| **Appendix 3.1** Orthogonal rotated standardized factor loadings of the Acute Recovery and Stress Scale |
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| Scales; Adjectives | **PPC** | **MPC** | **EB** | **OR** | **MS** | **LA** | **NES** | **OS** |
| PPC item 1 | .62 |  |  |  |  |  |  |  |
| PPC item 2 | .63 |  |  |  |  |  |  |  |
| PPC item 3 | .84 |  |  |  |  |  |  |  |
| PPC item 4 | .86 |  |  |  |  |  |  |  |
| MPC item 1 |  | .57 |  |  |  |  |  |  |
| MPC item 2a |  | na |  |  |  |  |  |  |
| MPC item 3 |  | .81 |  |  |  |  |  |  |
| MPC item 4 |  | .75 |  |  |  |  |  |  |
| EB item 1 |  |  | .61 |  |  |  |  |  |
| EB item 2 |  |  | .70 |  |  |  |  |  |
| EB item 3 |  |  | .73 |  |  |  |  |  |
| EB item 4 |  |  | .67 |  |  |  |  |  |
| OR item 1 |  |  |  | .70 |  |  |  |  |
| OR item 2 |  |  |  | .68 |  |  |  |  |
| OR item 3 |  |  |  | .78 |  |  |  |  |
| OR item 4 |  |  |  | .77 |  |  |  |  |
| MS item 1 |  |  |  |  | .77 |  |  |  |
| MS item 2 |  |  |  |  | .89 |  |  |  |
| MS item 3 |  |  |  |  | .78 |  |  |  |
| MS item 4 |  |  |  |  | .65 |  |  |  |
| LA item 1 |  |  |  |  |  | .51 |  |  |
| LA item 2 |  |  |  |  |  | .70 |  |  |
| LA item 3 |  |  |  |  |  | .70 |  |  |
| LA item 4 |  |  |  |  |  | .74 |  |  |
| NES item 1 |  |  |  |  |  |  | .72 |  |
| NES item 2 |  |  |  |  |  |  | .68 |  |
| NES item 3 |  |  |  |  |  |  | .79 |  |
| NES item 4 |  |  |  |  |  |  | .71 |  |
| OS item 1 |  |  |  |  |  |  |  | .79 |
| OS item 2 |  |  |  |  |  |  |  | .71 |
| OS item 3 |  |  |  |  |  |  |  | .62 |
| OS item 4 |  |  |  |  |  |  |  | .77 |
| Note. PPC = Physical Performance Capability, MPC = Mental Performance Capability, EB = Emotional Balance, OR = Overall Recovery, MS = Muscular Stress, LA = Lack of Activation, NES = Negative Emotional State, OS = Overall Stress. a item deleted. |

| **Appendix 3.2** Correlation matrix of the factors of the Acute Recovery and Stress Scale |
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| Scales | **PPC** | **MPC** | **EB** | **OR** | **MS** | **LA** | **NES** | **OS** |
| **PPC** |  |  |  |  |  |  |  |  |
| **MPC** | .91 |  |  |  |  |  |  |  |
| **EB** | .81 | .87 |  |  |  |  |  |  |
| **OR** | .74 | .66 | .62 |  |  |  |  |  |
| **MS** | .28 | .26 | .19 | .74 |  |  |  |  |
| **LA** | .77 | .78 | .77 | .48 | .33 |  |  |  |
| **NES** | .52 | .69 | .84 | .45 | .33 | .86 |  |  |
| **OS** | .68 | .67 | .60 | .87 | .79 | .81 | .68 |  |
| Note. PPC = Physical Performance Capability, MPC = Mental Performance Capability, EB = Emotional Balance, OR = Overall Recovery, MS = Muscular Stress, LA = Lack of Activation, NES = Negative Emotional State, OS = Overall Stress. a item deleted. |