

Supplemental file 1. Examples for the analysis according to Colaizzi in the category: 'Peculiarities and abnormalities in sport activities'

Step 1 quotation	Step 2 meaning	Step 3 category	Step 4 essential structure and exhaustive description of the phenomenon	Step 5 question
,Since I'm young, I never was a sporting ace. Well, I did sport and I tried to keep up with my mates, but my performance was always inferior compared to friends or classmates and I was never really good in sport activities'.	In sport activities the level of performance of mates were never achieved	Peculiarities and und abnormalities in sport activities	Despite regular sport activities no success is achieved	When you were young were you able to keep up at sports?
'There were times when I went four times per week for training, but there was no improvement, really no improvement at all!'	I did a lot of exercise without amelioration of the performance	Peculiarities and und abnormalities in sport activities	Improvement of performance is lacking despite training	Can you improve your performance by training activities?
'I remember since I was young that mountain climbing or hiking and walking a steep path – I never could do that (...)' .	It was noted since childhood that walking in hilly area is very difficult	Peculiarities and und abnormalities in sport activities	Walking in hilly area is difficult or impossible	Does it feel extraordinarily hard to walk uphill?

<p>,I always tried very hard but it simply didn't work out. And then there were these terrible sportsmeeting at school – running, jumping, throwing – I tried very, very hard to succeed, but every sport that had to do with spontaneous energy like sprint or broad jump – nil return, nothing, no success – it was dreadful for me.'</p>	<p>I always tried hard, but couldn't fulfill the requirements in school sport activities. All sport activities that require bursting of energy could not be mastered</p>	<p>Peculiarities and und abnormalities in sport activities</p>	<p>Despite all efforts no success No success in sport activities that require spontaneous bursting of power</p>	<p>Do certain activities that require a quick onset of movement (like sprints, throwing, jumping) seem harder? Do you feel like 'you want but you can't' when it comes to exercise?</p>
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