SUPPLEMENTARY MATERIAL 2

Table A
Study 1 descriptive data using a 5-point Likert scale for key variables of interest.

| Key Variables of Interest     | Study 1       |
|-------------------------------|--------------|
| Personal competence (n= 297)  | 2.71 ± 0.84  |
| Sense of belonging (n= 291)   | 3.48 ± 1.05  |
| Enjoyment (n= 290)            | 4.48 ± 0.96  |
| Self-esteem (n= 294)          | 3.53 ± 1.09  |
| Self-Confidence (n= 294)      | 3.82 ± 1.00  |
| Resilience (n= 297)           | 3.41 ± 0.53  |
| Social connection (n= 296)     | 3.61 ± 0.90  |
| Wellbeing (n= 293)            | 3.67 ± 0.98  |
| Life Satisfaction (n= 290)     | 3.53 ± 1.05  |

Data are mean ± SD.

Table B
Study 1 descriptive data for physical activity levels.

| Physical Activity                  | Study 1          |
|------------------------------------|------------------|
| Total MET.min⁻¹.week⁻¹ (n= 291)    | 2710.71 ± 2194.71|
| Light MET.min⁻¹.week⁻¹ (n= 287)    | 680.82 ± 841.47  |
| Moderate MET.min⁻¹.week⁻¹ (n= 289) | 1019.17 ± 972.72 |
| Vigorous MET.min⁻¹.week⁻¹ (n= 281) | 1063.63 ± 1549.47|

Data are mean ± SD. MET = metabolic equivalent.
Table C

Study 1 descriptive data for golf-related activities.

| Golf-related Activity | Study 1 |
|-----------------------|---------|
| Physical (min.week\(^{-1}\)) (n= 283) | 86 ± 165 |
| Sedentary (min.week\(^{-1}\)) (n= 285) | 141 ± 229 |

Data are mean ± SD.

Table D

Physical activity between study 1 and study 2.

| Physical Activity | Study 1 | Study 2 | p-value | Effect size (Cohen’s d) |
|-------------------|---------|---------|---------|-------------------------|
| Total MET.min\(^{1}.\)week\(^{-1}\) (n= 123) | 2785.98 ± 2327.94 | 2087.70 ± 1917.42 | <0.001\(^a\) | 0.3 |
| Light MET.min\(^{1}.\)week\(^{-1}\) (n= 123) | 660.83 ± 869.37 | 614.66 ± 841.22 | 0.342\(^a\) | 0.0 |
| Moderate MET.min\(^{1}.\)week\(^{-1}\) (n= 123) | 1332.85 ± 3066.01 | 759.51 ± 864.81 | <0.001\(^a\) | 0.2 |
| Vigorous MET.min\(^{1}.\)week\(^{-1}\) (n= 115) | 1111.65 ± 1796.41 | 758.26 ± 1265.14 | 0.024\(^a\) | 0.2 |

Data are mean ± SD. **Bold** values indicate statistical significance. \(^a\) Non-normally distributed analysis. Significance granted at p<0.05.