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 $p < 0.05$.