

Supplementary table 1. Classification of the type of sports according to the predominant discipline practiced.

SKILL	POWER	MIXED	ENDURANCE
<ul style="list-style-type: none">• Equestrian• Archery• Sailing• Table tennis	<ul style="list-style-type: none">• Artistic gymnastic• Judo• Snowboarding• Weightlifting	<ul style="list-style-type: none">• Soccer• Basketball• Volleyball• Tennis	<ul style="list-style-type: none">• Cycling• Swimming• Jogging• Speed walking