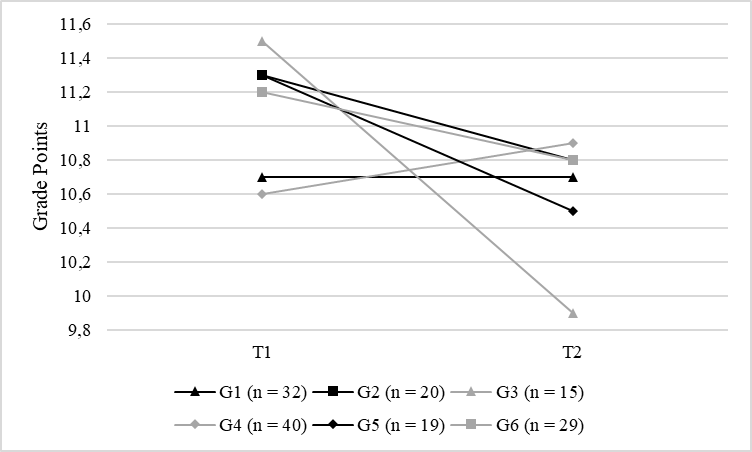
Supplementary Material

Table S1. Comparison of the grade points in the subject English using groups 1 to 6.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Grade Points | |  | RM-ANOVA | | | | | |
| Groups | *n* | T | *M* | *SD* |  | Type of effect | *F* | *df*1 | *df*2 | *p*-value | part. η² |
| G1 | 32 |  | 1 | 10.7 | 3.1 |  | Group | 0.1 | 5 | 149 | .982 | .005 |
|  | 2 | 10.7 | 2.5 |  |
| G2 | 20 |  | 1 | 11.3 | 2.5 |  |
|  | 2 | 10.8 | 3.0 |  |
| G3 | 15 |  | 1 | 11.5 | 2.2 |  | Time | 10.5 | 1 | 149 | .001 | .066 |
|  | 2 | 9.9 | 2.2 |  |
| G4 | 40 |  | 1 | 10.6 | 2.2 |  |
|  | 2 | 10.9 | 2.5 |  |
| G5 | 19 |  | 1 | 11.3 | 2.0 |  | Group × Time | 2.6 | 5 | 149 | .026 | .081 |
|  | 2 | 10.5 | 2.4 |  |
| G6 | 29 |  | 1 | 11.2 | 2.2 |  |
|  | 2 | 10.8 | 1.8 |  |

*Notes.* G1 = student-athletes with Additives Abitur at Elite Sport School 1, G2 = student-athletes without Additives Abitur at Elite Sport School 1, G3 = student-athletes without Additives Abitur at Elite Sport School 2/3, G4 = dropouts at Elite Sport School 1, G5 = dropouts at Elite Sport School 2/3, G6 = non-student-athletes at comprehensive schools, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Figure S1. Development of the grade points in the subject English (from 0 = insufficient to 15 = very good).



*Notes.* T = Time of Measurement, G1 = student-athletes with Additives Abitur at Elite Sport School 1, G2 = student-athletes without Additives Abitur at Elite Sport School 1, G3 = student-athletes without Additives Abitur at Elite Sport School 2/3, G4 = dropouts at Elite Sport School 1, G5 = dropouts at Elite Sport School 2/3, G6 = non-student-athletes at comprehensive schools

Table S2. Comparison of English performances using groups 1 and 6.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 463.7 | 59.8 |  | Group | 6.0 | 1 | 62 | .017 | .088 |
|  | 2 | 509.8 | 60.7 |  |
| G6 | 30 |  | 1 | 486.0 | 86.7 |  | Time | 171.1 | 1 | 62 | <.001 | .734 |
|  | 2 | 570.0 | 72.7 |  |
|  |  |  |  |  |  |  | Group × Time | 14.5 | 1 | 62 | <.001 | .190 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 46.9 | 6.1 |  | Group | 5.4 | 1 | 62 | .024 | .080 |
|  | 2 | 50.3 | 8.0 |  |
| G6 | 30 |  | 1 | 48.9 | 9.1 |  | Time | 64.8 | 1 | 62 | <.001 | .511 |
|  | 2 | 57.3 | 9.7 |  |
|  |  |  |  |  |  |  | Group × Time | 11.4 | 1 | 62 | .001 | .155 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 45.9 | 7.1 |  | Group | 4.9 | 1 | 62 | .031 | .073 |
|  | 2 | 50.0 | 6.9 |  |
| G6 | 30 |  | 1 | 48.3 | 9.5 |  | Time | 60.2 | 1 | 62 | <.001 | .493 |
|  | 2 | 55.4 | 7.2 |  |
|  |  |  |  |  |  |  | Group × Time | 4.2 | 1 | 62 | .045 | .063 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G1 | 32 |  | 1 | 10.7 | 3.1 |  | Group | 0.3 | 1 | 59 | .575 | .005 |
|  | 2 | 10.7 | 2.5 |  |
| G6 | 29 |  | 1 | 11.2 | 2.2 |  | Time | 1.1 | 1 | 59 | .310 | .017 |
|  | 2 | 10.8 | 1.8 |  |
|  |  |  |  |  |  |  | Group × Time | 0.6 | 1 | 59 | .442 | .010 |

*Notes.* G1 = student-athletes with Additives Abitur at Elite Sport School 1, G6 = non-student-athletes at comprehensive schools, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S3. Comparison of English performances using groups 2 and 6.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G2 | 21 |  | 1 | 458.3 | 66.8 |  | Group | 4.6 | 1 | 49 | .036 | .086 |
|  | 2 | 507.1 | 76.7 |  |
| G6 | 30 |  | 1 | 486.0 | 86.7 |  | Time | 127.6 | 1 | 49 | <.001 | .722 |
|  | 2 | 570.0 | 72.7 |  |
|  |  |  |  |  |  |  | Group × Time | 9.0 | 1 | 49 | .004 | .155 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G2 | 21 |  | 1 | 46.4 | 6.9 |  | Group | 4.0 | 1 | 49 | .051 | .076 |
|  | 2 | 50.4 | 7.5 |  |
| G6 | 30 |  | 1 | 48.9 | 9.1 |  | Time | 77.3 | 1 | 49 | <.001 | .612 |
|  | 2 | 57.3 | 9.7 |  |
|  |  |  |  |  |  |  | Group × Time | 10.0 | 1 | 49 | .003 | .170 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G2 | 21 |  | 1 | 45.2 | 8.0 |  | Group | 4.7 | 1 | 49 | .035 | .088 |
|  | 2 | 49.1 | 8.0 |  |
| G6 | 30 |  | 1 | 48.3 | 9.5 |  | Time | 35.2 | 1 | 49 | <.001 | .418 |
|  | 2 | 55.4 | 7.2 |  |
|  |  |  |  |  |  |  | Group × Time | 3.0 | 1 | 49 | .087 | .058 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G2 | 20 |  | 1 | 11.3 | 2.5 |  | Group | <0.1 | 1 | 47 | .990 | <.001 |
|  | 2 | 10.8 | 3.0 |  |
| G6 | 29 |  | 1 | 11.2 | 2.2 |  | Time | 4.3 | 1 | 47 | .043 | .084 |
|  | 2 | 10.8 | 1.8 |  |
|  |  |  |  |  |  |  | Group × Time | <0.1 | 1 | 47 | .833 | .001 |

*Notes.* G2 = student-athletes without Additives Abitur at Elite Sport School 1, G6 = non-student-athletes at comprehensive schools, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S4. Comparison of English performances using groups 3 and 6.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 436.0 | 53.8 |  | Group | 10.0 | 1 | 43 | .003 | .189 |
|  | 2 | 480.5 | 52.4 |  |
| G6 | 30 |  | 1 | 486.0 | 86.7 |  | Time | 110.1 | 1 | 43 | <.001 | .719 |
|  | 2 | 570.0 | 72.7 |  |
|  |  |  |  |  |  |  | Group × Time | 10.4 | 1 | 43 | .002 | .195 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 44.2 | 6.9 |  | Group | 8.6 | 1 | 43 | .005 | .166 |
|  | 2 | 47.1 | 5.0 |  |
| G6 | 30 |  | 1 | 48.9 | 9.1 |  | Time | 44.2 | 1 | 43 | <.001 | .507 |
|  | 2 | 57.3 | 9.7 |  |
|  |  |  |  |  |  |  | Group × Time | 10.3 | 1 | 43 | .003 | .193 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 43.0 | 5.5 |  | Group | 10.8 | 1 | 43 | .002 | .201 |
|  | 2 | 46.0 | 5.4 |  |
| G6 | 30 |  | 1 | 48.3 | 9.5 |  | Time | 32.7 | 1 | 43 | <.001 | .432 |
|  | 2 | 55.4 | 7.2 |  |
|  |  |  |  |  |  |  | Group × Time | 5.3 | 1 | 43 | .026 | .110 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 11.5 | 2.2 |  | Group | 0.3 | 1 | 42 | .560 | .008 |
|  | 2 | 9.9 | 2.2 |  |
| G6 | 29 |  | 1 | 11.2 | 2.2 |  | Time | 13.5 | 1 | 42 | .001 | .244 |
|  | 2 | 10.8 | 1.8 |  |
|  |  |  |  |  |  |  | Group × Time | 4.3 | 1 | 42 | .045 | .092 |

*Notes.* G3 = student-athletes without Additives Abitur at Elite Sport School 2/3, G6 = non-student-athletes at comprehensive schools, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S5. Comparison of English performances using groups 4 and 6.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G4 | 40 |  | 1 | 462.9 | 63.8 |  | Group | 8.5 | 1 | 68 | .005 | .112 |
|  | 2 | 493.9 | 73.5 |  |
| G6 | 30 |  | 1 | 486.0 | 86.7 |  | Time | 111.5 | 1 | 68 | <.001 | .621 |
|  | 2 | 570.0 | 72.7 |  |
|  |  |  |  |  |  |  | Group × Time | 23.6 | 1 | 68 | <.001 | .258 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G4 | 40 |  | 1 | 46.7 | 7.1 |  | Group | 5.7 | 1 | 68 | .020 | .077 |
|  | 2 | 50.6 | 7.3 |  |
| G6 | 30 |  | 1 | 48.9 | 9.1 |  | Time | 76.8 | 1 | 68 | <.001 | .530 |
|  | 2 | 57.3 | 9.7 |  |
|  |  |  |  |  |  |  | Group × Time | 10.3 | 1 | 68 | .002 | .131 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G4 | 40 |  | 1 | 45.9 | 6.9 |  | Group | 9.1 | 1 | 68 | .004 | .118 |
|  | 2 | 46.9 | 9.3 |  |
| G6 | 30 |  | 1 | 48.3 | 9.5 |  | Time | 23.5 | 1 | 68 | <.001 | .257 |
|  | 2 | 55.4 | 7.2 |  |
|  |  |  |  |  |  |  | Group × Time | 13.5 | 1 | 68 | <.001 | .165 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G4 | 40 |  | 1 | 10.6 | 2.2 |  | Group | 0.4 | 1 | 67 | .582 | .006 |
|  | 2 | 10.9 | 2.5 |  |
| G6 | 29 |  | 1 | 11.2 | 2.2 |  | Time | 0.1 | 1 | 67 | .712 | .002 |
|  | 2 | 10.8 | 1.8 |  |
|  |  |  |  |  |  |  | Group × Time | 3.5 | 1 | 67 | .065 | .050 |

*Notes.* G4 = dropouts at Elite Sport School 1, G6 = non-student-athletes at comprehensive schools, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S6. Comparison of English performances using groups 5 and 6.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G5 | 19 |  | 1 | 430.8 | 42.9 |  | Group | 10.0 | 1 | 47 | .003 | .176 |
|  | 2 | 499.3 | 59.8 |  |
| G6 | 30 |  | 1 | 486.0 | 86.7 |  | Time | 177.4 | 1 | 47 | <.001 | .791 |
|  | 2 | 570.0 | 72.7 |  |
|  |  |  |  |  |  |  | Group × Time | 1.8 | 1 | 47 | .181 | .038 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G5 | 19 |  | 1 | 43.3 | 5.5 |  | Group | 8.3 | 1 | 47 | .006 | .151 |
|  | 2 | 49.6 | 6.4 |  |
| G6 | 30 |  | 1 | 48.9 | 9.1 |  | Time | 88.0 | 1 | 47 | <.001 | .652 |
|  | 2 | 57.3 | 9.7 |  |
|  |  |  |  |  |  |  | Group × Time | 1.8 | 1 | 47 | .190 | .036 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G5 | 19 |  | 1 | 42.8 | 4.4 |  | Group | 10.3 | 1 | 47 | .002 | .179 |
|  | 2 | 48.0 | 6.5 |  |
| G6 | 30 |  | 1 | 48.3 | 9.5 |  | Time | 50.0 | 1 | 47 | <.001 | .515 |
|  | 2 | 55.4 | 7.2 |  |
|  |  |  |  |  |  |  | Group × Time | 1.2 | 1 | 47 | .257 | .025 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G5 | 19 |  | 1 | 11.3 | 2.0 |  | Group | 0.1 | 1 | 46 | .789 | .002 |
|  | 2 | 10.5 | 2.4 |  |
| G6 | 29 |  | 1 | 11.2 | 2.2 |  | Time | 5.1 | 1 | 46 | .029 | .100 |
|  | 2 | 10.8 | 1.8 |  |
|  |  |  |  |  |  |  | Group × Time | 0.4 | 1 | 46 | .536 | .008 |

*Notes.* G5 = dropouts at Elite Sport School 2/3, G6 = non-student-athletes at comprehensive schools, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S7. Comparison of English performances using groups 2 and 4.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G2 | 21 |  | 1 | 458.3 | 66.8 |  | Group | 0.1 | 1 | 59 | .808 | .001 |
|  | 2 | 507.1 | 76.7 |  |
| G4 | 40 |  | 1 | 462.9 | 63.8 |  | Time | 41.6 | 1 | 59 | <.001 | .001 |
|  | 2 | 493.9 | 73.5 |  |
|  |  |  |  |  |  |  | Group × Time | 2.1 | 1 | 59 | .157 | .034 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G2 | 21 |  | 1 | 46.4 | 6.9 |  | Group | <0.1 | 1 | 59 | .892 | <.001 |
|  | 2 | 50.4 | 7.5 |  |
| G4 | 40 |  | 1 | 46.7 | 7.1 |  | Time | 29.8 | 1 | 59 | <.001 | .336 |
|  | 2 | 50.6 | 7.3 |  |
|  |  |  |  |  |  |  | Group × Time | <0.1 | 1 | 59 | .971 | .000 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G2 | 21 |  | 1 | 45.2 | 8.0 |  | Group | 0.2 | 1 | 59 | .683 | .003 |
|  | 2 | 49.1 | 8.0 |  |
| G4 | 40 |  | 1 | 45.9 | 6.9 |  | Time | 6.3 | 1 | 59 | .015 | .096 |
|  | 2 | 46.9 | 9.3 |  |
|  |  |  |  |  |  |  | Group × Time | 2.2 | 1 | 59 | .141 | .036 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G2 | 20 |  | 1 | 11.3 | 2.5 |  | Group | 0.3 | 1 | 58 | .611 | .004 |
|  | 2 | 10.8 | 3.0 |  |
| G4 | 40 |  | 1 | 10.6 | 2.2 |  | Time | 0.3 | 1 | 58 | .595 | .005 |
|  | 2 | 10.9 | 2.5 |  |
|  |  |  |  |  |  |  | Group × Time | 3.3 | 1 | 58 | .074 | .054 |

*Notes.* G2 = student-athletes without Additives Abitur at Elite Sport School 1, G4 = dropouts at Elite Sport School 1, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S8. Comparison of English performances using groups 3 and 5.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 436.0 | 53.8 |  | Group | 0.2 | 1 | 32 | .695 | .005 |
|  | 2 | 480.5 | 52.4 |  |
| G5 | 19 |  | 1 | 430.8 | 42.9 |  | Time | 88.8 | 1 | 32 | <.001 | .735 |
|  | 2 | 499.3 | 59.8 |  |
|  |  |  |  |  |  |  | Group × Time | 4.0 | 1 | 32 | .054 | .111 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 44.2 | 6.9 |  | Group | 0.2 | 1 | 32 | .670 | .006 |
|  | 2 | 47.1 | 5.0 |  |
| G5 | 19 |  | 1 | 43.3 | 5.5 |  | Time | 29.2 | 1 | 32 | <.001 | .477 |
|  | 2 | 49.6 | 6.4 |  |
|  |  |  |  |  |  |  | Group × Time | 4.0 | 1 | 32 | .057 | .109 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 43.0 | 5.5 |  | Group | 0.3 | 1 | 32 | .595 | .009 |
|  | 2 | 46.0 | 5.4 |  |
| G5 | 19 |  | 1 | 42.8 | 4.4 |  | Time | 24.3 | 1 | 32 | <.001 | .432 |
|  | 2 | 48.0 | 6.5 |  |
|  |  |  |  |  |  | | Group × Time | 1.7 | 1 | 32 | .202 | .050 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G3 | 15 |  | 1 | 11.5 | 2.2 |  | Group | 0.1 | 1 | 32 | .763 | .003 |
|  | 2 | 9.9 | 2.2 |  |
| G5 | 19 |  | 1 | 11.3 | 2.0 |  | Time | 10.3 | 1 | 32 | .003 | .243 |
|  | 2 | 10.5 | 2.4 |  |
|  |  |  |  |  |  |  | Group × Time | 1.2 | 1 | 32 | .285 | .036 |

*Notes.* G3 = student-athletes without Additives Abitur at Elite Sport School 2/3, G5 = dropouts at Elite Sport School 2/3, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S9. Comparison of English performances using groups 1 and 2.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 463.7 | 59.8 |  | Group | 0.1 | 1 | 53 | .817 | .001 |
|  | 2 | 509.8 | 60.7 |  |
| G2 | 21 |  | 1 | 458.3 | 66.8 |  | Time | 73.9 | 1 | 53 | <.001 | .582 |
|  | 2 | 507.1 | 76.7 |  |
|  |  |  |  |  |  |  | Group × Time | 0.1 | 1 | 53 | .808 | .001 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 46.9 | 6.1 |  | Group | <0.0 | 1 | 53 | .914 | .914 |
|  | 2 | 50.3 | 8.0 |  |
| G2 | 21 |  | 1 | 46.4 | 6.9 |  | Time | 24.7 | 1 | 53 | <.001 | .318 |
|  | 2 | 50.4 | 7.5 |  |
|  |  |  |  |  |  |  | Group × Time | 0.1 | 1 | 53 | .732 | .002 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 45.9 | 7.1 |  | Group | 0.2 | 1 | 53 | .694 | .003 |
|  | 2 | 50.0 | 6.9 |  |
| G2 | 21 |  | 1 | 45.2 | 8.0 |  | Time | 23.4 | 1 | 53 | <.001 | .306 |
|  | 2 | 49.1 | 8.0 |  |
|  |  |  |  |  |  |  | Group × Time | <0.0 | 1 | 53 | .875 | <.001 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G1 | 32 |  | 1 | 10.7 | 3.1 |  | Group | 0.2 | 1 | 48 | .637 | .005 |
|  | 2 | 10.7 | 2.5 |  |
| G2 | 20 |  | 1 | 11.3 | 2.5 |  | Time | 1.1 | 1 | 50 | .303 | .021 |
|  | 2 | 10.8 | 3.0 |  |
|  |  |  |  |  |  |  | Group × Time | 0.7 | 1 | 50 | .411 | .014 |

*Notes.* G1 = student-athletes with Additives Abitur at Elite Sport School 1, G2 = student-athletes without Additives Abitur at Elite Sport School 1, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance

Table S10. Comparison of English performances using groups 1 and 3.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | English Performances | |  | RM-ANOVA | | | | | |
| Groups | *n* |  | T | *M* | *SD* |  | Type of effect | *F* | *df1* | *df2* | *p*-value | part. η² |
| TOEFL ITP®: Total Score | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 463.7 | 59.8 |  | Group | 2.8 | 1 | 47 | .103 | .056 |
|  | 2 | 509.8 | 60.7 |  |
| G3 | 15 |  | 1 | 436.0 | 53.8 |  | Time | 62.1 | 1 | 47 | <.001 | .569 |
|  | 2 | 480.5 | 52.4 |  |
|  |  |  |  |  |  |  | Group × Time | <0.1 | 1 | 47 | .891 | <.001 |
| TOEFL ITP® Part: Structure and Written Expression | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 46.9 | 6.1 |  | Group | 2.4 | 1 | 47 | .129 | .048 |
|  | 2 | 50.3 | 8.0 |  |
| G3 | 15 |  | 1 | 44.2 | 6.9 |  | Time | 12.6 | 1 | 47 | .001 | .211 |
|  | 2 | 47.1 | 5.0 |  |
|  |  |  |  |  |  |  | Group × Time | 0.1 | 1 | 47 | .779 | .002 |
| TOEFL ITP® Part: Vocabulary and Reading | | | | | | | | | | | | |
| G1 | 34 |  | 1 | 45.9 | 7.1 |  | Group | 3.2 | 1 | 47 | .078 | .065 |
|  | 2 | 50.0 | 6.9 |  |
| G3 | 15 |  | 1 | 43.0 | 5.5 |  | Time | 21.5 | 1 | 47 | <.001 | .314 |
|  | 2 | 46.0 | 5.4 |  |
|  |  |  |  |  |  |  | Group × Time | 0.5 | 1 | 47 | .470 | .011 |
| Grade Points in the Subject English | | | | | | | | | | | | |
| G1 | 32 |  | 1 | 10.7 | 3.1 |  | Group | <0.1 | 1 | 45 | .978 | <.001 |
|  | 2 | 10.7 | 2.5 |  |
| G3 | 15 |  | 1 | 11.5 | 2.2 |  | Time | 6.0 | 1 | 45 | .019 | .117 |
|  | 2 | 9.9 | 2.2 |  |
|  |  |  |  |  |  |  | Group × Time | 5.1 | 1 | 45 | .029 | .102 |

*Notes.* G1 = student-athletes with Additives Abitur at Elite Sport School 1, G3 = student-athletes without Additives Abitur at Elite Sport School 2/3, T = Time of Measurement, RM-ANOVA = Repeated-Measures Analysis of Variance