

Additional file 1: Information on the implementation status of intervention components of the multi-component intervention

Table 1: Information on the implementation status of the multi-component intervention's components in the nursing care sector ($n = 4$)

Intervention component and description	No information (n)	Implementation status					Sustainability	
		Implemented (n)	Planned (n)	Initially implemented, but not perpetuated (n)	Not implemented (n)	Not implemented due to COVID-19 restrictions (n)	Sustainable implementation possible (n)	Sustainable implementation not possible (n)
BuG lesson Weekly 90-min lesson during regular school hours in each class, covering the theory and practice of PA and health	0	0	1	0	0	3	4	0
Trainer qualification for teachers Teachers participate voluntarily in a workshop that qualifies them to conduct the BuG lesson	0	2	1	0	1	0	4	0
Information for teachers Information about the project and the developed during a teachers' conference	0	2	0	0	1	1	3	1
Toolbox PowerPoint presentation for active breaks with instructions for strength, coordination, and concentration exercises	0	0	0	2	0	2	4	0
Preserving position of a physical education teacher Recruitment of a new physical education teacher after the retirement of the current teacher	1	0	1	0	2	0	2	1
Trainer qualification for students Students participate voluntarily in a workshop that qualifies them to instruct physical exercises	3	0	0	0	1	0	1	0
Adaptation of mission statement PA as part of the mission statement of the VET center	2	2	0	0	0	0	2	0

BuG = Ger. "Bewegt und Gesund", Eng. Physical activity and health; PA = physical activity; VET = vocational education and training

Table 2: Information on the implementation status of the multi-component intervention's components in the automotive mechatronics sector ($n = 3$)

Intervention component and description	No information (n)	Implementation status					Sustainability	
		Implemented (n)	Planned (n)	Initially implemented, but not perpetuated (n)	Not implemented (n)	Not implemented due to COVID-19 restrictions (n)	Sustainable implementation possible (n)	Sustainable implementation not possible (n)
Tutoring system Apprentices participate voluntarily in a workshop enabling them to act as tutors to promote PA and health among their peers	0	0	0	3	0	0	1	2
Adaptation of "Fit & Healthy Workshop" Integration of an additional section on PA and health into an existing workshop for first-year apprentices	0	0	0	3	0	0	1	2
Creation of PA opportunities Capabilities for PA in the educational and working environment of apprentices, e.g. slots for PA in everyday work routine, exercises at the apprentices' workplace	1	1	0	1	0	0	2	0
Information for instructors Information about health-enhancing PA and tutoring workshop during a quarterly instruction	1	0	0	2	0	0	2	0
Instructor workshop Automotive mechatronics instructors participate in a workshop on the subject of PA and health	1	0	0	2	0	0	1	1
Adaptation of works agreement PA as part of the works agreement of the VET center	0	2	0	1	0	0	3	0
Adaptation of mission statement PA as part of the mission statement of the VET center	2	0	0	0	1	0	0	1

PA = physical activity; VET = vocational education and training