



To improve the **health and wellness** of all athletes through the translation of prevention research to **effective programs, policies, and practices.**

<http://athletewellness.uncg.edu>



Institute *to* Promote  
Athlete Health *and* Wellness



SPORT SCIENCE  
INSTITUTE™

**myPlaybook™**

The Freshman Experience

## Who can be enrolled?

The Freshman Experience is available at no cost to first-year student-athletes at NCAA member schools.

While the curriculum is designed specifically for first-year student-athletes, transfer student-athletes may also access the program at no cost.



UNC  
GREENSBORO

Institute *to* Promote  
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# myPlaybook™

**80,420** Courses registered to date

**128** DI schools

**49,146** Courses completed to date

**114** DII schools

**48,720** Student-athletes registered to date

**152** DIII schools

**35.6%** of NCAA member institutions have engaged with myPlaybook: The Freshman Experience

# Core Modules: Alcohol & Other Drug Prevention

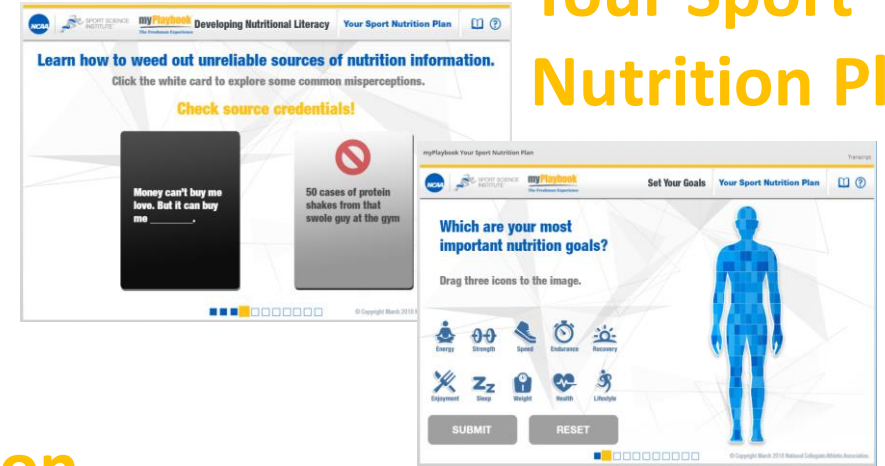
# Sexual Violence Prevention



# Mental Health



# Your Sport Nutrition Plan



# Time Management



# Hazing Prevention



# Sleep Wellness

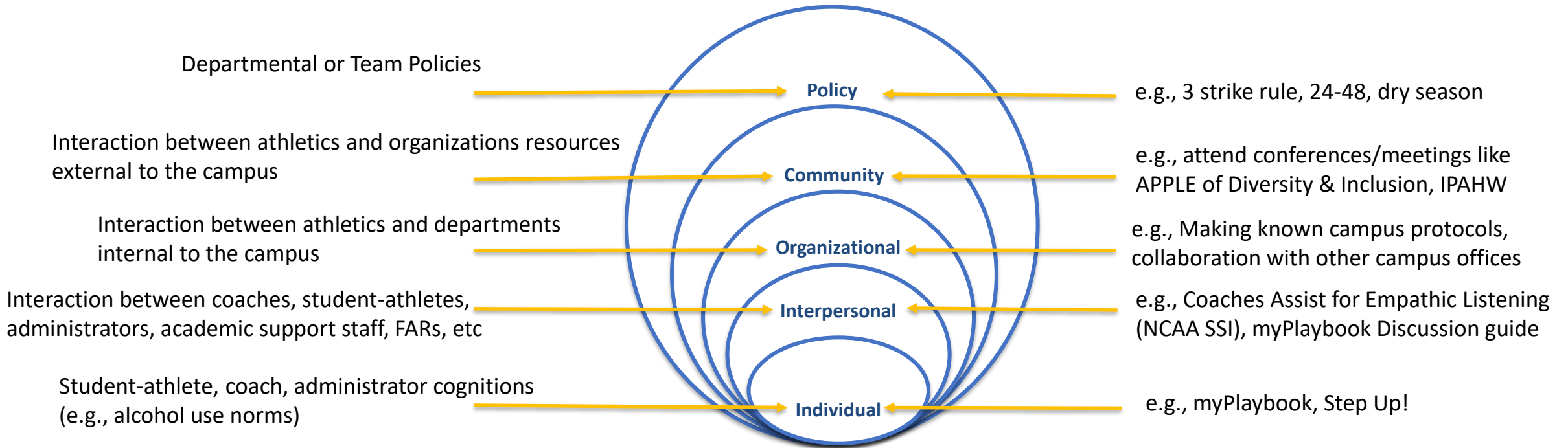


# Developing a comprehensive health promotion plan for student-athletes

## Social Ecological Model for Health Promotion



# Developing a comprehensive health promotion plan for student-athletes



# myPlaybook™

For more information about myPlaybook, contact Abby at  
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