

	PE (n = 23)			Sports (n = 62)			PE and sports (n = 3)		
	QT	QL	MM	QT	QL	MM	QT	QL	MM
Work ethic (n = 32)		n = 6			n = 23			n = 3	
	3, 35, 36	4, 37	88	7, 14, 30, 32, 45, 73, 75, 82a	10, 16, 17, 24, 33, 47, 49, 52, 53, 67, 70, 85	15, 25, 48		54, 55, 64	
Control and management (n = 37)		n = 8			n = 27			n = 2	
	3, 35, 39, 44, 56	37	27, 60	7, 9, 14, 30, 45, 63, 71, 72, 75	10, 18, 20, 24, 33, 38, 46, 47, 52, 53, 57, 85	21, 25, 48, 50, 65, 86		54, 55	
Goal-setting (n = 14)		n = 2			n = 12				
	40	76		75	10, 24, 46, 47, 51, 52, 85	11, 15, 25, 86			
Decision-making (n = 5)		n = 2			n = 3				
		37, 87			38, 47	25			
Problem-solving (n = 8)		n = 4			n = 4				
	39, 40	29	27		10, 67	21, 86			
Responsibility (n = 21)		n = 5			n = 15			n = 1	
	8	37, 79, 87	27	7, 12, 30, 61, 82a	13, 49, 66, 70, 74, 85	22, 25, 50, 86		64	
Leadership (n = 19)		n = 3			n = 16				
		76, 87	88	73	10, 17, 18, 24, 33, 49, 51, 62, 70, 74, 79, 85	15, 25, 86			
Cooperation (n = 35)		n = 9			n = 25			n = 1	

	3, 35, 42	4, 29, 37, 76, 78	60	7, 14, 30, 45, 61, 72, 73, 75	10, 16, 18, 47, 49, 52, 53, 57, 66, 67, 70, 79, 85	15, 21, 48, 86	64
Meeting people, making friends (n = 27)		n = 3			n = 23		n = 1
	8		31, 60	9, 14, 45, 63	10, 17, 18, 19, 24, 33, 38, 47, 53, 58, 66, 70, 74, 79, 84	11, 50, 65, 86	64
Communication (n = 16)		n = 3			n = 13		
	3		26, 60	1, 73, 75	24, 33, 47, 49, 57, 70	21, 25 48, 50	
Prosocial behaviour (n = 54)		n = 16			n = 35		n = 3
	3, 35, 36, 42, 44, 69, 83	4, 29, 41, 78, 87	26, 27, 31, 88	2, 9, 23, 28, 43, 59, 61, 63, 68, 72, 73, 80, 82a	10, 16, 19, 24, 33, 34, 38, 47, 49, 52, 57, 66, 70, 79, 85	15, 21, 25, 48, 50, 65, 86	54, 55, 64

Note: QT = quantitative studies; QL = qualitative studies; MM = mixed-method studies