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Treatment Effect of Exercise Intervention for Female College Students with Depression: Analysis of Electroencephalogram Microstates and Power Spectrum

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Table S1. Schedule of exercise intervention.

Week	Exercise Content	Exercise Type	Frequency (Times/w)	Exercise Time (min)
1, 6, 11, 16	Squirrels, trees, earthquakes [1]; Drill holes [2]; Centipede looking for food [3]	Track and field games	2	90
2, 7, 12, 17	Yellow River and Yangtze River [4]; Stop on red, go on green [5]	Wrestling games	2	90
3, 8, 13, 18	Crossing the blockade [6]; Blowing up tanks [7]	Throwing games	2	90
4, 9, 14	Active basket frame [8]; Working together porter [9]	Basketball games	2	90
5, 10, 15	Shoulder clip dribbling [10]; See who passes (pads) more [11]; Serve accuracy [12]	Volleyball games	2	90

Description of exercise content:

[1] Divide the students into three groups, one group as squirrels, two groups as big trees, two big trees holding hands to form a tree hole, the middle drill a squirrel, leaving a single two people. When the guide shouted squirrel, all the trees do not move, the squirrel move to change the nest; when shouting big tree, all the squirrels do not move, the big tree move, from a new combination; when shouting earthquake, all people move, from a new combination.

[2] The cave is made up of two students holding hands and pulling flat, the cave is also a turning point, the whole team drills through the cave and then turns back to the starting point. When returning to the starting point, the team will go around the "cave".

[3] Divided the students into two equal groups, together in the form of a train to the midpoint, the midpoint of each put a basketball, the first to arrive pick up the basketball, from the top of the head one by one to the last person, and then unified in the opposite direction in the form of a train back to the starting point.

[4] Students are divided into two opposite groups standing facing each other, gathered 3 to 4 meters, left and right slightly spread out, under the guidance of the teacher to do a variety of running in place, trot, high leg, back kick running action, a team representing the odd number a team representing the even number, when the teacher guide

shouted beat in the odd number stop, the odd team to catch each other's classmates, in the even number stop, the even team to catch the odd team of students. Those who are caught or not caught have to carry each other back.

[5] First with a counter-word from the students to pick out a person to be caught, stand behind the finish line with their backs to the starting point, and the rest of the students stand uniformly behind the starting line waiting to give the order. After the teacher gives the order, the starting point of the students secretly move to the end, the end of the students from time to time turn their heads to look at the starting point of the students, the starting point of the students in the end of the students turn their heads a moment is not allowed to do any movement, if caught moving, have to start again from the starting line, the end of the students to shout out the name of the students he saw moving, and finally see how many people in total safely reached the end.

[6] Students are divided into two groups, one group stands on the two sections of the basketball court sideline, the other group crosses the entire basketball court from the bottom line, the students standing on the sideline hit the middle students below the waist with volleyballs, and those who are hit go off the court, and finally the team with the highest number of smooth crossings wins.

[7] Stand in two equal rows, 10 meters apart and stand opposite each other, in the middle of the 10 meters will roll the hula hoop forward in the form of ground roll, two teams in turn to the rolling hula hoop in the bottle, to the hula hoop before the fall of the cumulative number of teams thrown into the hoop is the winner.

[8] Students are divided into two groups of the same number, using a basketball court for two groups of students to play a basketball game, the rules of the game for only passing the ball, not dribbling, other rules as the rules of the basketball game, foul students were sent off on the spot. But the basket is made up of two students holding the same hula hoop. The baskets cross each other and shoot into each other's baskets. The student who is the basketball player can only move around 1 meter distance after the baseline to avoid the shot. Students who shoot the basketball can only do so within 2 meters of the baseline in the form of a "put-in". The team with the most players left on the court and the most points scored will win.

[9] Divided the students into groups of the same number of people, first two people with their hands raised sideways, two people together to push and squeeze a basketball from the starting point to start around the sign back around, and then from the starting point on both sides and then add two students and two balls, four people three balls and then around the sign back, back to the starting point and then add two students on the outside, and so on, until all the students on this team join, around the sign after a smooth return to the starting point.

[10] Divide the students into two teams of equal number, each team in the form of a head-to-head relay standing on the basketball court after the bottom line and the center line, give the order to start, the first carry the ball in the form of a group of two people back-to-back clip three volleyballs, from the starting point to the midpoint after handing over to another group of students on the team, until all the students on the team have done once after the game is over. The form of the second carry is a group of two people each under the armpit clip a volleyball, and then shoulder to shoulder in the middle of two people clip a volleyball, the game run the same way as above. The third carry the form of a person two arms under each clip a volleyball, thighs and then clip a volleyball, you can run can jump with both feet, to the same game to carry out the game method.

[11] Students are divided into two groups of equal numbers standing on both sides of the volleyball net, and the students will pass the volleyball to each other on the side of the net in a regular passing position, and each side must pass (pad) enough times to pass, and finally the group with the highest score within the specified time will be the winner.

[12] Students are divided into two groups of equal numbers, all standing on the volleyball net side of the bottom line, students in turn serve the ball to hit the point, from near to far, from positive to partial were divided into five points, each point represents a

different score, these five points represent 1-5 points, and finally the group with the most cumulative score of the whole team is the winner.