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
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.
myPlaybook™

80,420 Courses registered to date
49,146 Courses completed to date
48,720 Student-athletes registered to date
35.6% of NCAA member institutions have engaged with myPlaybook: The Freshman Experience

128 DI schools
114 DII schools
152 DIII schools

Institute to Promote Athlete Health and Wellness
Core Modules:
Alcohol & Other Drug Prevention

Sexual Violence Prevention
Developing a comprehensive health promotion plan for student-athletes

Social Ecological Model for Health Promotion
Developing a comprehensive health promotion plan for student-athletes

Departmental or Team Policies
- Interaction between athletics and organizations resources external to the campus
- Interaction between athletics and departments internal to the campus
- Interaction between coaches, student-athletes, administrators, academic support staff, FARs, etc
- Student-athlete, coach, administrator cognitions (e.g., alcohol use norms)

Policy
- e.g., 3 strike rule, 24-48, dry season

Community
- e.g., attend conferences/meetings like APPLE of Diversity & Inclusion, IPAHW

Organizational
- e.g., Making known campus protocols, collaboration with other campus offices

Interpersonal
- e.g., Coaches Assist for Empathic Listening (NCAA SSI), myPlaybook Discussion guide

Individual
- e.g., myPlaybook, Step Up!

Institute to Promote Athlete Health and Wellness
For more information about myPlaybook, contact Abby at abby@preventionstrategies.com