

Item	Criterion fulfilled (1)	Criterion not fulfilled (0)	Not sufficient information given (0)
(1) Pre-test analyses	5 (100%)	-	-
(2) Randomisation	3 (60%)	1 (20%)	1 (20%)
(3) Student drop-out rate	2 (40%)	3 (60%)	-
(4) Timing of measurement	5 (100%)	-	-
(5) Measure of PA-related outcome	5 (100%)	-	-
(6) Blinding outcome assessment	-	3 (60%)	2 (40%)
(7) Follow-up	1 (20%)	3 (60%)	1 (20%)
(8) Systematic drop-out	3 (60%)	2 (40%)	-
(9) Sample size	4 (80%)	-	1 (20%)