

Table S1

Summary of Domains, Categories, and Core Ideas

Domain, Category, and Core Idea	Frequency
TEMPO	
Mental Synchronization Effects	General
<i>Beat is helpful</i>	
<i>Play music in head when not listening to it</i>	
Wrong tempo can disrupt performance, disturb focus	
Physical Synchronization Effects	Typical
<i>Choose music for purpose of tempo control in swing</i>	
<i>Match swing to tempo</i>	
<i>Compare music to metronome</i>	
ATTENTION	
Music Functions as an Associative Mechanism	General
<i>Music functions as a focus mechanism</i>	
<i>Use music to concentrate on task</i>	
<i>Use music to narrow focus to helpful thoughts</i>	
Music Functions as a Dissociative Mechanism	General
<i>Use music as a distraction from other people</i>	
<i>Use music as a distraction from unhelpful thoughts</i>	
Music Serves as a Memory Cue	Variant
<i>Golf-related memories</i>	
<i>Non-golf-related memories</i>	
PHYSIOLOGICAL REGULATION	
Music Helps to Regulate Energy/Arousal Level	General
<i>Music helps to increase my energy if I'm too sluggish</i>	
<i>Music helps me to relax physically (calm nerves)</i>	
Music helps regulate physical "feeling" (tension in body)	
Music Choice is Sport-Specific	Variant
<i>Choose different music in golf vs. other sports</i>	
<i>Optimal physiological arousal level</i>	
Music Facilitates Physical Automaticity	Variant
<i>Use music to become automatic in movements</i>	

PSYCHOLOGICAL REGULATION

Music Helps to Regulate Mood	General
<i>Music keeps me calm</i>	
<i>Music keeps me from getting too angry/frustrated</i>	
<i>Music puts me in a better mood (happy)</i>	
<i>I choose music based on my mood that day</i>	
<i>If a certain song comes on, it will change my mood</i>	
Music Enhances Mental Performance State	General
<i>Music puts me in a better psychological/mental state to play (mental preparation)</i>	
<i>Music helps me "bounce back" from poor performance (performance response)</i>	
<i>Music increases my confidence</i>	
Music Increases Motivation	Typical
<i>Lyrics are motivational</i>	

EFFECTS OF MUSIC ON PERFORMANCE PERCEPTIONS

Music Affects Time Perception	General
<i>Time goes faster when I listen to music</i>	
Music Functions as a Performance Enhancer and Facilitates Flow	General
<i>I am more efficient when listening to music</i>	
<i>The task seems easier when listening to music</i>	
<i>Music directly enhances my performance</i>	
<i>Music increases effort level</i>	
<i>Music facilitates flow state, gets me "in the zone"</i>	
Music Improves the Qualitative Experience of the Task	Typical
<i>Music makes golf more enjoyable</i>	
<i>Music prevents me from getting bored</i>	

TO USE OR NOT TO USE

Social/Individual – Music is used with other people and when practicing alone	General
Setting – Listening to music is common during pre-performance routine and practice	General
Difficulty – Music may be unhelpful when learning new skills	Typical
Task – Music is used more often in putting vs. driving	Typical
Music is not commonly used in conjunction with imagery	Typical

Note. General indicates responses from 9–10 participants (90–100%), Typical indicates responses from 6–8 participants (60–80%), and Variant responses from 2–5 participants (20–50%).