



Research Spotlight

August 2019

Student-Athlete Programming: Development and Beyond

Dr. Kristina Navarro is a champion of student-athlete development and when asked about her professional journey it's clear where her passion stems from. Navarro takes her student-athlete development work seriously because for her it was personal.



“As a former student-athlete at the Division I and III level I was very academically motivated but struggled with where to focus my energy in terms of a college major that matched my postgraduate goals. I changed majors multiple times and transferred my sophomore year. Once I found my niche, I thrived. I wanted to help support future student-athletes with their major choices, experiential and professional journeys.”

With a robust portfolio of published work, Navarro has researched everything from student-athlete peer mentorship programs to graduate degree programs with a focus on college athletics—a path that may be familiar for many N4A members. But her work in career development for student-athletes stands out in a time when universities are increasingly asked to show that their students are career-ready and employable after graduation. Navarro's past research has pointed to student-athletes seeking help in this area from athletic support staff, while the staff themselves may be minimally trained in career development.

As far as future research interests go, Navarro is examining Global Engagement and High Impact Practices for Student-Athletes, as well as Leadership and Strategic Planning in Athletics and Higher Education. Currently, however, Navarro is celebrating her recently released book (available now!) co-authored with Lisa Rubin and Geoff Mamerow. *Implementing Student-Athlete Programming: A Guide for Supporting College Athletes* is aimed at higher education practitioners and delivers best practices when it comes to designing, implementing, and sustaining programming for this specific population of students. Having co-presented on researched based practices at the N4A convention, Navarro said they have previously joined research -forces.

“We have worked together for quite some time via AERA [American Educational Research Association] and ASHE [Association for the Study of Higher Education] conducting research. These collaborative projects led to our book project.”

Navarro's book can be found on CRC Press as well as Amazon: <https://www.crcpress.com/Implementing-Student-Athlete-Programming-A-Guide-for-Supporting-College/Navarro-Rubin-Mamerow/p/book/9781138732438>

<https://www.amazon.com/Implementing-Student-Athlete-Programming-Supporting-Athletes/dp/1138732427>

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More from Navarro

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Upcoming 2019 Regional N4A Conferences

October 2-4	Baltimore, MD
October 9-11	Cincinnati, OH
October 12-15	Walnut, CA

Registration rates increase September 6, so register today at nacda.com/sports/2019/8/7/2019-regional-conferences.aspx



We are always looking for additional practitioners and/or scholars for the Research Spotlight. If you or someone you know would like to be featured please contact Nick Coffman (ncoffman@niu.edu) or Natalie Cousin (ncousin@bellarmine.edu)