

Title: A New Perspective on Adolescent Athlete Transition into Upper Secondary School: A Longitudinal Mixed Methods Study Protocol.

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Year: 2016

Keywords: dual career; student athletes; mixed methods; career construction; transition; identity; motivation; burnout; psychological well-being.

Sport: Mixed

Journal: Cognet Psychology

Primary theme: Benefits of being a student athlete

Secondary theme: Personal characteristics of student athletes

Aims: This article outlines a study protocol for studying dual career athletes in Finland. The research has not yet been completed. However, the article outlines some important key points in the current literature and directs us to the areas that still require attention.

Method: To answer these gaps in the research this article proposes a longitudinal study design, where individuals are studied over time. This research strategy has the advantage of enabling us to understand the development of a number of processes that underpin dual career outcomes.

Research and practical implications: The research has shown that combining a sporting career with educational and vocational demands has been recognised as a considerable challenge for individuals. While some research has shown benefits of a dual career such as: reduced likelihood of psychological difficulties during injury or de-selection; and better adaptation to life after sport. Other research has shown significant risks in dual career pursuits, such as: sacrificing academic or vocational goals; and increased stress and anxiety due to large amounts of pressure. Consequently, the research gives an unclear picture of whether a dual career produces negative outcomes or positive outcomes. Additionally, the

