Themes and concepts	Action research	Case study	Cross- sectional ¹	Longitudinal- observational	Pre-test, post-test, no control	Quasi- experimental (not random)	True experiment	Mixed
Work ethic (n = 32)	n = 1	n = 1	n = 19	n = 4	n = 2	n = 1	n = 1	n = 3
Work ethic			47	25				
(Self-)discipline			15, 24, 33, 47, 53, 64, 70, 85	25				
Assertiveness			33, 70	30	36		3	
Initiative		52	14, 45, 70					
Effort	4		10, 49, 70	25	7	35		75
Commitment			24, 32, 33, 54, 55, 73	25, 48				
Be though, not giving up	4		10					
Perseverance			16, 17, 24, 33, 82a, 85	25, 67				
Focus, concentration			85	25, 48, 67				
Independence			33	25				
Self-direction			70					37, 88
Control and management (n = 37)		n = 1	n = 20	n = 5	n = 2	n = 2	n = 4	n = 3
Assuming control			21	48				
Coping strategies/skills				57			56	
Internal control or self-control			38, 46, 50	25, 30, 72	7, 71	35	39	27, 37
Managerial skills (e.g. being organized)			60					75
Self-management			20, 38, 63					
Time management (skills) (e.g. being on time, planning, prioritizing)		52	18, 20, 24, 33, 46, 50, 85, 86	25				
Emotional control/regulation (e.g. managing feelings)			9, 10, 14, 21, 45, 47, 50, 53, 86				44	
Handling failure			10	57				
Resilience			33, 54, 55	57		65		
Managing or overcoming stress			21, 33, 46, 47, 85	57				
Social (self-) control							3, 44	
Resisting problem behaviours and peer pressure			24, 38					
Goal-setting (n = 14)		n = 2	n = 7	n = 3			n = 1	n = 1
Goal-setting		11, 52	15, 46, 85	25, 51			40	75
Focusing on improvement			10	76				
Focusing on common goals			47					75

Setting and achieving goals			10, 24, 86					
Decision-making $(n = 5)$			n = 1	n = 2				n = 2
Decision-making			38	25, 47				87
Opportunities to make decisions for themselves								37
Problem-solving (n = 8)			n = 4	n = 1			n = 2	n = 1
Problem-solving skills			10, 21, 29, 86				39	27
Reflecting on potential solutions and solve problems				67				
The use of problem-solving							40	
Responsibility (n = 21)		n = 1	n = 9	n = 4	n = 1	n = 1	n = 1	n = 4
Responsibility		13	82a, 85, 86	25, 30, 74		8		27, 87
Personal responsibility (for self and own actions)			50, 66, 70					22, 37
Social responsibility			12, 50, 64		7		61	22, 37
Accountability		13	49	25, 78				
Leadership (n = 19)			n = 12	n = 5				n = 2
Leadership			15, 17, 18, 33, 73, 85, 86					88
Being a leader			10, 24, 49, 70	51, 76				87, 88
Being a role model			10, 24, 33, 49					
Coaching others			10					
Leadership skills			10, 17, 79	25, 51, 74				
Setting an example				62				
Taking on new roles								87
Use of voice in leadership situations				62				
Cooperation (n = 35)	n = 1	n = 1	n = 19	n = 7	n = 1	n = 2	n = 2	n = 2
Cooperation			21, 66, 73	30, 48		35		
Teamwork		52	10, 14, 15, 16, 21, 45, 53, 60, 64, 66, 70, 73, 79, 85		7			
Cooperation skills				72		42	3	
Group process skills			86					
Helping each other	4		29	48, 76, 78			61	37
Recognizing the importance of working with others			18	57				
Working with people you do not necessarily like			18					
Interpersonal skills			85					
Playing better together as a team								75

Team bonding and team spirit			49	67				
Team effort			10					
Working cooperatively sharing resources			29					
Working together (e.g. to reach their goals)			29, 47	67				75
Meeting people and making friends (n = 27)		n = 2	n = 21	n = 1	n = 1	n = 2		
Interacting with others (e.g. peers, coaches)			10, 17, 18, 19, 38, 47, 53, 64, 66, 70, 84	74	31			
Relationships with teammates or peers			14, 33, 45, 47, 50, 60, 63, 80, 84, 86					
Creating meaningful relationships			18			8		
Making friends		11, 58	9, 18, 24, 33, 38, 53, 64, 66, 70, 79	74		65		
Adult network and social capital			14, 45					
Communication (n = 16)			n = 10	n = 3		n = 1	n = 1	n = 1
Communication skills			1, 24, 33, 47, 50, 60, 70, 73	25, 48, 57			3	75
Positive communication			49					
Interpersonal communication			21					
Becoming more vocal			70					
Maintaining a dialogue						26		
Overcoming challenges when communicating with others			24					
Prosocial behaviour (n = 54)	n = 1	n = 1	n = 27	n = 9	n = 3	n = 6	n = 4	n = 3
Prosocial behaviour			43, 63, 80	59	23	65, 68	69	
Taking turns			29	28				
Raising hands, asking for permission to speak, and listening	4							
Congratulating others	4							
Supporting, encouraging each other			10, 19	48, 78				
Relating to others			70			26		
Being disappointed together, being pleased together			19					
Feedback and compliments			86	28				
Following rules	4		10					
Handling or dealing with conflicts			41, 47, 64, 70, 73			26		27
Honesty			15, 16, 82a					

Apriciation 4 Expressing opinions Loyalty Loyalty Loyalty Loyalty Life Life abehaviour Eftiquence 64 Fair play (e.g. handing flags back to team mates) Poesing with winning or losing in competition Loging the right thing Caring Carin	Integrity			55, 82a					
Sugment Sugm	Appreciation	4							
Loyalty	Expressing opinions								87
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Etiquete	Loyalty			16					
Fair play (e.g. handing flags back to team mates) 66,79 78 Sportsmanship/sportspersonship 16,64,66,79 28 Dealing with winning or losing in competition 10 57 Doing the right thing 82a 23 61 88 Character 79 2, 34, 59 23 61 88 Caring 85 2, 25, 34, 59 23 61 88 Emotional sensitivity 4 21 25 36 26, 42 22 Empathy 4 21 25 36 26, 42 87 Moral value 16 70	Ethical behaviour			64					
Sportsmanship/sportspersonship	Etiquette			64					
Dealing with winning or losing in competition 10 57 Doing the right thing 82a Character 79 2, 34, 59 23 Caring 85 2, 25, 34, 59 23 Emotional sensitivity 14 Empathy 4 21 25 36 26, 42 Empathy 4 21 25 36 26, 42 Sympathy 16 Moral values 16 Prosocial values/norms 9, 86 72 Respect (for self, materials, peers, coaches, referee's decision) 10, 15, 16, 33 Character 10, 15,	Fair play (e.g. handing flags back to team mates)			66, 79	78				
Doing the right thing	Sportsmanship/sportspersonship			16, 64, 66, 79	28				
Character 79 2, 34, 59 23 Caring 85 2, 25, 34, 59 23 61 88 Emotional sensitivity 4 21 25 36 26, 42 42 42 42 42 43 43 43 44 43 44 43 44 43 44	Dealing with winning or losing in competition			10	57				
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(Mutual) trust 24, 49, 73 87 Moral values 16 16 Prosocial values/norms 9, 86 72 Respect (for self, materials, peers, coaches, referees) 4 52 10, 15, 16, 33, 25, 72, 47, 49, 50, 54, 55, 64, 70, 79, 82a, 85 31 35 61 27, 87, 88, 88 Obeying or respecting authority (e.g. referee's decision) 4 66 55, 64, 70, 79, 82a, 85 35 35 55 44 52 55, 64, 70, 79, 82a, 85 55 55, 64, 70, 79, 82a, 85 55 55 55, 64, 70, 79, 82a, 85 55<	Empathy	4		21	25	36	26, 42		
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referees)	Prosocial values/norms			9, 86	72				
55, 64, 70, 79, 82a, 85 Obeying or respecting authority (e.g. referee's decision) 4 66 Tolerance 35 Social awareness 38 Social sensitivity 44 Peer prosocial orientation 80 Social adaptation 70 3 Social and peer acceptance 82a 28 31 83		4	52		25, 72	31	35	61	
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Social adaptation703Social and peer acceptance82a283183	Social sensitivity							44	
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	Social adaptation			70				3	
	Social and peer acceptance			82a	28	31	83		
Negotiation/refusal skills 21	Negotiation/refusal skills			21					

¹Studies were labelled as cross-sectional when the data was collected from participants at one point in time (Lavrakas, 2008: 171)

Note: Action research (n = 1); Case study (n = 4); Cross-sectional (n = 41); Longitudinal-observational (n = 15); Pre-test, post-test, no control (n = 7); Quasi-experimental (n = 7); True experiment (n = 7); Mixed (n = 6)