

Supplement 1. Search strategy for databases.

Search terms

(physical fitness OR muscular strength OR muscular endurance OR aerobic fitness OR cardio* fitness OR cardio* endurance) AND (adult* OR men OR man OR woman OR women OR male OR female) AND (secular OR temporal OR historical) NOT cardiopulmonary.

Databases

CINAHL (1991 to 1 March 2018): 75 studies identified.

ERIC (1966 to 1 March 2018): 16 studies identified.

MEDLINE (1974 to 1 March 2018): 293 studies identified.

SPORTDiscus (1956 to 1 March 2018): 194 studies identified.