

AN ATHLETE'S GUIDE TO LIFE POST-COLLEGE CAREER

UNC Support Staff's Top Advice

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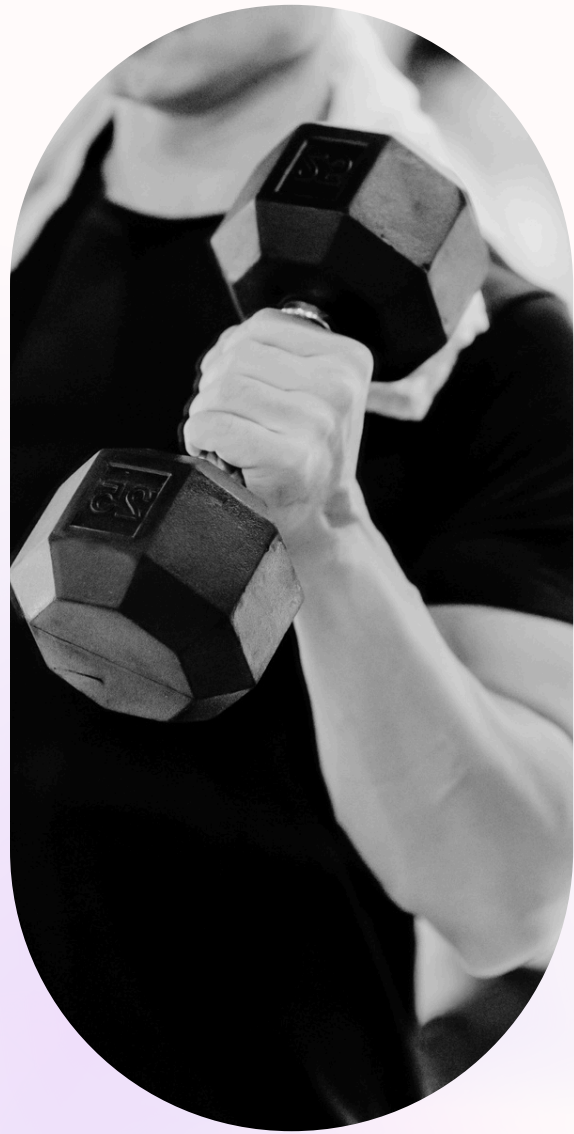
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HOW TO ACHIEVE YOUR FITNESS GOALS

UNC S&C Top Tips

THINGS TO CONSIDER:

What are you training for?

- *Muscle endurance*: the ability for your muscle to continue contracting against resistance over time
 - Rep Range: 12+ reps // Intensity: <67% of 1 Rep Max
- *Hypertrophy*: “muscle building,” this is where you increase muscle fibers
 - Rep Range: 6-12 reps // Intensity: 67-85% of 1 Rep Max
- *Strength*: the ability for your muscle to exert force and overcome resistance
 - Rep Range: 1-6 reps // Intensity: >85% of 1 Rep Max
- *Power*: the rate at which force can be applied
 - Rep Range: 1-5 reps // Intensity: 80-90% (1-2 reps), 75-85% (3-5 reps)

DONT WANT TO
“MAX OUT?”

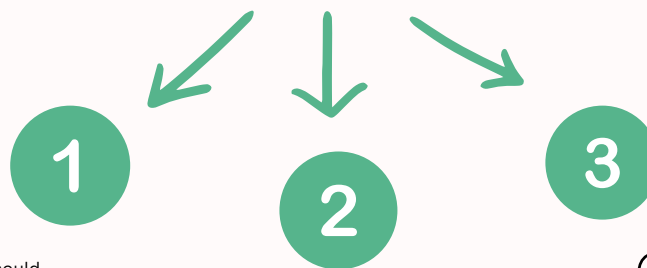
To determine intensity without Max Testing, you can...

1. Determine *Rate of Perceived Exertion*
 - a. This is when you rate the difficulty of the load/set on a scale of 1-10 based on your own perspective of how hard it was to complete
2. Determine the *Reps in Reserve*
 - a. This is the rate of difficulty based on how many reps you think you could have done when you completed the set

RPE	RIR	EFFORT LEVEL
10	0	Maximum - I can't do more reps
9,5	0	Can't do more reps, but could increment load
9	1	Effort reaching maximum. Could have done 1 - 2 more reps
8,5	1 -> 2	
8	2	Hard Effort - Could have done 3-4 more reps
7,5	2 -> 3	
7	3	
6	4	Medium-Hard Effort. Could have done 5 - 6 more reps.
5	5	
4	6	
3		Light Effort or no effort at all.
2	>6	
1		

SESSION SCHEDULING:

How many sessions this week?



1 The first day of the week should be a **full body strength and conditioning** day.

2 The second day of the week should be an **off day**.

3 The third day of the week will likely be an **off day**, but you can add another session if desired.

1 The first day of the week should be a **full body strength** day.

2 The second day of the week should be a **conditioning** day.

3 The third day of the week should be an **off day**.

1 The first day of the week should be a **lower body strength** day.

2 The second day of the week should be an **upper body strength** day.

3 The third day of the week should be a **conditioning** day.

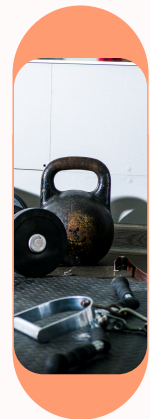
How to Design a Well-Balanced Program



Upper Body "Pushes and Pulls"

- Pushes: any *pressing* at various angles (push-ups, bench press, etc.)
- Pulls: any *pulling* at various angles (pullups, rows, etc.)

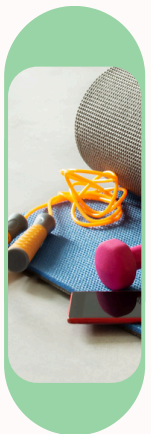
01



Lower Body "Pushes and Pulls"

- Pushes: any *quad dominant* exercise (any squat variation)
- Pulls: any *posterior chain*, which is *hamstring/glute*, dominant exercises (RDL, leg curls, etc.)

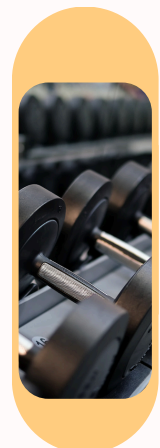
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Variation

Working within different muscle groups is important to stay well-balanced

03



Accessories

Don't forget to include:

- Abdominals
- Groin
- Lower Back
- Calves
- Biceps/Triceps

04

Design a 4-Block Training Session

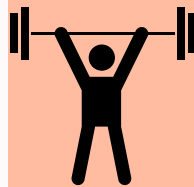
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Consider:

The warm up is crucial to get your heart rate up and body ready to move. You might consider the specific muscle groups you need. For example, if you're doing an upper body lift, you may do band activation or mobility.

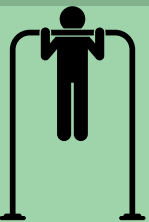
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Priority

This block will contain your primary lift, typically a compound movement (*large muscle groups*) like squat, bench, or cleans. If you plan to super set these exercises, it is recommended to target opposing muscle groups/movements (upper body pull paired with lower body push).

B



Focus

These exercises will depend on that day's target. This block may consist of compound movements or accessory movements. Typically, 3-5 sets is a good place to start for this block.

C/D



Small Muscles

These blocks are to target smaller muscle groups (biceps, calves, core, etc.) Typically, 2-4 sets is ideal with varying rep amounts based on the training goal. The load will likely be low, so volume (reps) can be higher.

Cool Down

The goal of the cool down is to gradually bring your heart rate down, control your breathing, and lower your body temperature. This may be done by walking for a few minutes, five minutes of walking, and then finishing with two minutes of breath work.

QUESTIONS TO ASK YOURSELF

- What are my training goals?
- How much time am I willing to commit per week?
- What do I like or dislike about training?
- Do I like to work out with others or by myself?
- How much structure do I need?

As an athlete, you are used to having a coach lead you, training with a team or a partner, and having required sessions. Now, you have the freedom to decide what you want your training to look like and feel like. Don't be afraid to try new things or meet new people while you're learning what works for you.

WORKOUT CLASSES TO EXPLORE:



Private Performance

Train like an athlete with some guidance!



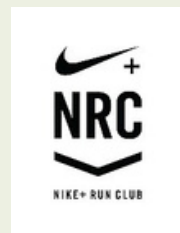
General Programs

Exercise to stay healthy and fit!



Cardio Based Programs

Explore nature with hiking, biking, and trails!





HOW TO ACHIEVE YOUR NUTRITION GOALS

UNC Nutrition Top Tips

THINGS TO CONSIDER FOR NUTRITION AS A FORMER ATHLETE

WHAT CAN FOOD BE?

As an athlete, you have been trained to think of food as a means to get fuel. Yet, food can be so *much more*! It can represent culture, bring people together, satisfy cravings, and even bring joy to you. As you navigate this new food freedom, use this guide to understand nutrition after sports.



CARBOHYDRATES

Carbohydrates are a vital part of your diet and should continue to be after sport. They help sustain energy levels throughout the day. Complex carbs (like starchy vegetables and whole grains) can help keep blood sugar levels stable.

Sources of carbohydrates are:

- whole grains
- quinoa
- oats
- bread
- beans
- pasta
- legumes
- lentils
- chickpeas

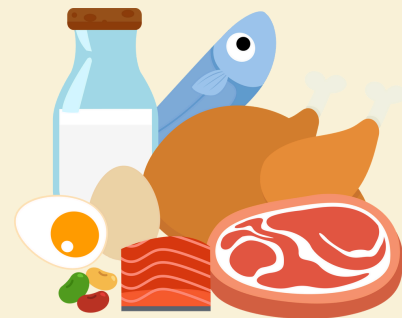


PROTEIN

Proteins are critical in muscle building. They can also increase satiety, which is the feeling of being satisfied after eating.

Sources of proteins are:

- lean meats
- seafood
- tofu
- quinoa
- dairy products
- eggs



FATS

Fats are not something to be scared of. They are necessary for nutrients, maintaining reproductive and hormone function, as well as supporting heart health. Consuming healthy fats is important for a healthy lifestyle.

Sources of healthy fats are:

- fatty fish
- nuts and seeds
- avocado
- extra virgin olive oil



YOUR BODY

Your body's needs will change as you transition away from your sport, and that is okay. You will experience natural changes in hunger cues, satiety cues, hormones, and more. Remember that this is natural and give yourself time to relearn your body. Take time to get back in touch with your body's cues after sport.

ADJUSTING YOUR NEEDS:

An easy training day, consisting of walking, active recovery, or rest, you should structure your plate as such:



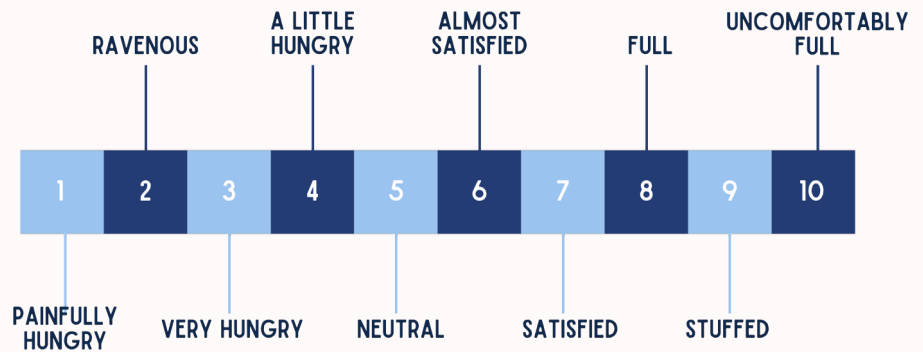
Throughout this transition, your activity levels are going to be different than you are used to. This means, your meals may also look different. Adjusting your needs to fit the intensity of your physical activity is important.

On a moderate training day, consisting of moderate intensity workouts or a longer duration of a workout, you could structure your plate like:



REMINDERS:

Using your activity levels can help you structure your meals, but so can your hunger cues. This transition period is your chance to learn new hunger cues and how to satisfy them. You should aim to stay between 4-7 on the hunger-fullness scale.



Life is all about **balance**, and so is nutrition! This transition is your chance to incorporate nourishing foods with "fun" foods that you enjoy. Make sure to choose foods that honor your health and your taste buds. It is important to have fun with your meals and enjoy your new freedom with nutrition.

GROCERY SHOPPING AND COOKING TIPS!

1

Walk the Perimeter

The outside contains fresh items and produce, which are usually cheaper

2

Canned vs. Fresh vs. Frozen

Canned and frozen foods may be cheaper options. Frozen food is just as nutritious and high quality!



3

Buy in Bulk

When you buy meat in bulk, freeze it when you get home. It will stay good for **6 months!**

4

Be the Cook

Choose one or two days of the week to prepare meals at home. Make extra so that you have leftovers for lunch the next day. Batch cooking can ensure you have meals planned ahead of time and don't have to cook daily



EXAMPLES FOR YOUR GROCERY LIST:

Proteins

- Chicken breast
- Ground beef/turkey
- Lunch meat
- Eggs
- Cheese
- Milk

Carbs

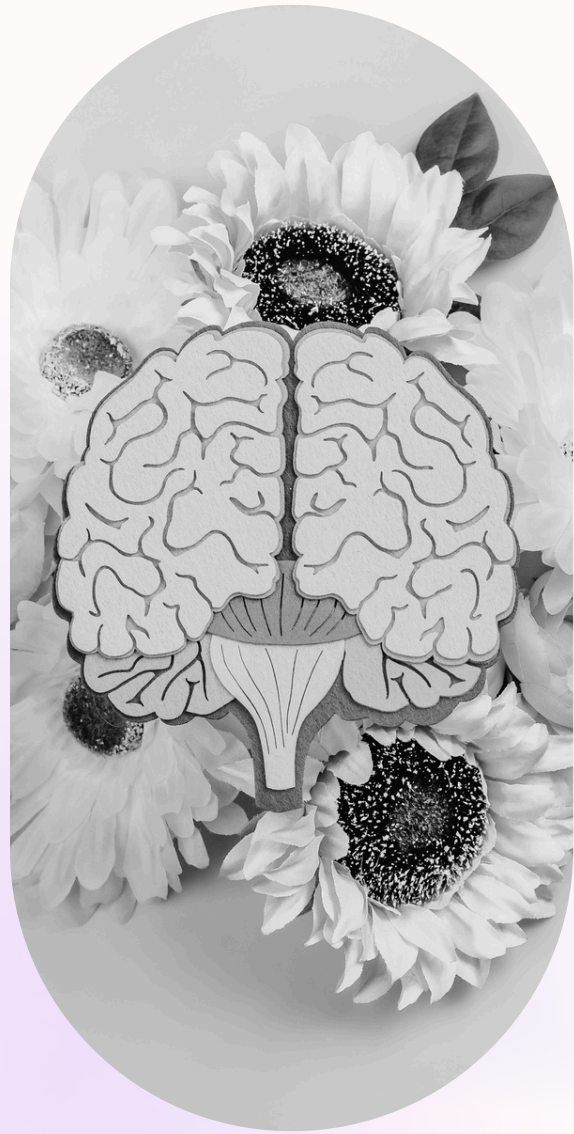
- Bread
- Oatmeal
- English muffins
- Cereal
- Pasta
- Potatoes

Produce

- Frozen vegetables
- Canned corn, green beans, etc.
- Salad bag kits
- Fresh fruit
- Frozen fruit for smoothies

Pantry

- Peanut butter
- Jelly
- Pasta sauce
- Spices
- Condiments
- Olive oil



HOW TO FIND MENTAL HEALTH SUPPORT

UNC Sports Psychology Top Tips

MAKE A PLAN:

- If you **are** currently seeing a therapist, discuss your interest in continuing therapy
 - Your current therapist can help facilitate a **referral** and assist in the transition.
- If you **are not** currently seeing a therapist, but would like to post-graduation, reach out as early as possible.
 - Many providers with private practices have a *waitlist*, so the sooner you get in contact, the better



WAYS TO FIND A PROVIDER

- National Database such as Psychology Today
- National Organization's directories
- Local University Counseling Center for referrals
- Talk to HR at your place of employment about EAP
- Insurance company's in-network providers

Finding the right fit is **very important**. You should consider if you have preferences regarding gender identity, racial identity, etc. You should also consider if you would like to attend appointments in-person or virtually. Lastly, you should consider if there is a specific therapeutic approach you are looking for (CBT, DBT, etc.) You may need to consider a free consultation **before** considering committing to a therapist to find a good fit.

FINANCES:

There are few ways to figure out the financial barriers that come with seeing a therapist.

You can:

- Review your insurance coverage and look for in-network and out-of-network coverage
- Inquire about **sliding scales**, this is when a therapist can reduce fees based on your income

WHO TO SEE:

It is important to find the **right fit** for your needs.

Here are some things to look for:

- A **licensed** professional in the state you *currently reside in*
- For specific needs, look for experts with specialized training in those fields (eating disorders, OCD, substance abuse, etc.)
- For medication, seek a **Primary Care Provider** or even a **Psychiatrist** since they specialize in medication for mental health diagnoses

THERAPY CONSULTATION FREQUENTLY ASKED QUESTIONS:

Use these questions when you complete an initial consultation with a therapist to determine if they are the best fit for you:

FINANCIAL

- Do you accept my health insurance?
 - Blue Cross, United Health Care, etc.
- If not, what is your self-pay/out of network/out of pocket rate?
- Do you charge for cancellation or no shows?
- Do you work with sliding scales based on income?

APPROACH

- Can you share with me your treatment style or approach when working with clients?
 - Do you include any spiritual or faith-based approach?
- What does a typical session look like?
 - How long will the sessions typically last?
 - Do you provide assignments/homework?

PERSONALIZED

- Are you experienced working with (insert specific presenting problem)?
- Are you experienced working with (insert specific identities that are important to you)?
- How often are you able to meet with me?
- Do you have a current waitlist?
- Do you offer virtual or in person therapy?
- How do you communicate with your clients?



HOW TO NAVIGATE MEDICAL INSURANCE

UNC Sports Medicine Advice

HEALTH INSURANCE CATEGORIES

- **Private Insurance**
 - *Employee-sponsored*: offered by employers, covers employees and dependents
 - *Individual/Family Plans*: purchased directly from insurance companies or through marketplace
- **Public Insurance**
 - *Medicare*: Federal program for people 65+
 - *Medicaid*: Federal program for low-income individuals and families

Did you know??

Currently, you can stay on your parents' insurance plan until you are 26, if you do not have it provided through an employer



KEY TERMS

Premium: Monthly payment for insurance

Deductible: amount you pay for a service before insurance kicks in

Copayment/Coinsurance: Portion of costs you pay for services

Out of Pocket Maximum: the most you pay in a year before insurance covers 100%

In-Network: Providers that agree to a contract with your insurance; this means lower cost for you

Out-of-Network: Providers do not have a contract with insurance; this means higher cost for you

PPO: PREFERRED PROVIDER ORGANIZATION

- No need for referrals, you can go directly to a specialist
- Plan covers both in-network and out-of-network appointments
- Have more flexibility with doctors and hospitals
- Typically has higher premiums and out-of-pocket costs

HMO: HEALTH MAINTENANCE ORGANIZATION

- Requires you to choose a **Primary Care Provider**
- You **must** get referrals from PCP to see a specialist
- Only covers in-network providers
- Typically lower premiums and out-of-pocket costs
- Less flexibility in choosing doctors

WHEN DO YOU SEE...?

PRIMARY CARE PHYSICIAN

- **When to Choose:**
 - Routine health check-ups, preventative care, general health concerns
 - Common illnesses like cold and flu
 - If you are seeking ongoing management of chronic conditions
 - Referrals to specialists
- **Why Choose:**
 - a PCP builds long-term relationships with you and has comprehensive view of your health
 - They coordinate overall care, screenings, vaccines

SPECIALIST (CARDIO, DERM, ORTHO)

- **When to Choose:**
 - When you have specific concerns
 - Specialized issues (heart problems, skin problems, bone/joint issues)
 - If you're PCP refers you to a specialist for detailed examinations
 - Management of chronic conditions

OBSTETRICIAN / GYNECOLOGIST

- **When to Choose:**
 - For women's health concerns
 - Routine gynecological exams
 - Pregnancy, menopause, reproductive issues
- **Why Choose:**
 - They specialize in women's health and reproductive care from puberty through menopause
 - They can provide prenatal care, assist with child birth, and handle gynecological surgeries

EMERGENCY ROOM DOCTOR

- **When to Choose:**
 - For severe, life threatening situations
 - Accidents, sudden chest pain, breathing difficulties, or severe bleeding
- **Why Choose:**
 - ER Doctors are equipped to handle critical conditions that require immediate attention and treatment
 - They can stabilize patients in emergencies and provide initial treatment before transferring them to specialists or PCPs for follow-up care

URGENT CARE DOCTOR

- **When to Choose:**
 - For non-life-threatening but urgent medical conditions
 - Mild to moderate injuries
 - Colds, flus, or infections
 - When you cannot get an appointment with your PCP but need prompt medical care

DERMATOLOGIST

- **When to Choose:**
 - For skin conditions such as
 - Acne
 - Rashes
 - Moles
 - Skin Cancer screenings
 - Chronic skin conditions like eczema, psoriasis, or rosacea
 - Cosmetic concerns like Botox, fillers, or other skin treatments

Post-Collegiate **RESOURCES**

ATHLETE MOVING ON

The **Moving On!** program is designed to help student-athletes make healthy transitions to life after college sports. Student-athletes are provided with information about physical activity and healthy eating benefits and guidelines.



NCAA AFTER THE GAME

The NCAA continues to support former student-athletes by helping them gain employment in their chosen profession at all stages of their professional career. Former NCAA student-athletes can post their resume, find employment opportunities, and get job-seeking advice.

SUPPORT FOR SPORT

Career workshops for former student-athletes to help identify the skills they've learned through sport and how to transfer them to the workforce. The focus of this workshop includes leadership, communication, problem solving, and organization.



Post-Collegiate **RESOURCES**

ATHLETE 365

By joining **Athlete 365** Community, athletes benefit from access to a range of advice, services, and tools designed to meet their current needs and support them at every stage of their journey. These include the **Athlete 365 Career+** program and mental health resources.



TACKLE WHAT'S NEXT

A premier community and support team for athletes transitioning from sport to what's next. The community is passionate about connecting, supporting, and engaging with one another. Whether it's a job opportunity, a reference, or a call to catch up for advice, the community cares about empowering one another.

WEBSITE LINKS

athletesmovingon.org
[https://fsacareercenter.ncaa.org/
supportforsport.com](https://fsacareercenter.ncaa.org/supportforsport.com)
olympics.com/ioc/athlete365
tacklewhatsnext.com