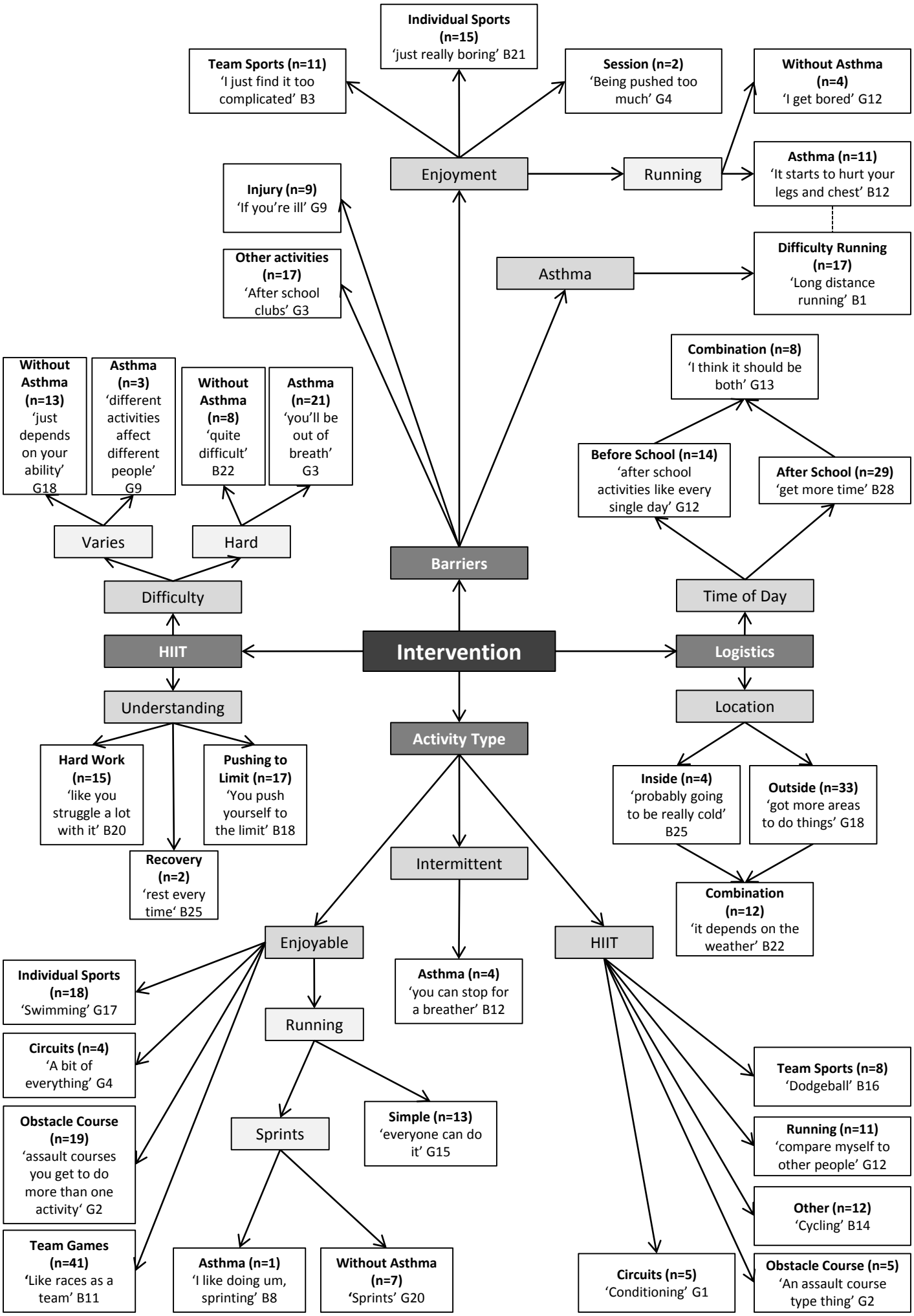
Intervention
Barriers
Enjoyment
Individual Sports (n=15) 'just really boring' B21
Team Sports (n=11) 'I just find it too complicated' B3
Session (n=2) 'Being pushed too much' G4
Running
Without Asthma (n=4) 'I get bored' G12
Asthma (n=11) 'It starts to hurt your legs and chest' B12
Difficulty Running (n=17) 'Long distance running' B1
Injury (n=9) 'If you're ill' G9
Other activities (n=17) 'After school clubs' G3
Asthma
Without Asthma (n=13) 'just depends on your ability' G18
Asthma (n=3) 'different activities affect different people' G9
Without Asthma (n=8) 'quite difficult' B22
Asthma (n=21) 'you'll be out of breath' G3
Varies
Hard
Difficulty
HIIT
Understanding
Hard Work (n=15) 'like you struggle a lot with it' B20
Pushing to Limit (n=17) 'You push yourself to the limit' B18
Recovery (n=2) 'rest every time' B25
Combination (n=8) 'I think it should be both' G13
Before School (n=14) 'after school activities like every single day' G12
After School (n=29) 'get more time' B28
Time of Day
Logistics
Location
Inside (n=4) 'probably going to be really cold' B25
Outside (n=33) 'got more areas to do things' G18
Combination (n=12) 'it depends on the weather' B22
Activity Type
Intermittent
Asthma (n=4) 'you can stop for a breather' B12
Enjoyable
Individual Sports (n=18) 'Swimming' G17
Circuits (n=4) 'A bit of everything' G4
Obstacle Course (n=19) 'assault courses you get to do more than one activity' G2
Team Games (n=41) 'Like races as a team' B11
Running
Sprints
Simple (n=13) 'everyone can do it' G15
Asthma (n=1) 'I like doing um, sprinting' B8
Without Asthma (n=7) 'Sprints' G20
HIIT
Circuits (n=5) 'Conditioning' G1
Team Sports (n=8) 'Dodgeball' B16
Running (n=11) 'compare myself to other people' G12
Other (n=12) 'Cycling' B14
Obstacle Course (n=5) 'An assault course type thing' G2