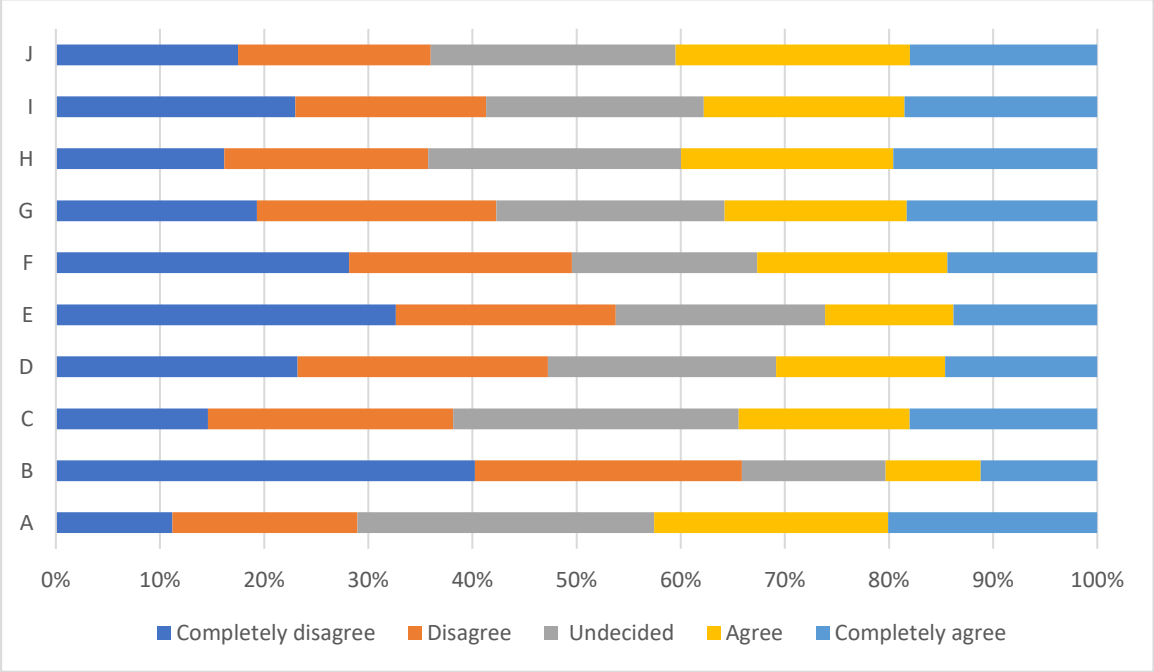


A) …happy
B) …interested in your sport
C) …satisfied
D) …that you had something to contribute to your team or sport community
E) …that you belonged to your team or sport community
F) …that your team or sport community is a good place for all participants
G) …that people in your sport are basically good
H) …that your sport is organized makes sense to you
I) …that you like most parts of your athletic personality
J) …good at managing the daily responsibilities of your sport
K) …that you have warm and trusting relationships with others in your sport
L) …that you had sport experiences that challenged you to grow and become a better person
M) …confident to think or express your own ideas and opinions to people in your sport
N) …that you have a sense of direction or meaning within your sport

Figure 4: Feelings about participation in sport

Describe Situation:

(Question: Choose the alternative that best describes your situation: (estimation from previous month))
n = 383 (of 590)

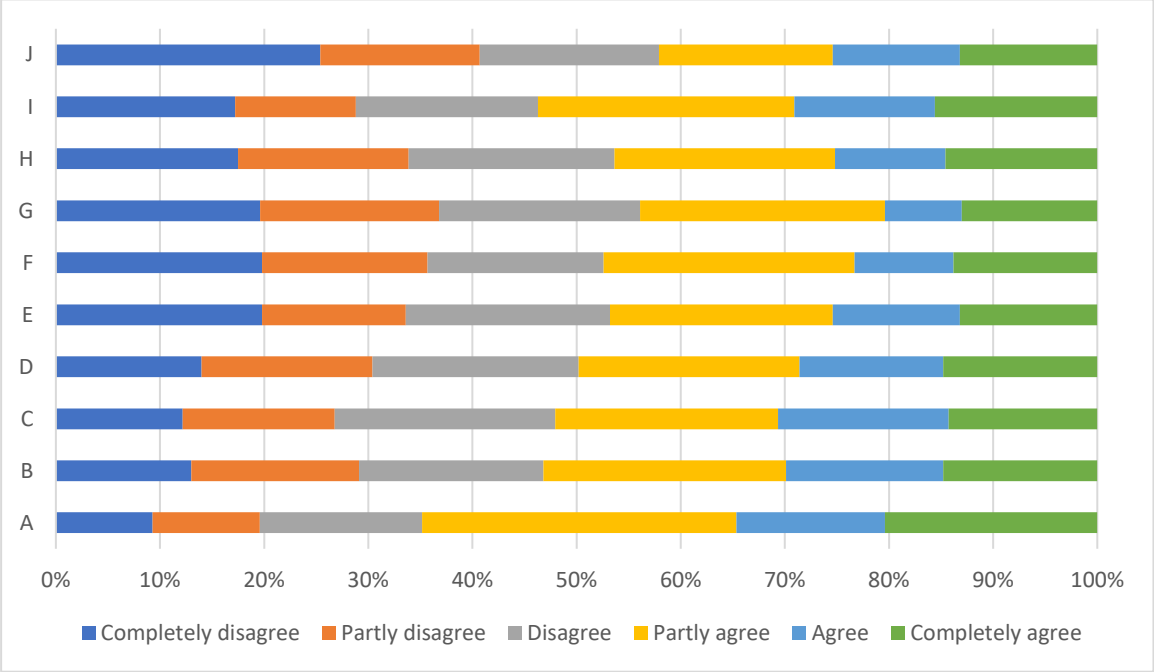


A) I feel overwhelmed with my sport
B) Sport doesn't interest me anymore
C) I often have feeling that I am not doing well in my sport
D) I often sleep poorly because of matters relate to my sport
E) I feel I am losing interest in my sport
F) I often wonder whether my sport has any meaning
G) I often feel like I am not doing my best in my sport
H) I worry a lot over matters related to my sport during my spare time
I) I used to achieve more in my sport
J) The pressure of my sport is affecting other parts of my life

Figure 5: Description of situation in sport

Alternative describe situation:

(Question: Choose the alternative that best describes your situation: (estimation from previous month))
n = 378 (of 590)



A) I feel overwhelmed by my studies
B) I feel a lack of motivation in my studies and often think of giving up
C) I often have feelings of inadequacy in my studies
D) I feel that I have less and less to give in my studies
E) I often sleep badly because of matters related to my studies
F) I feel that I am losing interest in my studies
G) I'm continually wondering whether my studies have any meaning
H) I brood over matters related to my studies a lot during my free time
I) I used to have higher expectations of my studies than I do now
J) The pressure of my studies causes me problems in my close relationships with others

Figure 6: Description of situation in studies

Wishes for future career

(Question: With regards to dual career, what do you wish for the future in your country?)

Summary of the responses

1. More financial support (most frequently mentioned)
   - Scholarships and financial aid
   - Better salaries and income opportunities
   - Sponsorships and funding
   - Financial security so athletes do not have to work alongside sport and studies

2. Better combination of sport and education
   - Easier combination of elite sport and university studies
   - Better dual-career programmes
   - Opportunities to study and train at the same time
   - Fewer conflicts between competitions, training and university
   - Systems that allow athletes to pursue both careers successfully

3. More overall support for student-athletes
   - More support from universities, governments, sport federations and clubs
   - Better organised support programmes
   - More understanding of the demands placed on student-athletes
   - Support throughout an athlete's development

4. More flexibility from universities
   - Flexible study schedules
   - More flexibility with exams and assignments
   - Fewer attendance requirements
   - Alternative coursework when athletes are away for competitions
   - Possibility to extend study periods or use online courses

5. More recognition and promotion of sport
   - Greater recognition of athletes and their achievements
   - More public attention for elite sport
   - More investment in sport
   - Greater recognition of smaller and less popular sports
   - More opportunities for athletes to develop and compete internationally

6. Better professional and personal support
   - Psychological support
   - Nutritionists and physiotherapists
   - Strength and conditioning coaches
   - Better coaching
   - A professional support team around the athlete

7. Better career opportunities after sport

- More employment opportunities after retirement
- Support when transitioning from an athletic career to a professional career
- Opportunities to continue education
- Better preparation for life after elite sport
- The possibility of using academic qualifications after the sports career

8. Better training facilities and infrastructure

- Better training facilities
- Access to gyms and sports centres
- Better training conditions
- More training centres
- Better opportunities to travel to competitions and training camps

9. More opportunities for athletic development

- Support for athletes at different stages of their careers
- More opportunities to compete internationally
- Support for athletes who are not yet at the very top level
- Better development programmes
- More opportunities to reach elite level

10. Achieving sporting success

- Winning Olympic medals
- Becoming an Olympic champion
- Competing at an international level
- Becoming one of the best athletes
- Achieving personal and national sporting goals