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)

offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 $M = 3.7$
contributes to the apprentices getting more physically active.	Does not				_	_	Strongly applies	n = 4 $M = 2,7$
more physically active.	apply	0	1	2	3	4		101 – 2,
. is tailored to the needs and	Does					_	Strongly	n = 4
requirements of the apprentices.	not apply	0	1	2	3	4	applies	M=3.
. fits to the situation and the	Does						Strongly	n = 4
organizational conditions in our organization.	not apply	0	1	2	3	4	applies	M=3.
. has a great value in our organization	Does						Strongly	n = 4
compared to other activities/goals.	not apply						applies	M=2
	cation for t	o eachers	1 5	2	3	4		
				2	3	4	Strongly applies	n = 4
. offers the apprentices a new capability to be physically active.	Does not apply	eachers	5				Strongly applies	n = 4 M = 3.
. offers the apprentices a new capability	Does not apply	eachers	5				Strongly	n = 4
. offers the apprentices a new capability to be physically active. . contributes to the apprentices getting more physically active.	Does not apply Does not apply Does	eachers 0	1	2	3	4	Strongly applies Strongly	n = 4 M = 3.
. offers the apprentices a new capability to be physically active. . contributes to the apprentices getting more physically active.	Does not apply Does not apply	eachers 0	1	2	3	4	Strongly applies Strongly applies	n = 4 M = 3. n = 4 M = 2.
offers the apprentices a new capability to be physically active. contributes to the apprentices getting more physically active. is tailored to the needs and requirements of the apprentices.	Does not apply Does not apply Does not apply Does not apply	eachers 0	1	2	3	4	Strongly applies Strongly applies Strongly applies	n = 4 $M = 3$ $n = 4$ $M = 2$ $n = 4$ $M = 3$
contributes to the apprentices getting more physically active is tailored to the needs and	Does not apply Does not apply Does not apply	eachers 0	1	2	3	4	Strongly applies Strongly applies Strongly applies	n = 4 $M = 3$ $n = 4$ $M = 2$ $n = 4$ $M = 3$
. offers the apprentices a new capability to be physically active. . contributes to the apprentices getting more physically active. . is tailored to the needs and requirements of the apprentices.	Does not apply Does not apply Does not apply Does not apply	0 0	1 1 1	2	3	4	Strongly applies Strongly applies Strongly applies	n = 4 $M = 3$ $n = 4$ $M = 2$ $n = 4$ $M = 3$

The intervention component Information for	r teachers.							
offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 1.00
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 0.75
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 2.00
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 2.25
has a great value in our organization compared to other activities/goals.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 2.00
The intervention component <i>Toolbox</i>								
offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 2.75
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 2.00
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 3.25
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 3.25
has a great value in our organization compared to other activities/goals.	Does not apply	0	1	2	3	4	Strongly applies	n = 4 M = 2.00

The intervention component Preserving po	sition of a	physica	l educ	ation	teache	r		
offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 4.00
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 $M = 3.33$
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 4.00
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 3.67
has a great value in our organization compared to other activities/goals.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 1.33
The intervention component Trainer qualifi	ication for s	students	S					
offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 1 M = 4.00
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 1 M = 4.00
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 1 M = 4.00
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 1 M = 4.00
has a great value in our organization compared to other activities/goals.	Does not apply	0	1	2	3	4	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	0	1	2	3	4	Strongly applies	n = 2 M = 2.00
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 1.00
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 $M = 3.00$
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 3.00
has a great value in our organization compared to other activities/goals.	Does not apply	0	1	2	3	4	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</i> sys	stem							
offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 3.00
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 1.67
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 3.33
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 3.00
has a great value in our organization compared to other activities/goals.	Does not apply	0	1	2	3	4	Strongly applies	n = 3 M = 1.33
The intervention component Adoption of	"Fit & Hea	althy Wo	orksho	p"				
The intervention component Adoption of offers the apprentices a new capability to be physically active.	Does not apply	althy Wo	orksho	op"	3	4	Strongly applies	n = 3 M = 2.67
offers the apprentices a new	Does not		_		3	4		
offers the apprentices a new capability to be physically active.	Does not apply Does not	0	1	2	_		applies Strongly	M = 2.67 $n = 3$
offers the apprentices a new capability to be physically active. contributes to the apprentices getting more physically active. is tailored to the needs and	Does not apply Does not apply Does not	0	1	2	3	4	Strongly applies Strongly	M = 2.67 $n = 3$ $M = 1.33$

offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 2.50
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 1.50
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 2.50
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 1.50
has a great value in our organization compared to other activities/goals.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 1.50
The intervention component Information	for instruc	tors						
offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 2.50
contributes to the apprentices getting	Does not apply	_			_		Strongly	
more physically active.	αρριγ	0	1	2	3	4	applies	n = 2 M = 1.50
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	applies Strongly applies	
is tailored to the needs and	Does not						Strongly	M = 1.50 $n = 2$

ne intervention component <i>Instructor w</i>								
offers the apprentices a new capability to be physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 $M = 3.0$
contributes to the apprentices getting more physically active.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 1.5
is tailored to the needs and requirements of the apprentices.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 $M = 3.0$
fits to the situation and the organizational conditions in our organization.	Does not apply	0	1	2	3	4	Strongly applies	n = 2 M = 1.
has a great value in our organization	Does						Strongly	n = 2
compared to other activities/goals.	not apply	0	1	2	3	4	applies	M=1.8
compared to other activities/goals.	apply			2	3	4		
compared to other activities/goals. ne intervention component Adaption of	apply			2	3	4		
compared to other activities/goals. The intervention component Adaption of the intervention component Adaption component Adaption of the intervention component Adaption componen	apply works agree Does not	eement.					applies Strongly	M = 1. $n = 3$ $M = 2.$ $n = 3$
compared to other activities/goals. ne intervention component Adaption of offers the apprentices a new capability to be physically active. contributes to the apprentices getting more physically active.	Does not apply	eement. 0	1	2	3	4	applies Strongly applies Strongly	M = 1. n = 3 M = 2.
compared to other activities/goals. ne intervention component Adaption of offers the apprentices a new capability to be physically active. contributes to the apprentices getting more physically active. is tailored to the needs and	Does not apply Does not apply Does not apply	0 0	1	2	3	4	Strongly applies Strongly applies	M = 1. n = 3 M = 2. n = 3 M = 1.

offers the apprentices a new capability to be physically active.	Does not apply				-		Strongly applies	n = 1 M = 3.00
		0	1	2	3	4		
contributes to the apprentices getting	Does						Strongly applies	n = 1 M = 3.00
more physically active.	apply	0	1	2	3	4	аррисо	IVI = 3.00
is tailored to the needs and	Does						Strongly	n = 1
requirements of the apprentices.	not apply	0	1	2	3	4	applies	M = 4.00
fits to the situation and the	Does							4
organizational conditions in our organization.	not apply						Strongly applies	n = 1 $M = 2.00$
5. 3s <u>P</u> ationi		0	1	2	3	4		
has a great value in our organization	Does not			_			Strongly	n = 1
compared to other activities/goals.	apply	0	1	2	3	4	applies	M = 2.00