

Table S1. Change of %HRR, PL/min, and MAD among three exercise intensity levels under different sports

		%HRR	PL/min (AU / min)			MAD (mg)		
			Wrist	Trunk	Shank	Wrist	Trunk	Shank
Running	L1	58.87 ± 15.05 ^{††}	1915 ± 263 ^{bc}	1198 ± 141 ^{††}	2025 ± 150 ^{bc}	1106 ± 155 ^{bc}	717 ± 104 ^b	658 ± 79 ^{bc}
	L2	76.34 ± 13.46 ^{††}	2335 ± 319 ^{ac}	1504 ± 176 ^{††}	2649 ± 211 ^{ac}	1199 ± 178 ^a	761 ± 84 ^a	798 ± 65 ^{ac}
	L3	89.34 ± 11.86 ^{††}	2700 ± 289 ^{ab}	1817 ± 162 ^{††}	3372 ± 292 ^{ab}	1247 ± 164 ^a	738 ± 77	943 ± 68 ^{ab}
Basketball	L1	67.76 ± 18.07 ^{bc}	1306 ± 219 ^{bc}	915 ± 117 ^{††}	1573 ± 166 ^{††}	848 ± 101 ^{bc}	510 ± 52 ^{bc}	519 ± 40 ^{bc}
	L2	74.52 ± 17.74 ^{ac}	1524 ± 243 ^{ac}	1076 ± 102 ^{††}	1822 ± 133 ^{††}	976 ± 112 ^{ac}	591 ± 59 ^{ac}	592 ± 25 ^{ac}
	L3	80.05 ± 15.22 ^{ab}	1690 ± 209 ^{ab}	1215 ± 96 ^{††}	2095 ± 187 ^{††}	1052 ± 91 ^{ab}	629 ± 64 ^{ab}	653 ± 44 ^{ab}
Badminton	L1	65.37 ± 14.43 ^{bc}	1064 ± 270 ^c	966 ± 160 ^c	1625 ± 230 ^{bc}	681 ± 122 ^{††}	536 ± 80 ^{bc}	524 ± 55 ^{bc}
	L2	73.60 ± 12.86 ^{ac}	1150 ± 313 ^c	1030 ± 183 ^c	1732 ± 284 ^{ac}	727 ± 144 ^{††}	565 ± 87 ^{ac}	553 ± 64 ^{ac}
	L3	82.21 ± 10.66 ^{ab}	1307 ± 337 ^{ab}	1157 ± 184 ^{ab}	1941 ± 322 ^{ab}	788 ± 151 ^{††}	593 ± 87 ^{ab}	595 ± 58 ^{ab}

L=intensity level.

Bonferroni post hoc test: significantly different than ^aL1, ^bL2, and ^cL3, $p < .05$.

Wilcoxon signed rank test: significantly different than [†]L1, ^{††}L2, and ^{†††}L3, $p < .05$.

Table S2. The within-sport Pearson (r) and across-sports Spearman (ρ) correlation coefficient for %HRR and PL as well as %HRR and MAD.

		Running		Basketball		Badminton		Across-sports	
		r	p	r	p	r	p	ρ	p
Wrist	PL	0.762	0.000**	0.536	0.000**	0.587	0.000**	0.342	0.000**
	MAD	0.448	0.003**	0.603	0.000**	0.621	0.000**	0.322	0.000**
Trunk	PL	0.451	0.003**	0.463	0.002**	0.608	0.000**	0.390	0.000**
	MAD	0.065	0.684	0.403	0.008**	0.314	0.043*	0.207	0.020*
Shank	PL	0.777	0.000**	0.628	0.000**	0.793	0.000**	0.547	0.000**
	MAD	0.778	0.000**	0.604	0.000**	0.782	0.000**	0.484	0.000**

* $p < .05$; ** $p < .01$