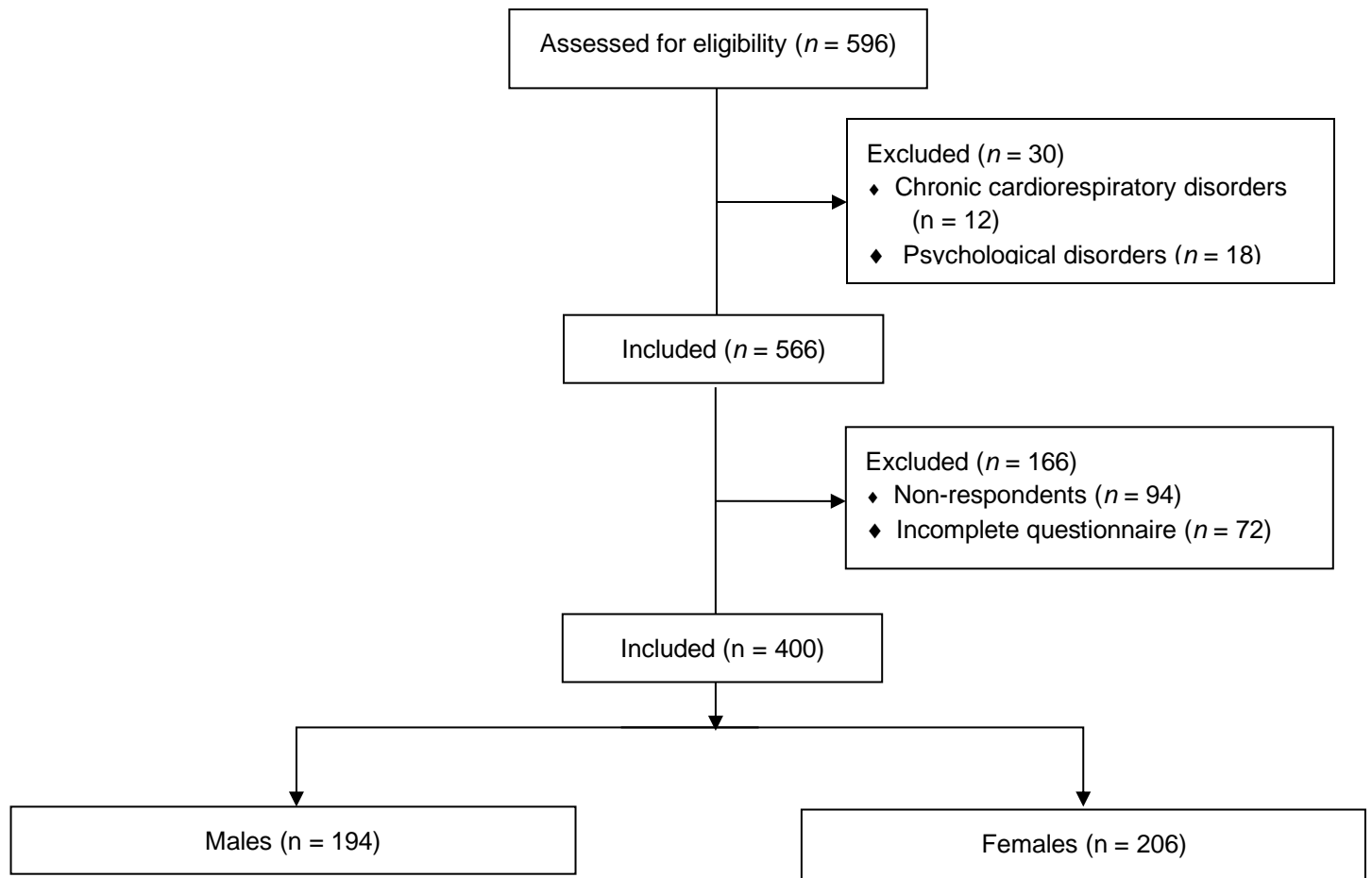
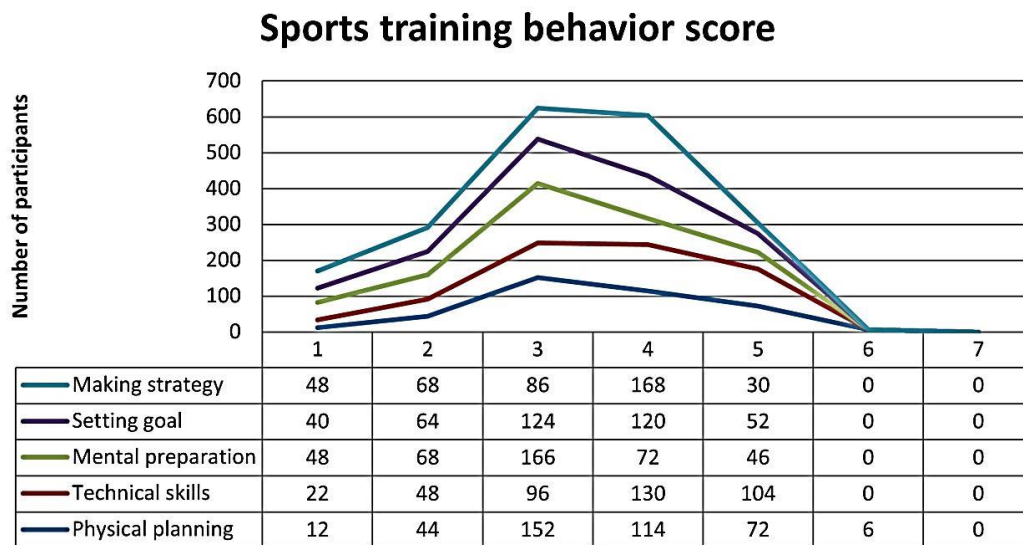


**Table S1.** The Cigarette Dependence Scale-5

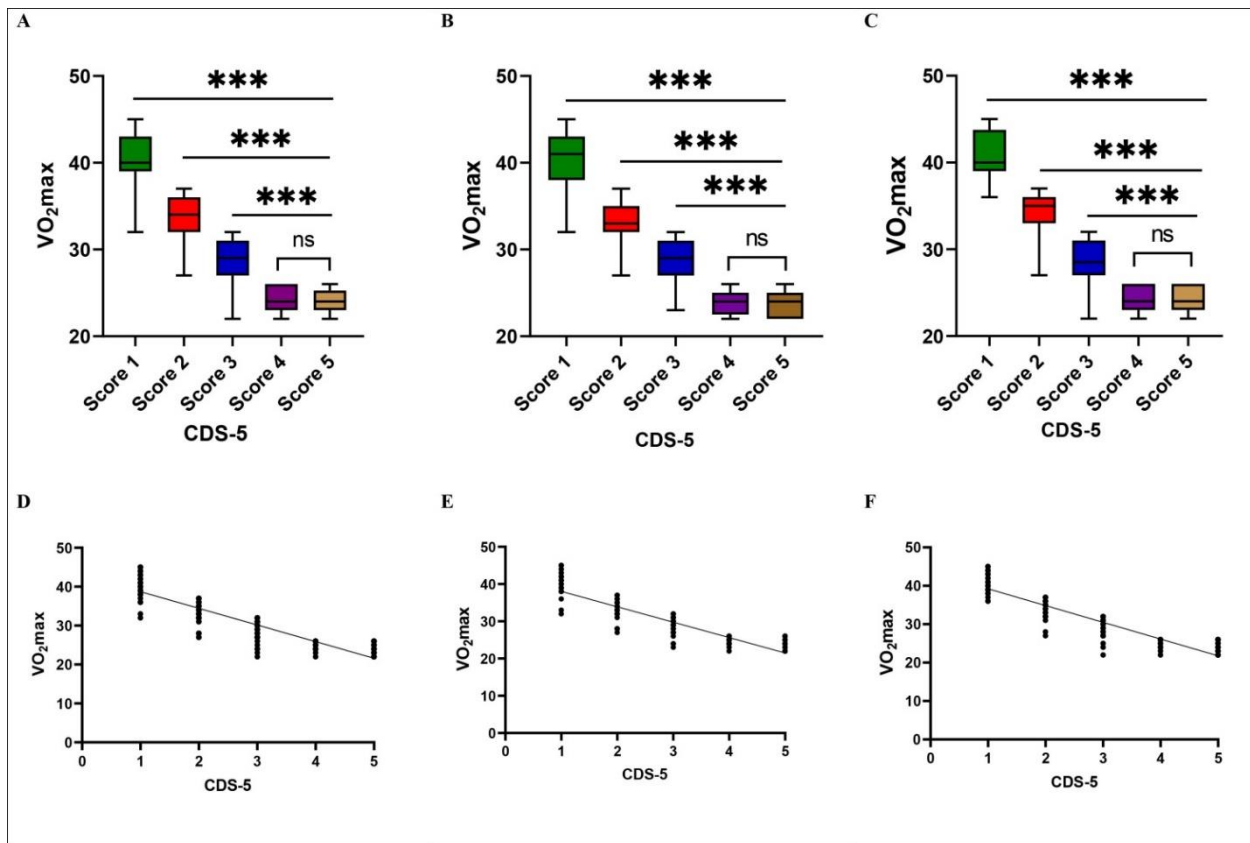
Questions	Response options	Recoding
1. Please rate your addition to cigarettes on a scale of 0 to 100: -I am Not addicted to cigarettes at all =0 -I am extremely addicted to cigarettes =100	Addiction	0-20=1 21-40 =2 41-60 =3 61-80=4 81-100=5
2. On average, how many cigarettes do you smoke per day?	Cigarettes/day	0-5=1 6-10=2 11-20=3 21-29=4
3. How soon after waking up do you usually smoke your first cigarette?	Minutes	0-5=5 6-15=4 16-30=3 31-60=2
4. For you, quitting smoking for good would be:	Impossible =5 Very difficult =4 Fairly difficult =3 Fairly easy =2	No recoding
5. After a few hours without smoking, I feel an irresistible urge to smoke	Totally disagree =1 Somewhat disagree =2 Neither agree nor disagree= 3 Somewhat agree =4 Fully agree = 5	

**Supplementary Figure 1. Participants' flow chart.**

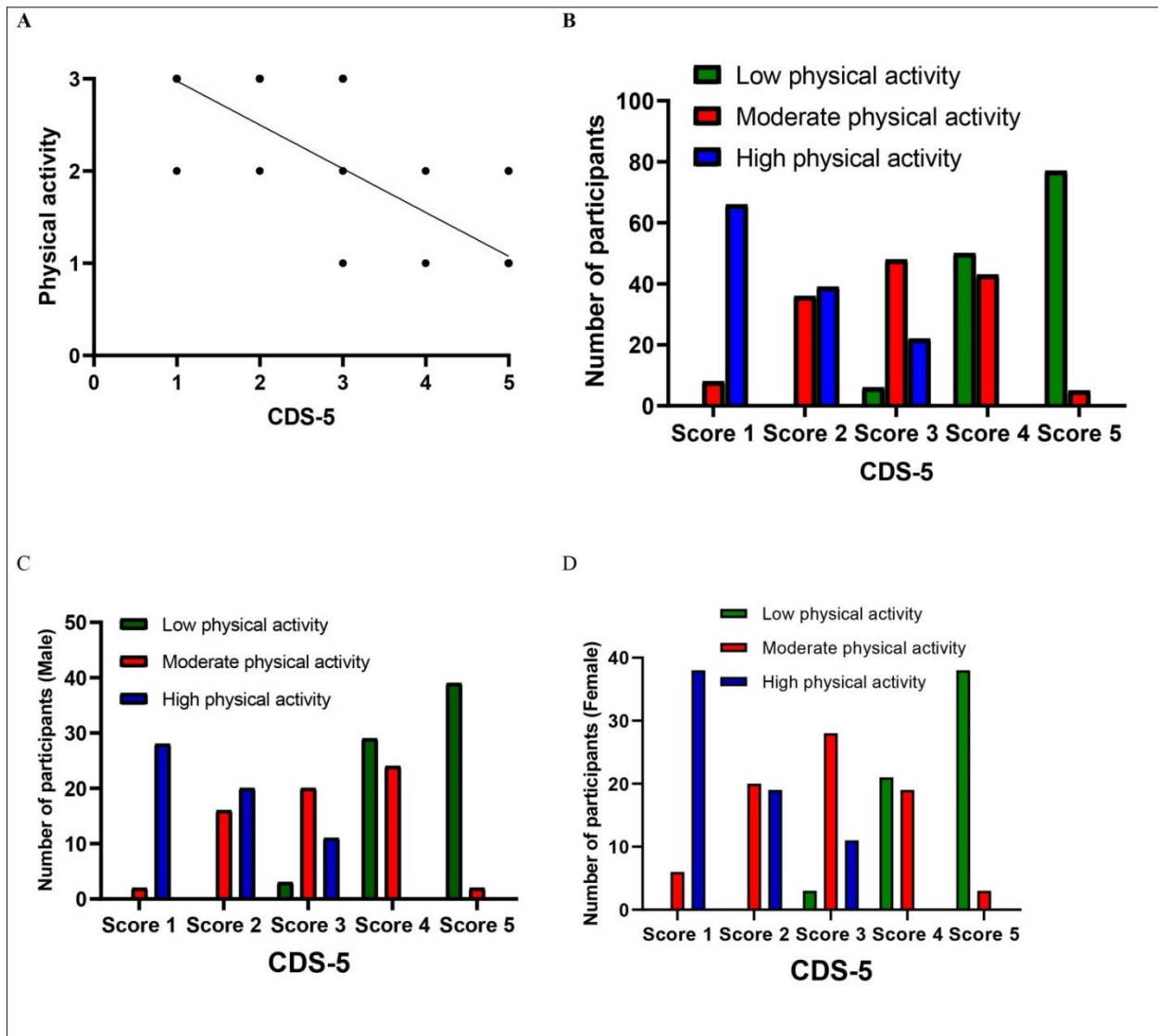




**Supplementary Figure 2. Sports training behavior score using the Coaching Behaviour Scale for Sport (CBS-S) among the participants included in the study showing the number of participants in each score for each module.**



**Supplementary Figure 3. The relationship between VO<sub>2</sub>max levels and nicotine dependency CDS-5 scores in participants included in the study. (A) VO<sub>2</sub>max levels among different CDS-5 scores in all participants (A), as well as male (B) and female (C) participants. Spearman's correlation analysis between VO<sub>2</sub>max levels and CDS-5 scores in all participants (D), as well as male (E) and female (F) participants.**



**Supplementary Figure 4. The relationship between physical activity levels and nicotine dependency CDS-5 scores in participants included in the study. Spearman's Correlation analysis between physical activity levels and CDS-5 scores (A) and the number of all participants (B), male (C), and female (D) participants with different physical activity levels among different CDS-5 scores.**