

SUPPLEMENTAL MATERIALS

A. Information operationalisations

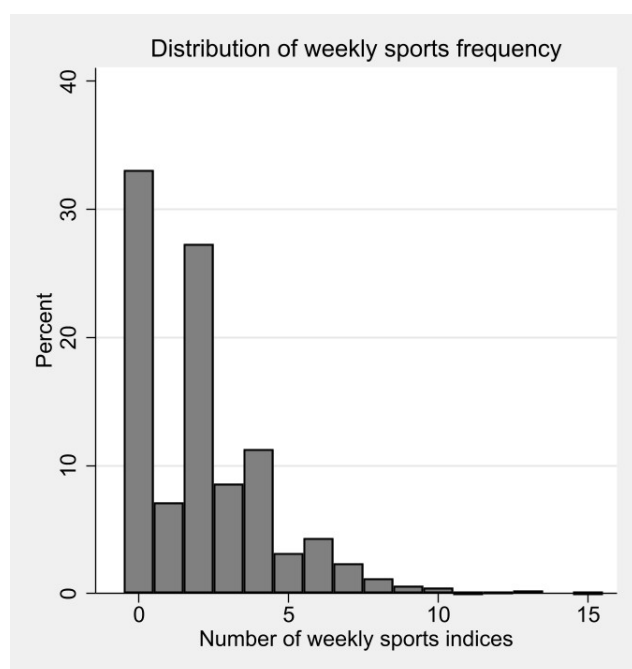


Figure S1. Histogram of weekly sports participation.

Table S1. Overview of educational levels and corresponding ISCED levels.

Level	ISCED	Years of education
(unfinished) Primary school	1	6
LBO/VBO/VMBOpraktijk/MBO1	2	8
MAVO/VMBO theorie	2	10.5
MBO2/MBO3/MBO4	3	10.5
HAVO/VWO/HBS/propedeuse	3	11.5
HBO or WO bachelor	5/6	15
HBO or WO master/postdoctoraal	7	16.5

Note: see for overview

<https://eurydice.eacea.ec.europa.eu/national-education-systems/netherlands/overview>.

B. Correlationmatrix

Table S2. Correlation matrix.

	1	2	3	4	5	6	7	8	9	10	11
Weekly sports participation - no indices	-0.036	-0.238 *	0.096 *	-0.156 *	-0.005	0.094 *	0.037	0.058 *	-0.037	0.026	0.160 *
Weekly sports participation - 1 to 3 indices	-0.013	0.167 *	0.000	0.081 *	-0.043	-0.042	0.013	0.039	-0.045 *	-0.022	-0.089 *
Weekly sports participation – more than 3 indices	0.055 *	0.085 *	-0.110 *	0.088 *	0.054 *	-0.061 *	-0.057 *	-0.111 *	0.092 *	-0.004	-0.083 *
1 Cognitive job demands	1.000										
2 Years of education (6 years = 0)	0.137 *	1.000									
3 Being a parent (= 1)	-0.051 *	-0.043	1.000								
4 Control over work time and work location	0.006	0.383 *	-0.013	1.000							
5 Male (= 1)	-0.072 *	-0.023	-0.035	0.111 *	1.000						
6 Age (18 years old = 0)	0.017	-0.019	0.394 *	0.045 *	0.075 *	1.000					
7 Hampered by health (= 1)	0.126 *	-0.085 *	0.000	-0.043	-0.069 *	-0.037	1.000				
8 Cohabiting with a partner (= 1)	0.023	0.023	0.446 *	-0.006	-0.075 *	0.198 *	0.005	1.000			
9 Working hours (20 hours = 0)	0.210 *	0.093 *	-0.206 *	0.098 *	0.318 *	0.016	-0.060 *	-0.092 *	1.000		
10 Permanent contract (= 1)	0.072 *	-0.066 *	0.116 *	-0.007	0.046 *	0.213 *	-0.003	0.092 *	0.037	1.000	
11Physical labour	-0.028	-0.430 *	0.037	-0.580 *	-0.074 *	-0.047 *	0.055 *	0.009	-0.064 *	0.001	1.000

Source: Transition into active living, 2021, 2022; n = 2032. * P < 0.05 (two-tailed).

C. Tables additional analyses

Table S3. Outcomes from OLS regression estimating weekly sports frequency.

	Model1		Model2		Model3		Model4	
	b	SE	b	SE	b	SE	b	SE
Cognitive job demands	0.103	0.092	0.292	0.327	0.282 **	0.106	0.079	0.153
Years of education	0.115 ***	0.022	0.144 **	0.053	0.115 ***	0.022	0.115 ***	0.022
Parent (no = ref.)	-0.257 *	0.119	-0.255 *	0.119	0.669 *	0.295	-0.258 *	0.119
Control over work time and work location	0.089 +	0.052	0.086	0.053	0.095	0.052	0.068	0.123
Cognitive job demands*								
Years of education			-0.022	0.037				
Parent (no = ref.)					-0.685 ***	0.200		
Control over work time and work location							0.016	0.083
Intercept	1.052 ***	0.295	0.816 +	0.490	0.823 **	0.301	1.078 ***	0.325

Source: Transition into active living, 2021, 2022; n = 2032. * P < 0.05; ** P < 0.01, *** P < 0.001 (two-tailed)

Note: All models include the control variables from Table 2 Model 3.

Table S4. Outcomes from multinomial logistic regression estimating sports participation differentiated by sex with base outcome ‘no weekly sports indices’.

		Female(n=1267)						Male(n=765)					
		Model1		Model2		Model3		Model1		Model2		Model3	
		b	SE	b	SE	b	SE	b	SE	b	SE	b	SE
One to three weekly sports indices													
Cognitive job demands		-0.079	0.136	1.262 *	0.529	-0.207	0.162	-0.034	0.190	0.488	0.689	0.109	0.221
Years of education		0.132 ***	0.033	0.337 ***	0.085	0.129 ***	0.033	0.257 ***	0.046	0.335 **	0.112	0.255 ***	0.046
Parent (no = ref.)		-0.243	0.180	-0.227	0.181	-0.863 *	0.440	-0.027	0.234	-0.030	0.234	0.635	0.587
Control over work time and work location		0.153 +	0.078	0.153 +	0.079	0.152 +	0.079	0.043	0.103	0.034	0.104	0.053	0.104
Cognitive job demands*													
Years of education				-0.154 **	0.058					-0.060	0.078		
Parent (no = ref.)						0.439	0.285					-0.503	0.411
Intercept		-0.805 +	0.430	-2.509 **	0.791	-0.638	0.445	-1.367 *	0.606	-2.012 +	1.027	-1.540 *	0.621
More than three weekly sports indices													
Cognitive job demands		-0.029	0.163	0.973	0.642	0.028	0.185	0.367 +	0.199	0.352	0.696	0.586 **	0.225
Years of education		0.124 **	0.040	0.280 **	0.103	0.127 **	0.040	0.129 **	0.047	0.128	0.118	0.125 **	0.047
Parent (no = ref.)		-0.492 *	0.223	-0.477 *	0.224	0.007	0.548	-0.157	0.270	-0.156	0.270	1.196 +	0.680
Control over work time and work location		0.189 *	0.093	0.190 *	0.093	0.187 *	0.093	0.130	0.113	0.129	0.114	0.149	0.114
Cognitive job demands*													
Years of education				-0.117 +	0.070					0.000	0.080		
Parent (no = ref.)						-0.366	0.372					-1.017 *	0.477
Intercept		-1.799 ***	0.528	-3.070 ***	0.966	-1.880 ***	0.541	-1.152 +	0.638	-1.118	1.071	-1.453 *	0.656

Source: Transition into active living, 2021, 2022; n = 2032. + P < 0.10; * P < 0.05; ** P < 0.01; *** P < 0.001 (two-tailed)

Note: All models include the control variables from Table 2 Model 3.