

Titel: Performance of Danish Dual Career athletes

Author: Jens Bundgaard, Head of AU Dual Career, Aarhus University

Aim: Studies on the performance of Dual Career athletes in relation to the two (danish?) myths: 1) Athletes have to dedicate their full attention to sport in order to be succesfull & 2) Students have to choose between academic and sporting aspirations to perform at school. In combination, the two myths tends to tell that dual career is only worth considering for the less good or less ambitious athletes. The myths haven't been validated by scientific studies but anyway they have gathered considerable strength amongst practitioners and leaders in elite sport as well as academia.

Methods: Examination of the performance of danish studies athletes in sport as well as academia through database analysis and questionnaire based surveys among athletes at the highest danish level. The Danish model of Dual Career

Results: In 2016 danish dual career athletes won 2/3 of all Danish medals at Olympic Games and World Championships. Dual Career Athletes enrolled in studies at Aarhus University won 22% of all danish medals in 2016 - and the group of Dual Career students performed better in academic terms than the general student at Aarhus University.

Conclusion: The overall conclusion of resent scientific studies on the performance of dual career athletes draws substantial doubt on the truth of the two (danish?) myths. In order to improve the Dual Career support system further studies must be done to learn about more specific conditions of successfull Dual Careers and important differences in sports, gender, culture etc.