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Impact of COVID-19 on Perceptions of Health, Well-Being, and College Experience in Division III Student-Athletes

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College athletics is a part of the college experience that cannot to be converted into a virtual experience. Thus, this study explored the direct implications of the COVID-19 pandemic which altered educational and athletic experiences in Division III student-athletes. **PURPOSE:** Determine the impact of COVID-19 on the student-athletes collegiate experience, health, well-being, sport related training, and physical fitness during the COVID-19 pandemic compared to before the pandemic. **METHODS:** Division III student-athletes over the age of 18 years who were enrolled at Pennsylvania State University were emailed a link of the 43-question survey which was deployed using Qualtrics Survey Software during the COVID-19 pandemic in the Fall 2020 semester. The survey asked questions about collegiate experience, health, well-being, sport related training, and physical fitness before and during the pandemic. **RESULTS:** There were 238 student-athletes (ages 18-24 years; 46.2% males, 53.8% females) surveys included in analysis. Approximately 94% of participants reported that COVID-19 slightly (49.6%) or significantly (44.1%) worsened their college experience. About 52% of participants believed that COVID-19 had a slight (40.8%) or significant (11.3%) negative impact on their health, and 59.2% of participants believed that COVID-19 had a slight (44.5%) or significant (14.7%) negative impact on their well-being. Nearly 79% of student-athletes reported that their sport-related training slightly (35.3%) or significantly (43.3%) decreased during the pandemic. Over half of participants believed that their physical fitness (62.6%), physical endurance (67.2%), and physical strength (53.8%) decreased during the COVID-19 pandemic. **CONCLUSION:** The implications of the COVID-19 pandemic on Division III collegiate student-athletes include a worsened college experience as well as worsened health and well-being. Over half of student-athletes reported reductions in their physical fitness, endurance, and strength over the COVID-19 pandemic. The impact of COVID-19 related reductions in sport-related training and physical fitness remains unclear, but it may contribute to worsened performance in competition, increased injury risk, and/or reduced self-efficacy in student-athletes.