

## Additional file 4: Appraisal of intervention components of the multi-component intervention

Table 1: Appraisal of the multi-component intervention's components in the nursing care sector (n = 4)

The intervention component <i>BuG lesson</i> (Ger. "Bewegt und Gesund", Eng. <i>Physical activity and health</i> )...					
... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	n = 4 M = 3.75	
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	n = 4 M = 2,75	
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	n = 4 M = 3.25	
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	n = 4 M = 3.00	
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	n = 4 M = 2.75	
The intervention component <i>Trainer qualification for teachers</i> ...					
... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	n = 4 M = 3.50	
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	n = 4 M = 2.25	
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	n = 4 M = 3.25	
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	n = 4 M = 3.25	
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	n = 4 M = 2.50	


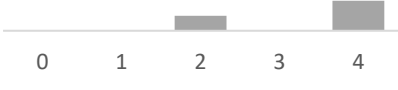

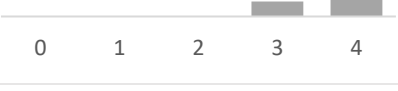
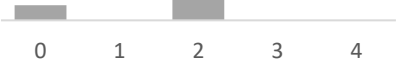
**The intervention component *Information for teachers...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 4$ $M = 1.00$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 4$ $M = 0.75$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 4$ $M = 2.00$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 4$ $M = 2.25$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 4$ $M = 2.00$



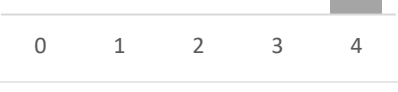
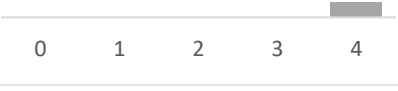

**The intervention component *Toolbox...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 4$ $M = 2.75$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 4$ $M = 2.00$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 4$ $M = 3.25$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 4$ $M = 3.25$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 4$ $M = 2.00$






**The intervention component *Preserving position of a physical education teacher...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 3$ $M = 4.00$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 3$ $M = 3.33$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 3$ $M = 4.00$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 3$ $M = 3.67$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 3$ $M = 1.33$

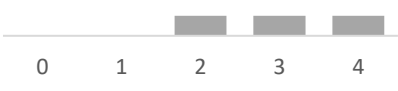
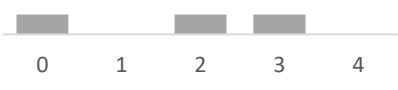
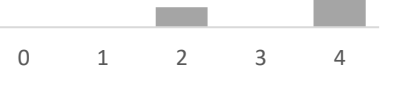
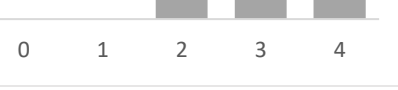
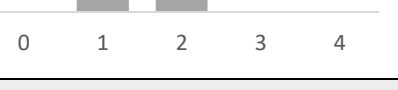



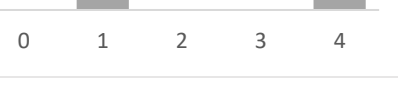

**The intervention component *Trainer qualification for students...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 1$ $M = 4.00$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 1$ $M = 4.00$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 1$ $M = 4.00$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 1$ $M = 4.00$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 1$ $M = 1.00$

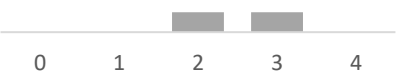




**The intervention component *Adaption of mission statement...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 2$ $M = 2.00$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 2$ $M = 1.00$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 2$ $M = 3.00$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 2$ $M = 3.00$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 2$ $M = 2.50$

**Table 2: Appraisal of the multi-component intervention's components in the automotive sector (n = 3)**

The intervention component <i>Tutoring system</i> ...					
... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	n = 3 M = 3.00	
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	n = 3 M = 1.67	
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	n = 3 M = 3.33	
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	n = 3 M = 3.00	
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	n = 3 M = 1.33	
The intervention component <i>Adoption of "Fit &amp; Healthy Workshop"</i> ...					
... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	n = 3 M = 2.67	
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	n = 3 M = 1.33	
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	n = 3 M = 3.00	
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	n = 3 M = 2.00	
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	n = 3 M = 1.33	

**The intervention component *Creation of physical activity opportunities...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 2$ $M = 2.50$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 2$ $M = 2.50$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$

**The intervention component *Information for instructors...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 2$ $M = 2.50$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 2$ $M = 2.00$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$



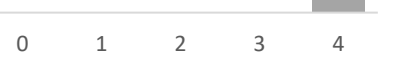
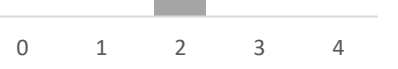

**The intervention component *Instructor workshop*...**

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 2$ $M = 3.00$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 2$ $M = 3.00$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 2$ $M = 1.50$

**The intervention component *Adaption of works agreement*...**

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 3$ $M = 2.33$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 3$ $M = 1.67$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 3$ $M = 2.33$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 3$ $M = 2.33$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 3$ $M = 2$

**The intervention component *Adaption of mission statement...***

... offers the apprentices a new capability to be physically active.	Does not apply		Strongly applies	$n = 1$ $M = 3.00$
... contributes to the apprentices getting more physically active.	Does not apply		Strongly applies	$n = 1$ $M = 3.00$
... is tailored to the needs and requirements of the apprentices.	Does not apply		Strongly applies	$n = 1$ $M = 4.00$
... fits to the situation and the organizational conditions in our organization.	Does not apply		Strongly applies	$n = 1$ $M = 2.00$
... has a great value in our organization compared to other activities/goals.	Does not apply		Strongly applies	$n = 1$ $M = 2.00$