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


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

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[^0]:    Note: QT = quantitative studies; QL = qualitative studies; MM = mixed-method studies

