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%
### Results from the FISU Questionnaire

#### 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%
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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%
Results from the FISU Questionnaire
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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%
Results from the FISU Questionnaire  29th Winter Universiade Krasnoyarsk 2019

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%
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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%