Title of Article: Counselling the Athlete in a University Setting

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Abstract:

The paper observed that the rudiments of sports skills of the athlete acquired during the early years of schooling can be developed further and improvised upon during the university education period. It noted that apart from the cognitive development of the athlete during the university education period, there are the possibilities of exposure of better sports equipment, good training facilities and services that can enhance the athletes performance. Ability to manage time adequately and to ensure that both adequate participation in sport and effective academic planning are not compromised was highlighted. The paper noted that through counseling, the university athlete can be assisted to learn about sports in spite of competing academic and other university demands.