

Additional File 2

Manuscript title: ‘Social Screens’ and ‘the Mainstream’: longitudinal competitors of non-organized physical activity in the transition from childhood to adolescence

This file provides definitions of non-organized PA, organized PA, active transport and active chores/work, as well as the time-use diary codes used to measure each domain of PA.

Table B.1 Definition of PA domains included in the present study

PA domain	Definition	LSAC time-use diary codes used in the present study
Non-organized PA	“Freely chosen, unstructured ... flexible and spontaneous, minimally constrained by adult demands, there is no end product, no time pressures, no fear of failure and the activity appears to occur for its own sake” (7, p.25).	Ball games, riding bike/scooter/skateboard for leisure, skipping, running, chasing. (the overall term ‘unstructured active play’ was adopted in Wave 5).
Organized PA	“Usually involving training and competition, having a coach, and being organized by adults” (62, p.23) and “typically requiring specialised equipment, a special play area and time” (63, p.56).	Organized team sports and training (e.g. football, basketball, netball, cricket), organized individual sports and training (e.g. swimming, dancing, tennis, martial arts, gymnastics) ^a .

PA domain	Definition	LSAC time-use diary codes used in the present study
Active transport	“Any form of human powered transportation (e.g. locomotion on foot, or bicycle, skateboard, etc)” (7, p.22).	Travel by foot, bike, scooter, skateboard, etc. <i>Note: this is distinct from non-organized PA because it occurs for the purpose of ‘travel’, not ‘leisure’.</i>
Active chores or work	“Household chores, including vacuuming/mopping, digging/planting, lifting/carrying” and “job tasks, including walking, lifting/carrying, and other activities of similar exertion” (64, p.265).	Activity codes for active chores/work were selected in a process described previously (6). Available codes were included in this domain if they were considered likely to exceed 3.0 metabolic equivalents (METs). Activity codes in Wave 4 included: making own bed, tidying own room, cleaning, tidying other rooms, gardening, putting out bin, walking pets Activity codes in Wave 5 included: cleaning/tidying, gardening/lawn mowing, walking/playing with pets, car washing, umpiring/refereeing, pamphlet delivering. <i>Note: this domain is distinct from non-organized PA because it usually occurs for a purpose such as cleaning, home maintenance, paid work or pet care, rather than occurring for its own sake.</i>

LSAC = Longitudinal Study of Australian Children

- a. Examples not included in Wave 5 codes.

References (cited in main article):

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7. Active Healthy Kids Australia. Physical Literacy: Do Our Kids Have All the Tools? The 2016 Active Healthy Kids Australia Report Card on Physical Activity for Children and Young People. Available at: http://www.activehealthykidsaustralia.com.au/siteassets/documents/ahka-2016-summary_form-report-card.pdf. Accessed 27 June 2017.

Additional references (not cited in main article):

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63. Department of Health. 2007 Australian National Children's Nutrition and Physical Activity Survey - User Guide. Available at: [https://www.health.gov.au/internet/main/publishing.nsf/Content/589EFDBF5E7B916FCA257BF000211E08/\\$File/user-guide-v2.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/589EFDBF5E7B916FCA257BF000211E08/$File/user-guide-v2.pdf). Accessed 1 September 2017.
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