

SUPPORT FOR PERFORMANCE AND WELL-BEING IN UNIVERSITY ICE HOCKEY STUDENT-ATHLETES

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INTRODUCTION

Student-athletes:

- Combine high-level sports and higher education;
- Double identity;
- High demand in sports and school;
- Psychological characteristics and life skills development.

Integrating into university challenges student-athletes' adaptability through various changes:

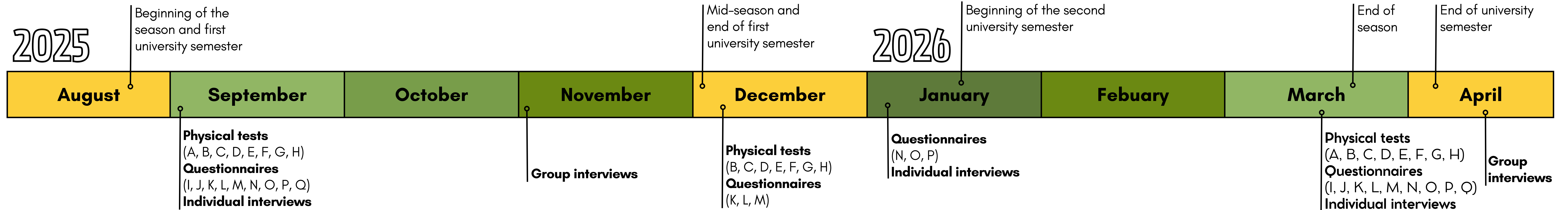
- Moving away;
- Changing team, teammates, coaches and team staff;
- Changing competition level;
- New school, program, teachers and classmates.

OBJECTIVES

Gain a deeper understanding of the interactions between various factors associated with performance and well-being of university-level ice hockey student-athletes during a complete season.

1. Examine changes in physical characteristics.
2. Identify needs and best practices related to university sport settings.
3. Elaborate and propose guidelines to support performance and well-being of student-athletes.

METHODS

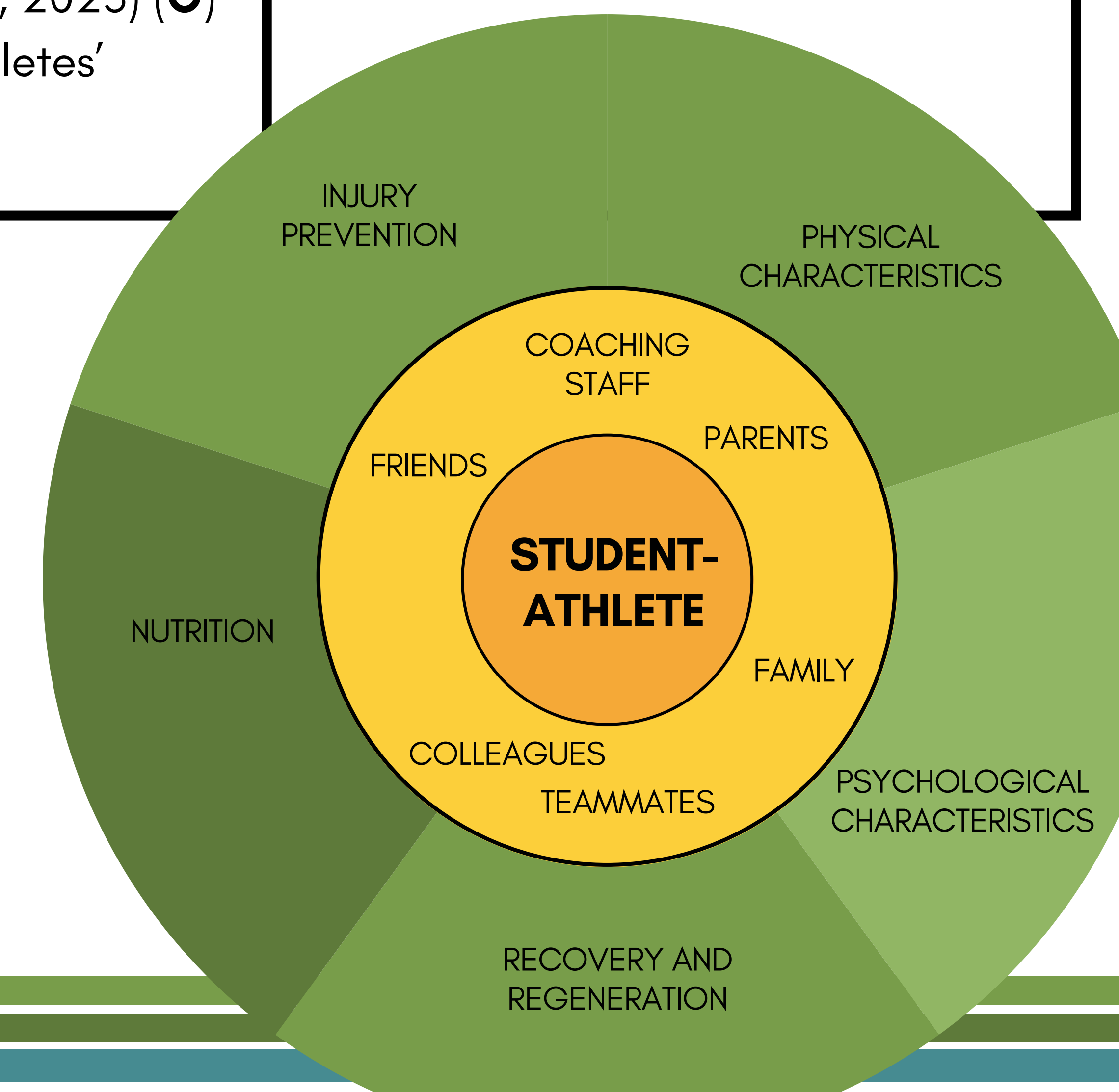


Physical Characteristics	Psychological characteristics	Recovery and regeneration	Nutrition	Injury prevention
On-ice testing: <ul style="list-style-type: none"> • Skating Multistage Aerobic Test (SMAT) (A) • 44.8m skating sprint test (and acceleration) (B) • Vierumaki's skating agility test (C) Off-ice testing: <ul style="list-style-type: none"> • Grip Strength (left and right) (D) • Trap bar deadlift (E) • Bench press (F) • Vertical jump (G) • Horizontal jump (H) 	<ul style="list-style-type: none"> • Life Skills Scale Survey (LSSS) (French version) (Sabourin et al., 2020) (I) • Athletic Coping Skills Inventory-28 (ACSI-28) (Smith et al., 1995) (J) • Profile of Mood States (McNair et al., 1971) (K) 	<ul style="list-style-type: none"> • Athlete Sleep Screening Questionnaire (ASSQ) (Samuels et al., 2016) (L) • Multidimensional Scale of Perceived Social Support (MSPSS) (M) 	<ul style="list-style-type: none"> • Canadian Food Intake Screener (French version) (Government of Canada, 2023) (N) • Canadian Eating Practices Screener (French version) (Government of Canada, 2023) (O) • Customized questionnaire on athletes' nutritional behaviours (P) 	Sport Concussion assessment tool 5th edition (SCAT-5) (Concussion in Sport Group, 2017) (Q)

PERSPECTIVES

Enhance student-athletes' performances and wellbeing

- Combine multiple aspects of athletic practice with a unique methodology;
- Gain a better understanding of the challenges associated with university sport settings;
- Relate tests results to individual and group interviews to provide concrete examples of interactions;
- Tailor relevant recruitment tools for universities looking to attract student-athletes;
- Optimize performance and wellbeing of student-athletes entering university and lead them to develop their full potential on ice, in academics and real life.



REFERENCES



Centre intersectoriel en santé durable (CISD)
Université du Québec à Chicoutimi



Laboratoire de recherche biomécanique et neurophysiologique en réadaptation neuro-musculo-squelettique (Lab BioNR)
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FONDATION UQAC

