

Supplementary Material
File S5. Explanation variables study A and study B

Study A		
Variable	Explanation	Values
Laufnr	consecutive number of test person	
gender	gender	1 = female; 2 = male
school	cluster variable	1-22
Alter	age	
SKT1	Item control competence for physical training 1	1-5
SKT2	Item control competence for physical training 2	1-5
SKT3	Item control competence for physical training 3	1-5
SKT4	Item control competence for physical training 4	1-5
SKT5	Item control competence for physical training 5	1-5
SKT6	Item control competence for physical training 6	1-5
BR1	Item physical activity-specific affect regulation 1	1-5
BR2	Item physical activity-specific affect regulation 2	1-5
BR3	Item physical activity-specific affect regulation 3	1-5
BR4	Item physical activity-specific affect regulation 4	1-5
SKT	Mean score control competence for physical training	
BR	Mean score physical activity-specific affect regulation	
Study B		
Variable	Explanation	Values
Laufnr	consecutive number of test person	
sex	gender	0 = female; 1 = male
class	cluster variable	1-48
Alter	age	
T1CCPL1	Item control competence for physical training 1	1-5
T1CCPL2	Item control competence for physical training 2	1-5
T1CCPL3	Item control competence for physical training 3	1-5
T1CCPL4	Item control competence for physical training 4	1-5
T1CCPL5	Item control competence for physical training 5	1-5
T1CCPL6	Item control competence for physical training 6	1-5
T1PAMR1	Item physical activity-specific affect regulation 1	1-5
T1PAMR2	Item physical activity-specific affect regulation 2	1-5
T1PAMR3	Item physical activity-specific affect regulation 3	1-5
T1PAMR4	Item physical activity-specific affect regulation 4	1-5
T1CCPL	Mean score control competence for physical training	
T1PAMR	Mean score physical activity-specific affect regulation	
T1HrFK	WLE Score health-related fitness knowledge	
T1FG	Mean score interest in training, physical fitness, and health	
T1ATTK	Mean score cognitive attitudes towards the health effects of PA	
T1ATTA	Mean score affective attitudes towards the health effects of PA	
T1pA	weekly duration (in hours) of habitual physical activity	
T1zSR	Shuttle Run: z-standardised (age and gender [43]) values of running speed (km/h) at the last completed stage	
T1zStr	mean of three z-standardised strength exercises (age and gender [44])	