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UCAM  
UNIVERSIDAD  
CATÓLICA DE MURCIA

# ESTPORT

## Dual Career

European Sport Tutorship model for  
the dual career of athletes  
-ESTPORT-

**Sánchez-Pato, PhD**

The European Athlete as Student (E.A.S)

15th -17th of September 2016

[Project number: 557204-EPP-1-2014-1ES-SPO-SCP]



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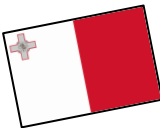
## The project partner are...



UCAM-Universidad Católica de Murcia (Spain)



University of Rome Foro Italico (Italy)



University of Malta (Malta)



Leeds Trinity University (United Kingdom)



Europa Community Ltd. (United Kingdom)



University of Thessaly (Greece)



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## The specific aim of this project is...

To **develop, transfer and implement** an innovative ***EU Sport Tutorship programme*** in different **European Universities**, involving public authorities, sport-related organisations and educational actors, as a key stakeholders to accomplish the EU Guidelines on Dual Careers for Athletes



<http://www.sporttutorship.eu>

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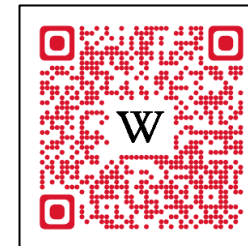


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**ESTPORT**  
Dual Career

# ‘Design and validation of a questionnaire about the perceptions of dual career student-athletes (*ESTPORT*)’

(**Sánchez-Pato**, Calderón, Arias-Estero, García-Roca, Bada, Meroño, Isidori, Brunton, Decelis, Koustelios, Mallia, Fazio, Radcliffe, & Sedgwick, 2016)



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# ‘Background’

At European level there are **programs** pursuing implement the **main guidelines to optimize the dual career**. The figure of the personal **sports tutor** originated, with the final purpose to offer **personal counseling** according to **academic studies** and **sport practiced**, as it could be the key to success in dual career



(Álvarez, Pérez, López & González, 2014; European Commission, 2012; López de Subijana et al., 2014; Vilanova & Puig, 2013)

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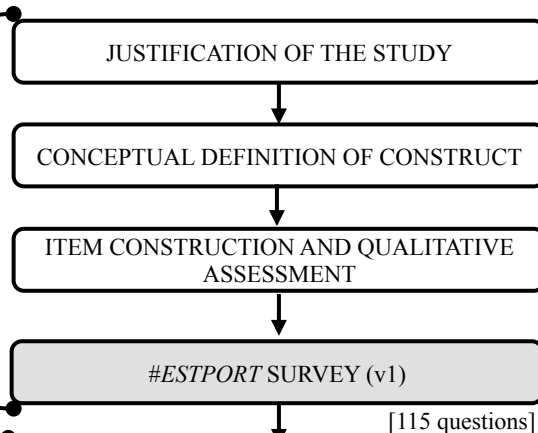
The **purpose** of this paper was...

to **design and validate** a questionnaire  
about the **perceptions** of **elite student  
athletes** at **university** relating to their  
**dual career**

# 'Method'

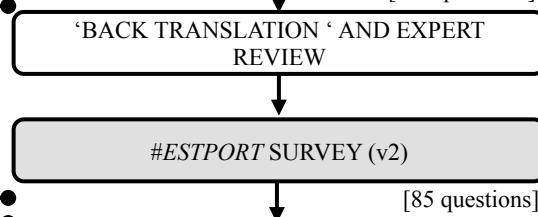
1

**INITIAL  
CREATION OF  
THE INSTRUMENT**



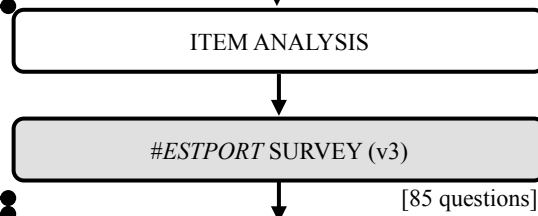
2

**CONTENT  
VALIDITY  
(N = 30)**



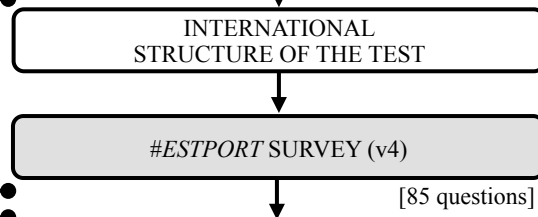
3

**COMPREHENSION  
VALIDITY  
(N = 73)**



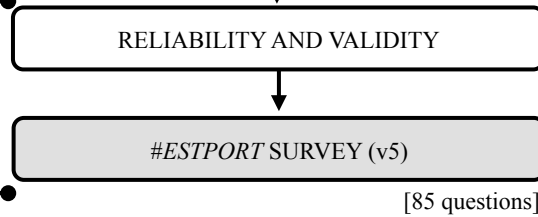
4

**CONSTRUCT  
VALIDITY  
(N = 73)**



5

**FINAL  
VERSION**



**SURVEY  
'ESTPORT'**

**PASSED**

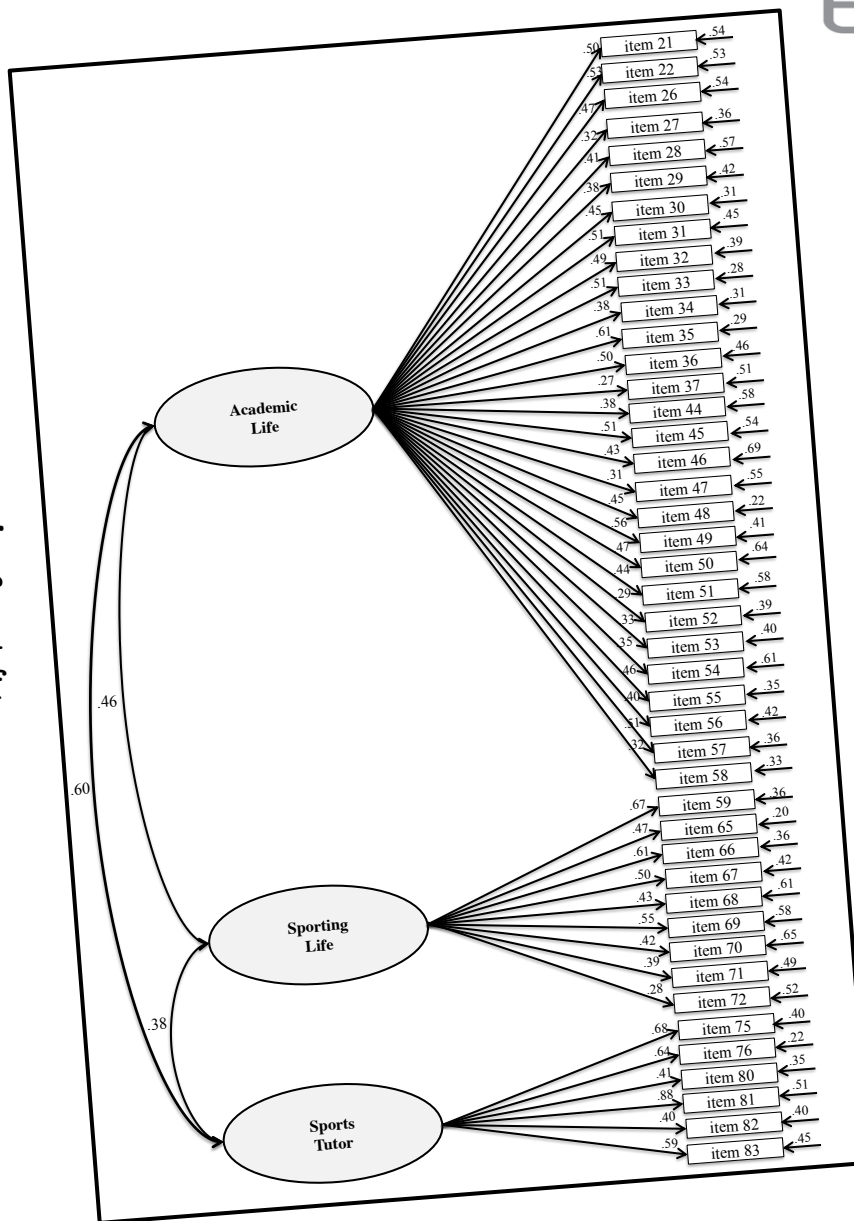




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## ‘Method’

The results of **exploratory** and **confirmatory** factor **analysis (CFA)** showed optimal values of reliability of content



$\chi^2/g.l.$ : 2,03  
CMIN/DF: 2,01  
NFI: 0,93  
TLI: 0,95  
CFI: 0,91  
GFI: 0,91  
PNFI: 0,74  
RMSEA: 0,05  
SRMR: 0,04  
AIC: 760,63

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**‘Results’**

## The **ESTPORT** - survey

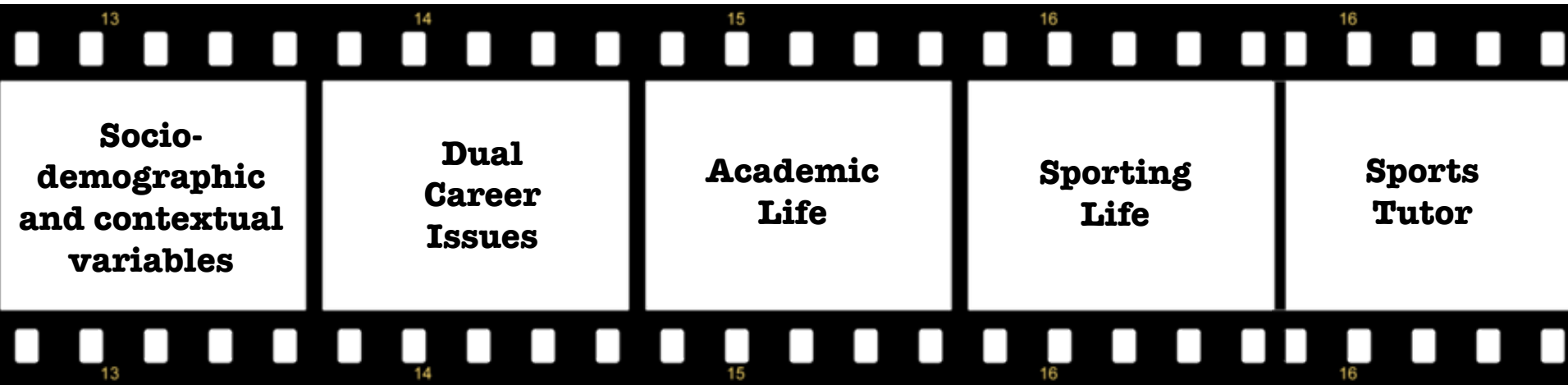
**A**

**B**

**C**

**D**

**E**





## **A** Socio-demographic and contextual variables

In this block, the questions are related to variables of interest to know about the context of student- athletes

### **6. Which level in sport do you participate? (tick all applicable)**

**EXAMPLE**

- ☐ Local Championships
- ☐ National Championships
- ☐ University Championships
- ☐ European championships
- ☐ World Championships
- ☐ Olympic Games
- ☐ Other?





## **B**

## Dual Career Issues

In this block, the questions are related to specific aspects of your dual career (as a student-athlete)

**20. How easy/difficult is it for you to balance your sporting life with your academic life?**

**EXAMPLE**

- ☐ Very easy
- ☐ Easy
- ☐ Neither easy nor difficult
- ☐ Difficult
- ☐ Very difficult





## C

## Academic Life

In this block, the questions are related to specific aspects of your academic life (as a student-athlete)

**48. I get more satisfaction from getting high marks in a subject than winning a game in my sport:**

**EXAMPLE**

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither disagree nor agree
- ☐ Agree
- ☐ Strongly agree





## D

## Sporting Life

In this block, the questions are related to specific aspects of your sporting life (as a student-athlete)

**62. How strongly do you disagree/agree that your sporting career helps you to cope with your studies?**

**EXAMPLE**

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither disagree nor agree
- ☐ Agree
- ☐ Strongly agree





**E**

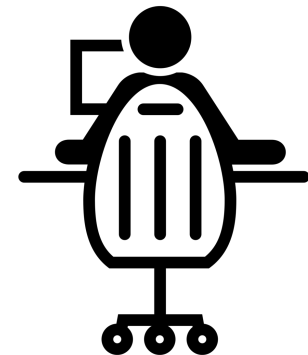
## Sports Tutor

In this block, the questions are related to the sports tutor

**74. How highly do you value these services and features of the dual career at your university  
'Dual career sports tutors'?**

**EXAMPLE**

- ☐ Not highly at all
- ☐ Somewhat highly
- ☐ Neither disagree nor agree
- ☐ Neutral
- ☐ Highly
- ☐ Very Highly

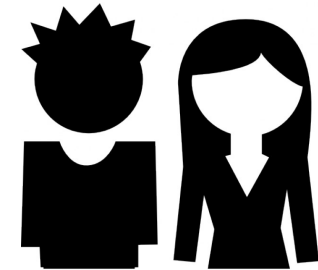
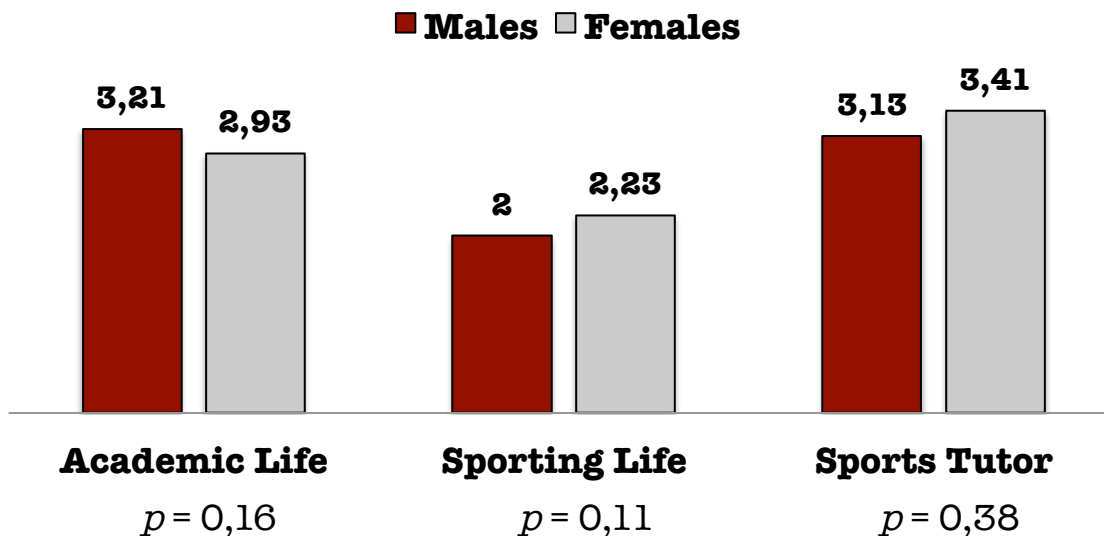




# 'Results'

## Some finding...

**The perception is the same about the dual career according to gender?**



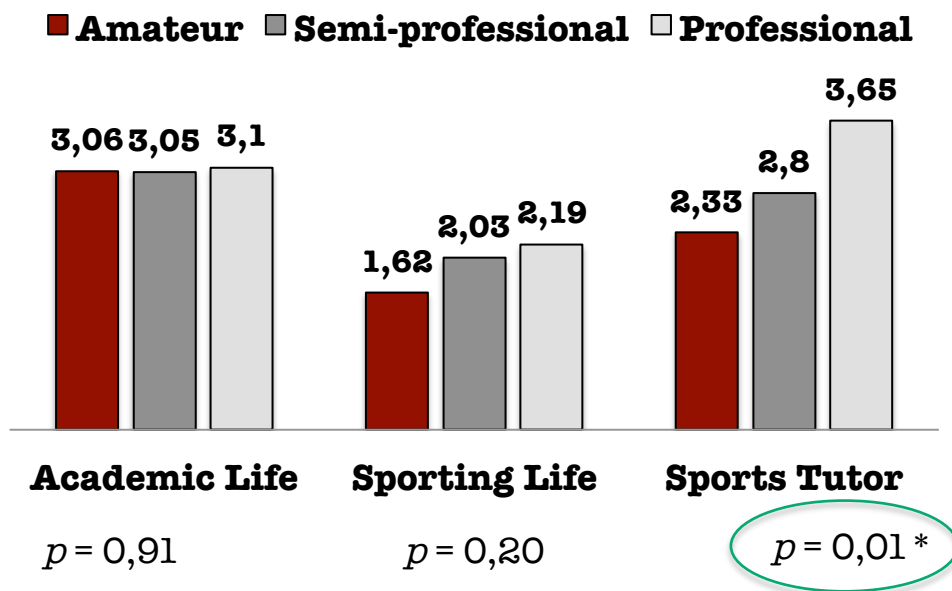
Statistically significant differences were not found in any dimensions of the dual career when analyzed according to gender





## 'Results'

**The perception is the same about the dual career according to amateur, semi-professional or professional level?**



Statistically significant differences were found in the dimension "sports tutor" when the perception was analyzed according to academic, semi-professional and professional

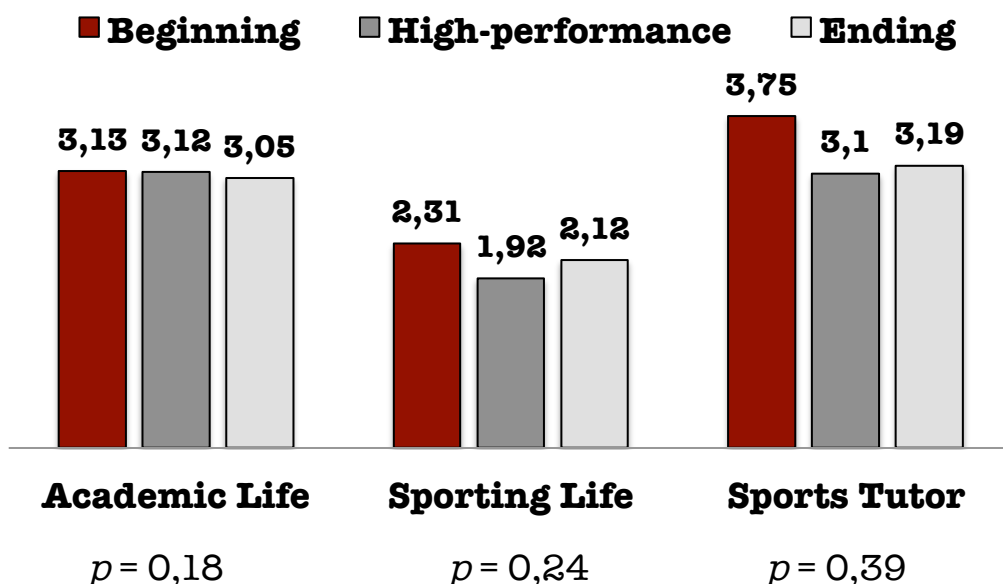
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## 'Results'

**The perception is the same according to beginning of the dual career, in the high performance of the dual career or ending of the dual career?**



Statistically significant differences were not found in any dimensions of the dual career when analyzed according to the beginning, high performance or ending of the dual career





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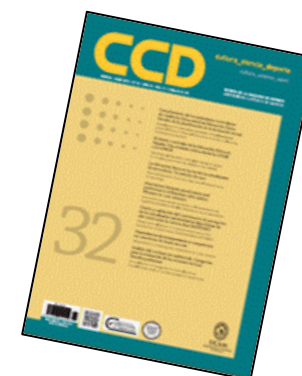
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You can download  
this questionnaire  
here...!



<http://ccd.ucam.edu/index.php/revista/article/view/713/368>

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Examples of student-athletes **UCAM**...



The **UCAM** medals...**5** Gold medals + **3** Silver medals + **4** Bronze medals!



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*Thank you for your attention!*



<http://international.ucam.edu>

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