

Cognition, mood, and brain hemodynamics after interval stair climbing:**A randomized controlled crossover trial in university students**

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This supplementary material includes 24 graphs illustrating NIRS outcome variable data as a function of cognitive test trial, allowing readers to visualise dynamic changes across the trials in relation to the stair climbing versus control sessions.

Page 2 displays $\Delta\text{oxy-Hb}$ as a function of test trial for each cognitive task, hemisphere, and session.

Page 3 displays $\Delta\text{total-Hb}$ as a function of test trial for each cognitive task, hemisphere, and session.

Notes: $N = 47$ participants for all graphs as, of the 48 participants in the final sample, missing NIRS data for one participant (who completed the stair-climbing session first). Only data from correct test trials is included.

Vertical axis range varies across the graphs (to optimize visualization of the dynamics in each graph).



