

Supplementary Table 1. Sex-specific median values and inter-quartile range of weekly crude duration (minutes/week) and energy expenditure weighted volume (MET-hours/week) of sport participation. These medians were calculated using data from the participants in each sport only.

	Duration (minutes/week)		Volume (MET-hours/week)	
	Median	IQR (25 th – 75 th)	Median	IQR (25 th – 75 th)
Cycling				
All Women	160	60 - 360	4.5	2.0 - 10.0
Women, low level	60	40 - 120	1.7	1.0 - 2.5
Women, high level	360	240 - 600	10.0	6.8 - 18.0
All Men	210	80 - 540	6.0	2.3 - 15.0
Men, low level	80	45 - 120	2.3	1.0 - 3.5
Men, high level	540	300 - 845	15.0	9.0 - 27.0
Swimming				
All Women	120	60 - 240	3.8	1.7 - 7.5
Women, low level	60	30 - 80	1.9	1.1 - 2.5
Women, high level	240	150 - 360	7.5	5.0 - 11.8
All Men	120	60 - 240	3.3	1.3 - 6.7
Men, low level	60	30 - 80	1.2	0.95 - 2.3
Men, high level	240	150 - 360	6.7	4.5 - 11.2
Running				
All Women	140	60 - 360	5.1	2.2 - 12.0
Women, low level	60	40 - 100	2.3	1.5 - 3.7
Women, high level	360	240 - 560	12.4	8.5 - 21.0
All Men	180	80 - 360	6.8	3.0 - 13.5
Men, low level	75	40 - 120	3.0	1.5 - 4.5
Men, high level	360	240 - 630	15.0	10.1 - 26.0
Football				
All Women	120	60 - 240	3.8	2.0 - 8.0
Women, low level	45	30 - 60	2.3	1.2 - 2.5
Women, high level	240	125 - 360	8.4	5.0 - 15.0
All Men	240	120 - 360	10.0	5.0 - 15.0
Men, low level	120	60 - 150	4.2	2.5 - 5.6
Men, high level	360	240 - 600	15.0	10.0 - 25.0
Racquet Sports				
All Women	240	110 - 480	5.3	1.7 - 10.5
Women, low level	90	60 - 120	2.0	1.0 - 3.5
Women, high level	360	240 - 630	10.5	7.0 - 17.5
All Men	240	120 - 420	3.5	1.1 - 10.5
Men, low level	120	60 - 160	1.0	0.7 - 1.7
Men, high level	400	270 - 667	7.8	5.2 - 14.0
Aerobics				
All Women	180	60 - 360	5.7	3.0 - 9.7
Women, low level	60	60 - 120	3.0	1.6 - 4.3
Women, high level	300	240 - 480	9.7	6.5 - 13.0
All Men	180	60 - 360	5.1	2.4 - 10.6
Men, low level	60	30 - 120	2.4	1.6 - 3.2
Men, high level	360	240 - 630	10.6	6.7 - 17.9