FIGURE 4: Thematic network depicting individual barriers

**INDIVIDUAL**

- **Lack of knowledge**
  - False beliefs about physical activity (1)
  - Lack of competence (8)

- **Capacity**
  - Persistent failure 'giving up' (1, 3, 15)
  - Low self-efficacy (10)

- **Lack of motivation**
  - Laziness (1, 10, 11)
  - Negative Body Image

- **Perceived Victimization**
  - Perceived verbal bullying (3)

- **Physical Factors**
  - Perceived "beauty cost" (7)
  - Out of shape (1, 3)
  - Physical discomforts (3, 5)

- **Competing demands on time**
  - Fatigue after day (5)

- **School barriers**
  - School demands (2, 10)

- **Social demands**
  - Social demands (10)

- **Perceived Inferiority in social settings**
  - Perceived lack of athletic ability (3, 10)

- **Perception of being negatively judged** (3, 6)

- **Dislike of being "visible"** (3)

**Key**

- School barriers
- General context barriers
- Deductive global themes
- Inductive organising
- Inductive basic themes

Note: Numbers in parentheses indicate the references or sources.