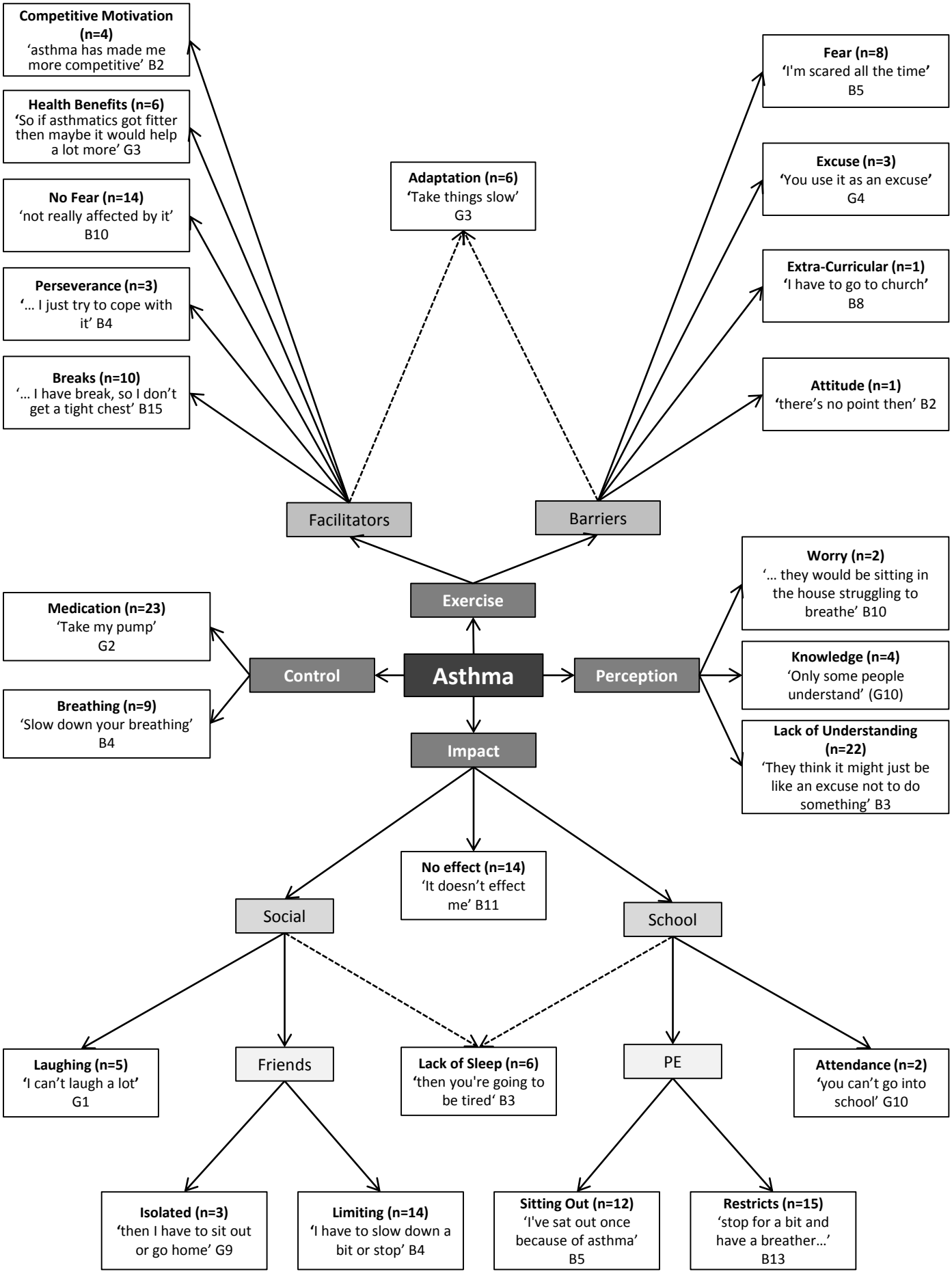
Competitive Motivation (n=4)
'asthma has made me more competitive' B2
Health Benefits (n=6)
'So if asthmatics got fitter then maybe it would help a lot more' G3
No Fear (n=14)
'not really affected by it' B10
Perseverance (n=3)
'… I just try to cope with it' B4
Breaks (n=10)
'… I have break, so I don't get a tight chest' B15
Adaptation (n=6)
'Take things slow' G3
Fear (n=8)
'I'm scared all the time' B5
Excuse (n=3)
'You use it as an excuse' G4
Extra-Curricular (n=1)
'I have to go to church' B8
Attitude (n=1)
'there's no point then' B2
Facilitators
Barriers
Exercise
Medication (n=23)
'Take my pump' G2
Control
Asthma
Perception
Breathing (n=9)
'Slow down your breathing' B4
Worry (n=2)
'… they would be sitting in the house struggling to breathe' B10
Knowledge (n=4)
'Only some people understand' (G10)
Lack of Understanding (n=22)
'They think it might just be like an excuse not to do something' B3
Impact
No effect (n=14)
'It doesn't effect me' B11
Social
School
Laughing (n=5)
'I can't laugh a lot' G1
Friends
Lack of Sleep (n=6)
'then you're going to be tired' B3
PE
Attendance (n=2)
'you can't go into school' G10
Isolated (n=3)
'then I have to sit out or go home' G9
Limiting (n=14)
'I have to slow down a bit or stop' B4
Sitting Out (n=12)
'I've sat out once because of asthma' B5
Restricts (n=15)
'stop for a bit and have a breather…' B13