

Supplementary Appendix 1 Literature searches**Medline (ovid): 3391 records as at 20 April 2021**

1. Baseball/ or Basketball/ or Bicycling/ or Boxing/ or Football/ or Golf/ or Gymnastics/ or Hockey/ or exp Martial Arts/ or exp Racquet Sports/ or cricket sport/ or team sports/
2. Return to Sport/ or exp Running/ or Skating/ or exp Snow Sports/ or Soccer/ or exp Swimming/
3. Volleyball/ or exp Water Sports/ or Weight Lifting/ or Wrestling/
4. "Track and Field"/
5. (mountain bik* or sports or AFL or alpine ski* or archery or athletics or badminton or basketball or biathlon or biking or Boxing or canoe* or cricket or cross country ski* or curling).tw.
6. (cycling or diving or duathlon or equestrian or fencing or football or golf or gymnastics or Handball or hippotherapy or Hockey or horseback riding or horse riding or judo or kayak or kickboxing or lawn bowls or bowling).tw.
7. (marathon or netball or badminton or snowboard or triathlon or Polo or powerlifting or runn* or rowing or sailing or shooting or Skating or skiing or snowboard or soccer or sport*).tw.
8. (surfing or swimming or table tennis or taekwondo or Tae Kwon Do or tenpin bowling or Tennis or Trampoline* or triathlon or volleyball or volley).tw.
9. (australian football or baseball or fencing or racing or rugby or sport* or tennis or union or league).tw.
- 10. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9**
11. *Aged/ or *"Aged, 80 and over"/
12. exp Aged/ not Adolescent.mp.
13. (elderly or seniors or geriatric).tw.
14. (older adj (adult or people or person\$1)).tw.
- 15. 11 or 12 or 13 or 14**
16. Randomized Controlled Trials as Topic/
17. Random Allocation/
18. Controlled Clinical Trials as Topic/
19. Control Groups/
20. Double-Blind Method/
21. Single-Blind Method/
22. Placebos/
23. randomized controlled trial.pt.
24. controlled clinical trial.pt.
25. (random\$ or RCT or RCTs).tw.
26. (controlled adj5 (trial\$ or stud\$)).tw.
27. (clinical\$ adj5 trial\$).tw.
28. (randomi?ed adj5 trial).mp.
- 29. 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28**
30. exp Animals/ not Humans/
31. 29 not 30
- 32. 10 and 15 and 31**

CINAHL (ebSCO): 1012 records as at 20 April 2021

- S1 (MH "Baseball" OR "Basketball" OR "Cycling" OR "Boxing" OR "Football" OR "Golf" OR "Gymnastics" OR "Hockey" OR "Martial Arts" OR "Racquet Sports+" OR "Sports Re-Entry" OR "Running+" OR "Skating+" OR "Winter Sports+" OR "Soccer" OR "Sports" OR "Swimming" OR "Track and Field" OR "Volleyball" OR "Aquatic Sports+" OR "Weight Lifting" OR "Wrestling" OR "Sports Participation" OR "Bowling" OR "Fencing" OR "Handball" OR "Race Walking" OR "Skiing+" OR "Team Sports+" OR "Triathlon")
- S2 (TI "mountain bik*" OR "sports" OR AFL OR "alpine ski*" OR archery OR athletics OR badminton OR basketball OR biathlon OR biking OR Boxing OR canoe* OR cricket OR "cross#country ski*" OR curling OR cycling OR diving OR duathlon OR equestrian OR fencing OR football)
- S3 (AB "mountain bik*" OR "sports" OR AFL OR "alpine ski*" OR archery OR athletics OR badminton OR basketball OR biathlon OR biking OR Boxing OR canoe* OR cricket OR "cross#country ski*" OR curling OR cycling OR diving OR duathlon OR equestrian OR fencing OR football)
- S4 (TI golf OR gymnastics OR Handball OR hippotherapy OR Hockey OR "horseback riding" OR "horse riding" OR judo OR kayak OR kickboxing OR "lawn bowls" OR bowling OR marathon OR netball OR badminton OR snowboard OR Triathlon OR Polo OR powerlifting OR runn* OR rowing OR sailing)
- S5 (AB golf OR gymnastics OR Handball OR hippotherapy OR Hockey OR "horseback riding" OR "horse riding" OR judo OR kayak OR kickboxing OR "lawn bowls" OR bowling OR marathon OR netball OR badminton OR snowboard OR Triathlon OR Polo OR powerlifting OR runn* OR rowing OR sailing)
- S6 (TI shooting OR Skating OR skiing OR snowboard OR soccer OR sport* OR surfing OR swimming OR "table tennis" OR taekwondo OR "Tae Kwon Do" OR "tenpin bowling" OR Tennis OR Trampolin* OR triathlon OR volleyball OR volley)
- S7 (AB shooting OR Skating OR skiing OR snowboard OR soccer OR sport* OR surfing OR swimming OR "table tennis" OR taekwondo OR "Tae Kwon Do" OR "tenpin bowling" OR Tennis OR Trampolin* OR triathlon OR volleyball OR volley)
- S8 (TI "australian football" OR "baseball" OR " curling" OR "fencing" OR " racing" OR "rugby" OR " sport*" OR "winter sports" OR Wrestling)
- S9 (AB "australian football" OR "baseball" OR " curling" OR "fencing" OR " racing" OR "rugby" OR " sport*" OR "winter sports" OR Wrestling)
- S10 S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9**
- S11 (MH "Randomized Controlled Trials") OR (MH "Clinical Trials+") OR "Randomized Controlled Trial"
- S12 (MH "Aged+") OR (MH "Aged, 80 and Over")
- S13 S10 AND S11 AN S12

SPORTDiscus (ebSCO): 365 records as at 20 April 2021

- S1 DE "BASEBALL" OR DE "BASKETBALL" OR DE "CYCLING" OR DE "BOXING" OR DE "FOOTBALL" OR DE "GOLF" OR DE "GYMNASTICS" OR DE "HOCKEY" OR DE "MARTIAL Arts" OR DE "RACQUETBALL" OR DE "SPORT for all" OR DE "RUNNING" OR DE "SKATING" OR DE "WINTER sports" OR DE "SOCCER"
- S2 DE " sports" OR DE "MOTORSOCCER" OR DE "RUGBALL" OR DE " bowling" OR DE " dance sport" OR DE " fencing" OR DE " hockey" OR DE "road racing" OR DE "rugby" OR DE " soccer" OR DE " sports competitions" OR DE " tennis" OR DE " track & field" OR DE " workouts"

S3 DE "SWIMMING" OR DE "VOLLEYBALL" OR DE "AQUATIC sports" OR DE "AQUATIC sports competitions" OR DE "CANOE polo" OR DE "CANOES & canoeing" OR DE "DIVING" OR DE "DRAGON boat racing" OR DE "FISHING" OR DE "KNEEBOARDING" OR DE "RAFTING (Sports)" OR DE "REGATTAS" OR DE "ROWING" OR DE "SAILBOAT racing" OR DE "SAILING" OR DE "SURFING" OR DE "WATER polo" OR DE "WATER skiing" OR DE "WHITEWATER kayaking" OR DE "WHITEWATER rafting"

S4 DE "WEIGHT lifting" OR DE "WEIGHT lifting competitions" OR DE "WRESTLING" OR DE "SPORTS participation" OR DE "BOWLING" OR DE "FENCING" OR DE "HANDBALL" OR DE "WALKING (Sports)" OR DE "SKIS & skiing" OR DE "TEAM sports" OR DE "TRIATHLON"

S5 TI (mountain bik* OR sports OR AFL OR alpine ski* OR archery OR athletics OR badminton OR basketball OR biathlon OR biking OR Boxing OR canoe* OR cricket OR cross#country ski* OR curling OR cycling OR diving OR duathlon OR equestrian OR fencing OR football)

S6 TI (golf OR gymnastics OR Handball OR hippotherapy OR Hockey OR horseback riding OR horse riding OR judo OR kayak OR kickboxing OR lawn bowls OR bowling OR marathon OR netball OR snowboard OR triathlon OR Polo OR powerlifting OR runn* OR rowing OR sailing)

S7 TI (shooting OR Skating OR skiing OR snowboard OR soccer OR sport* OR surfing OR swimming OR table tennis OR taekwondo OR Tae Kwon Do OR tenpin bowling OR Tennis OR Trampoline* OR triathlon OR volleyball OR volley)

S8 TI (aussie rules OR australian football OR baseball OR fencing OR racing OR rugby OR winter sports OR Wrestling)

S9 AB (mountain bik* OR sports OR AFL OR alpine ski* OR archery OR athletics OR badminton OR basketball OR biathlon OR biking OR Boxing OR canoe* OR cricket OR cross#country ski* OR curling OR cycling OR diving OR duathlon OR equestrian OR fencing OR football)

S10 AB (golf OR gymnastics OR Handball OR hippotherapy OR Hockey OR horseback riding OR horse riding OR judo OR kayak OR kickboxing OR lawn bowls OR bowling OR marathon OR netball OR snowboard OR triathlon OR Polo OR powerlifting OR runn* OR rowing OR sailing)

S11 AB (shooting OR Skating OR skiing OR snowboard OR soccer OR sport* OR surfing OR swimming OR table tennis OR taekwondo OR Tae Kwon Do OR tenpin bowling OR Tennis OR Trampoline* OR triathlon OR volleyball OR volley)

S12 AB (aussie rules OR australian football OR baseball OR fencing OR racing OR rugby OR winter sports OR Wrestling)

S13 **S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12**

S14 controlled trial OR clinical trial

S15 random*

S16 random sampling

S17 clinic* W5 trial*

S18 random allocation

S19 randomized OR randomised

S20 randomized controlled trials

S21 **S14 OR S15 OR S16 OR S17 OR S18 OR S19 OR S20**

S22 Older person OR older people OR older adult*

S23 "elderly" or "senior"

S24 DE "OLDER people" OR DE "AGING" OR DE "GERIATRICS" OR DE "RETIREMENT"

S25 **S22 OR S23 OR S24**

S26 S13 AND S21 AND S25

PEDro: 191 records as at 20 April 2021

Sport (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 24

Skiing (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

archery (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

athletics (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

badminton (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

basketball (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 1

biathlon* (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

biking (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

cycling (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 54

boxing (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 7

canoe* (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 1

cricket (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

curling (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 1

Diving (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

duathlon* (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

equestrian (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

fencing (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

football (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

golf (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

gymnastics (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 16

handball (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 1

hockey (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

horseback riding (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 1

horse riding (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

judo (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

kayak (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

kickboxing (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

lawn bowls (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

marathon (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results:0

netball (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results:0

polo (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

power lifting (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 5

run* (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 39

rowing (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

sailing (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

shooting (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

skating (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

snowboard (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

soccer (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

surfing (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

swimming (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 14

table tennis (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 1

Taekwondo (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

Tae Kwon Do (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

tenpin bowling (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

tennis (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 2

trampoline (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 3

triathlon* (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0

volleyball (AB TI) AND gerontology (Subdiscipline) AND Clinical trial (method)

Results: 0