

Table S1. Calculations of both commuting energy expenditures used based on the code of the Compendium of Physical Activities for Adults, according to the mode of commuting to university.

Code of the Compendium for EE p/m	Mode of commuting to university		
	Active	Public	Private
17151	2.0 METs (less than 3.0 km/hr)	(1.3 METs × time to commuting) + (7.5* × 2.5 METs*) / time to commuting	1.3 METs
171152	2.8 METs (3.0 to 3.9 km/hr)		
17170)	3.0 METs (4.0 to 4.49 km/hr)		
17170 + 17200	3.65 METs (4.5 to 5.49 km/hr)		
17200	4.3 METs (5.5 to 6.49 km/hr)		
17220	5 METs (6.5 to 6.9 km/hr)		
17230	7 METs (7 to 8.49 km/hr)		
17231	8.3 METs (≥ 8.5 km/hr)		
Calculated			
Total EE	(METs according to EE p/m × time to commuting)	(1.3 METs × time to commuting) + (7.5* × 2.5 METs*)	(1.3 METs × time to commuting)

Notes: EE = Energy expenditure; p/m = per min; PA = physical activity km/hr = kilometres/hours; * = minutes added per trip; * = code 17161 walking to the stations and stops.

Table S2. Associations between self-reported variables of commuting behaviours to university and device-measured time of PA, and sedentary behaviour.

	Commuting behaviours to university														
	Active					Public					Private				
	Time <i>Beta</i> (95% CI)	Distance <i>Beta</i> (95% CI)	Speed <i>Beta</i> (95% CI)	EE p/m <i>Beta</i> (95% CI)	EE <i>Beta</i> (95% CI)	Time <i>Beta</i> (95% CI)	Distance <i>Beta</i> (95% CI)	Speed <i>Beta</i> (95% CI)	EE p/m <i>Beta</i> (95% CI)	EE <i>Beta</i> (95% CI)	Time <i>Beta</i> (95% CI)	Distance <i>Beta</i> (95% CI)	Speed <i>Beta</i> (95% CI)	EE p/m <i>Beta</i> (95% CI)	EE <i>Beta</i> (95% CI)
Commuting -related PA and SB (min)															
<i>MVPA</i>	0.08 (0.04, 1.25)	0.01 (0.00, 0.02)	-0.10 (-0.23, 0.02)	-0.10 (-0.23, 0.02)	3.70 (1.98, 5.42)	0.17 (-1.45, 1.81)	-0.20 (-1.21, 0.81)	-0.59 (-1.39, 0.20)	-0.05 (-0.03, 0.01)	0.23 (-1.89, 2.35)	-0.08 (-1.12, 0.96)	-0.20 (-1.30, 0.90)	-0.08 (-1.92, 1.74)	0.00 (-0.00, 0.01)	-0.10 (-1.46, 1.25)
<i>Moderate</i>	1.08 (0.70, 1.47)	0.07 (0.03, 0.11)	-0.09 (-0.21, 0.02)	-0.09 (-0.21, 0.02)	3.40 (1.74, 5.06)	0.15 (-1.59, 1.90)	-0.23 (-1.31, 0.84)	-0.61 (-1.47, 0.23)	-0.00 (-0.03, 0.02)	0.20 (-2.07, 2.47)	-0.07 (-1.12, 0.97)	-0.19 (-1.30, 0.90)	-0.09 (-1.93, 1.74)	0.00 (-0.00, 0.00)	-0.09 (-1.45, 1.27)
<i>Light</i>	0.20 (-0.94, 1.35)	0.30 (-0.06, 0.12)	0.53 (-0.16, 0.27)	-0.01 (-0.23, 0.20)	0.97 (-3.07, 5.02)	1.67 (0.34, 2.99)	0.80 (-0.12, 1.73)	0.21 (-0.71, 1.14)	-0.02 (-0.04, 0.00)	2.17 (0.45, 3.89)	1.35 (0.79, 1.92)	1.24 (0.59, 1.89)	0.43 (-0.87, 1.75)	0.00 (-0.00, 0.00)	1.76 (1.03, 2.49)
<i>Sedentary</i>	0.44 (0.03, 0.86)	0.03 (0.00, 0.07)	-8.90 (-0.09, 0.09)	-0.01 (-0.09, 0.07)	1.64 (0.21, 3.08)	0.78 (-0.58, 2.14)	0.05 (-0.16, 0.28)	0.21 (-0.56, 1.00)	-0.01 (-0.03, 0.00)	1.01 (-0.76, 2.79)	0.92 (0.70, 1.14)	0.68 (0.34, 1.03)	0.21 (-0.50, 0.92)	0.01 (-0.03, 0.05)	1.20 (0.91, 1.49)

Notes: EE = Energy expenditure; p/m = per min; Beta = Unstandardized Beta coefficient; 95% CI = 95% Confidence Intervals; PA = physical activity; SB = sedentary behaviour; MVPA = Moderate to vigorous physical activity; bold = Significant differences with $p < 0.05$.

Table S3. Associations between self-reported variables of commuting behaviours from university and device-measured time of PA, and sedentary behaviour.

	Commuting behaviours from university														
	Active					Public					Private				
	Time	Distance	Speed	EE p/m	EE	Time	Distance	Speed	EE p/m	EE	Time	Distance	Speed	EE p/m	EE
	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)	<i>Beta</i> (95% CI)
Commuting -related PA and SB (min)															
<i>MVPA</i>	0.87 (0.41, 1.33)	0.07 (0.03, 0.10)	-0.05 (-0.17, 0.68)	-0.05 (-0.17, 0.06)	3.16 (1.47, 4.85)	0.36 (-1.52, 2.25)	0.08 (-1.06, 1.23)	-0.13 (-0.97, 0.71)	-0.00 (-0.01, 0.00)	0.47 (-1.98, 2.93)	-0.02 (-1.00, 0.94)	-0.12 (-1.13, 0.88)	-0.30 (-2.16, 1.56)	0.00 (-0.01, 0.01)	-0.03 (-1.30, 1.23)
<i>Moderate</i>	0.91 (0.46, 1.35)	0.07 (0.03, 0.11)	-0.04 (-0.16, 0.08)	-0.05 (-0.17, 0.07)	3.35 (1.75, 4.96)	0.39 (-1.86, 2.65)	0.07 (-1.30, 1.44)	-0.17 (-1.18, 0.83)	-0.00 (-0.01, 0.01)	0.51 (-2.43, 3.45)	-0.02 (-1.00, 0.95)	-0.12 (-1.13, 0.88)	-0.30 (-2.17, 1.55)	0.00 (-0.01, 0.01)	-0.03 (-1.30, 1.23)
<i>Light</i>	0.60 (-0.02, 1.22)	0.05 (0.00, 0.10)	0.02 (-0.11, 0.15)	-0.01 (-0.14, 0.11)	2.47 (0.29, 4.65)	1.67 (0.30, 3.05)	0.67 (-0.28, 1.63)	-0.03 (-0.80, 0.74)	-0.09 (-0.01, 0.00)	2.18 (0.39, 3.97)	0.75 (0.08, 1.43)	0.89 (0.21, 1.56)	0.76 (-0.60, 2.13)	0.00 (-0.00, 0.01)	0.98 (0.11, 1.85)
<i>Sedentary</i>	0.34 (-0.35, 0.71)	0.34 (0.00, 0.06)	0.02 (-0.05, 0.10)	0.02 (-0.07, 0.08)	1.38 (0.05, 2.71)	0.93 (0.70, 1.80)	0.47 (-0.08, 1.03)	0.06 (-0.40, 0.53)	-0.07 (-0.01, 0.00)	1.22 (0.09, 2.34)	1.01 (0.68, 1.33)	0.58 (0.11, 1.05)	-0.19 (-1.15, 0.76)	-0.00 (-0.00, 0.00)	1.31 (0.89, 1.73)

Notes: EE = Energy expenditure; p/m = per min; Beta = Unstandardized Beta coefficient; 95% CI = 95% Confidence Intervals; PA = physical activity; SB = sedentary behaviour; MVPA = Moderate to vigorous physical activity; bold = Significant differences with $p < 0.05$.