

## Responses to Reviewers' Comments and Suggestions

### \*Responses from authors in bold

#### Reviewer 1 Comments with Author Responses

- Abstract
  - Should not have an indent. Abstract should be one single paragraph.
    - **Changed abstract to a single paragraph**
  - Need to rewrite this so author's voice is not direct (do not use "we" as a statement).
    - **Left "we" in as it is considered acceptable via APA 7<sup>th</sup> edition guidelines as APA now encourages it to add clarity and active voice**
- Keywords
  - Not sure girls or women need to be defined. These are commonly understood terms.
    - **Removed from list of keywords.**
- Page 2
  - Grammatical error.
    - **Corrected – longterm to long-term**
- Page 3
  - Grammatical error suggested: "nonsport"
    - **Did not change; left as "nonsport." Although Microsoft Word identifies this as incorrect spelling, according to APA and other style guides, it is considered appropriate without the hyphen.**
  - Should this ("girls and women" be defined as girls (under 18 years of age) and female adults (older than 18 years)?
    - **Left all "girls and women" references as-is because, in this manuscript, "girls and women" is intended to reference individuals assigned female at birth across the lifespan, rather than to denote specific developmental stages or make other within-gender distinctions. For readability and consistency, we retained the original phrasing "girls and women" to reflect this broader lifespan perspective.**
  - Should end this statement with connection to the article. Possibly start the next paragraph with this statement? (in reference to last sentence of first full paragraph)

- Added “physical health and motor development” in the first sentence to clarify and signal, to the reader, that all studies noted in this paragraph contribute to those points.
    - Added a sentence at the end of the paragraph to further underscore this point.
- Page 4
  - Start new paragraph with this statement to break up long paragraph (in reference to first full paragraph; sentence beginning with “In a recent report of U.S. teen girls . . .”)
    - We appreciate the reviewer’s suggestion but kept the paragraph intact to preserve the logical flow and cohesion of the primary point presented in the paragraph
- Page 6
  - Grammatical error: replace “has” with “have”
    - Corrected to “have”
  - Fix grammatical error.
    - Eliminated the additional space between “with” and “earlier”
- Page 10 – References
  - Not sure this is cited properly. Also, remove the period after the author/title and before the date (in reference to first two citations in the list).
    - First two citations were corrected for accuracy and moved to later in the reference list accordingly.
    - APA 7<sup>th</sup> edition guidelines require a period after the author/title and before date so the period was retained.
  - Needs to be a space between initials... correct this for every reference.
    - Space added for every reference.
  - Italicize
    - Correction made
  - Italicize
    - Correction made
  - Italicize
    - Correction made
  - Remove period. (after “CDC”)
    - APA 7<sup>th</sup> edition guidelines require a period after the author/title and before date so the period was retained.
  - Italicize
    - Correction made
  - Italicize?
    - Correction made.
  - Missing date.

- **Date added.**
  - Italicize.
    - **Correction made.**
- Page 11 – References
  - Italicize.
    - **Correction made.**
  - Italicize.
    - **Correction made.**

## Reviewer 2 Comments with Author Responses

- Page 1 – Abstract
  - Title does not CLOSELY match up with abstract. The abstract seems to suggest this is far more about females. To a lesser extent social class, and I see no mention of race.
    - **Edited the abstract to better align with the title and remain within the suggested word limit.**
  - Other than line 4. I would add a comment in 2<sup>nd</sup> paragraph about race (keywords use girls of color)
    - **Added a sentence in the abstract to this point**
- Page 2
  - Motoric?
    - **We retained the term “motoric competence” as it is widely used in motor development literature to describe movement skill proficiency.**
- Page 3
  - What does believe mean? Is this contributing to paragraph? . . . Update, I think wording can be changed here to better segue into follow up sentence.
    - **Edited first sentence in first full paragraph on page 3 to read:**
      - **Sport participation has been consistently associated with positive physical health and motor development outcomes across the lifespan.**
  - I'd like to see some more detail such as: “few anxiety related symptoms including...”
    - **To add clarity, we included the following sentence in this paragraph:**
      - **Sport offers increased physical activity and social support from teammates that helps mitigate and reduce irritability and**

excessive worry or rumination, which are commonly associated with anxiety.

- Define physical literacy earlier
  - **Added wording, as underlined, on page 2 to define this term:**
    - **For practitioners in physical and occupational therapy as well as cardiac rehabilitation, these trends underscore not only the importance of engaging in rehabilitation but also in prevention efforts that foster physical literacy – movement competence and motivation – in childhood and early adolescence**
- Page 4
  - Seems contradictory to earlier statements. Make sure it is addressed that MAYBE late life sports can be determinental? Is there a prevalence here? That would make this helpful. (page 4, 1<sup>st</sup> full sentence was highlighted)
    - **We appreciate the reviewer's suggestion here. Our intent was not to present a contradiction but to transparently acknowledge that sport can function as both a health-promoting and, in some contexts, a health-compromising environment. Accordingly, we cited prior literature to establish this precedent. To our knowledge, prevalence estimates of late-life sport-related detriment are not well established in the existing literature. We maintained the original wording of this paragraph**
- Page 6
  - Not the scope of this paper (highlighted sentence 3 of first full paragraph: "As such, identifying strategies to promote care-seeking behaviors and improve experiences in recovery settings might be particularly impactful for women")
    - **Correct. We didn't intend to suggest this sentence was within the scope of this specific manuscript but we hope to offer readers opportunities to consider and question practices they might implement that impact these results. As such, we decided to leave the sentence (sentence 3, first full paragraph, page 6) in its current form.**
- Page 7
  - I don't understand the connection for rehab practiontiners (which is broad in scope) to educate patients about youn gpeople. This does not seem part of their job. Who specifically are you talking about? (referencing topic sentence of first full paragraph on page 7)
    - **We revised the sentence (as presented below) to clarify that rehabilitation practitioners' role is framed as one of broader**

**health promotion and advocacy rather than direct education of youth or involvement in youth sport settings.**

- **Although rehabilitation practitioners do not typically work in athletic domains, their broader role in health promotion positions them to support and advocate for high-quality, meaningful sport and physical activity experiences as a way to increase physical activity across the lifespan. Doing so, may disproportionately benefit the same girls and women who are at greater risk for injury and chronic illness associated with physical inactivity.**
- Again, are we talking about practitioners working solely with youth? This is a bit confusing. What about a practitioner working with a 40 year old single woman with no kid. (in reference to the following sentence in the same paragraph as the comment above: “To do so, clinicians and practitioners could leverage their rehabilitation sessions to prescribe sport and other meaningful forms of physical activity”)
  - **To accommodate this suggestion, we rewrote the above sentence as follows:**
    - **To do so, clinicians and practitioners could encourage engagement in sport and other meaningful forms of physical activity, tailored to the needs and abilities of the individuals they serve.**
- This seems to require further education/study for practitioners. They are often not trained on changing health behaviors. (referencing 4<sup>th</sup> full sentence in last paragraph on page 7)
  - **We appreciate this comment from the reviewer and revised the sentence to clarify that, while formal training in behavior change may be limited, practitioners can still support patients’ health by engaging with the broader literature and sharing information on accessible and affordable physical activity options that may be of interest but not otherwise known by patients**
  - **Accordingly, we rewrote the sentence as follows:**
    - **When appropriate, practitioners can support patients’ health by familiarizing themselves with accessible physical activity options and sharing and sharing that information in recognition of their professional responsibility to engage with the broader literature to promote health beyond traditional rehabilitation**

- Citation?
  - **Added Kusnanto et al., 2018**
- Page 9
  - Can we add a theoretical framework for change? (highlighted entire second paragraph of conclusion)
    - **Rather than introducing a specific theoretical framework in the conclusion, we intentionally frame the issue as one that must be addressed across macro-, meso-, and micro- levels to capture the multiple layers of influence on physical activity and health promotion. As such, we left the wording as-is.**