

**Description of Sample Based on Biographical data - Biokinetics data**


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**Age in Years**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 17	1	0.5	0.5	0.5
18	16	8.7	8.7	9.3
19	40	21.9	21.9	31.1
20	57	31.1	31.1	62.3
21	39	21.3	21.3	83.6
22	30	16.4	16.4	100.0
Total	183	100.0	100.0	

**GENDER**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Male	100	54.6	54.6	54.6
Female	83	45.4	45.4	100.0
Total	183	100.0	100.0	

**ACTIVE**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	136	74.3	74.3	74.3
No	47	25.7	25.7	100.0
Total	183	100.0	100.0	

**Frequencies of Skeletal Alignment - Foot type by gender**
**Biokinetics Pre: Foot type (left)**

GENDER			Frequency	Percent	Valid Percent	Cumulative Percent
Male	Valid	Flat	22	22.0	22.0	22.0
		Neutral	75	75.0	75.0	97.0
		High	3	3.0	3.0	100.0
		Total	100	100.0	100.0	
Female	Valid	Flat	18	21.7	21.7	21.7
		Neutral	64	77.1	77.1	98.8
		High	1	1.2	1.2	100.0
		Total	83	100.0	100.0	

## Biokinetics Pre: Foot type (right)

GENDER			Frequency	Percent	Valid Percent	Cumulative Percent
Male	Valid	Flat	20	20.0	20.0	20.0
		Neutral	75	75.0	75.0	95.0
		High	5	5.0	5.0	100.0
		Total	100	100.0	100.0	
Female	Valid	Flat	18	21.7	21.7	21.7
		Neutral	64	77.1	77.1	98.8
		High	1	1.2	1.2	100.0
		Total	83	100.0	100.0	

## RESULTS FOR MALES ON BIOKINETIC DATA

## T-Tests - Testing differences between pre- and post -test Anthropometric measurements: Mass to Calf measurements

## Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Mass (kg)	61.7770	100	6.88952	0.68895
	Biokinetics Post: Mass (kg)	63.1760	100	6.60569	0.66057
Pair 2	Biokinetics Pre: Triceps	7.3320	100	3.26505	0.32651
	Biokinetics Post: Triceps	6.8720	100	1.99647	0.19965
Pair 3	Biokinetics Pre: Subscapula	9.6220	100	2.75709	0.27571
	Biokinetics Post: Subscapula	9.2940	100	2.30598	0.23060
Pair 4	Biokinetics Pre: Suprailiac	11.2960	100	7.15364	0.71536
	Biokinetics Post: Suprailiac	9.9740	100	3.77441	0.37744
Pair 5	Biokinetics Pre: Abdominal	11.4680	100	7.53364	0.75336
	Biokinetics Post: Abdominal	8.2820	100	3.38100	0.33810
Pair 6	Biokinetics Pre: Mid-thigh	10.5100	100	6.22204	0.62220
	Biokinetics Post: Mid-thigh	10.6460	100	3.24947	0.32495
Pair 7	Biokinetics Pre: Calf	8.1440	100	5.31999	0.53200
	Biokinetics Post: Calf	7.7460	100	3.48107	0.34811
Pair 8	Biokinetics Pre: Humerus	6.6680	100	0.34608	0.03461
	Biokinetics Post: Humerus	6.7860	100	0.34319	0.03432
Pair 9	Biokinetics Pre: Femur	9.1010	100	0.54337	0.05434
	Biokinetics Post: Femur	9.5550	100	0.45045	0.04504
Pair 10	Biokinetics Pre: Bicep	29.4120	100	2.47261	0.24726
	Biokinetics Post: Bicep	30.9130	100	2.09408	0.20941
Pair 11	Biokinetics Pre: Calf	33.8580	100	2.47305	0.24731
	Biokinetics Post: Calf	34.6200	100	2.27716	0.22772

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Mass (kg) & Biokinetics Post: Mass (kg)	100	0.742	0.000
Pair 2	Biokinetics Pre: Triceps & Biokinetics Post: Triceps	100	0.745	0.000
Pair 3	Biokinetics Pre: Subscapula & Biokinetics Post: Subscapula	100	0.702	0.000
Pair 4	Biokinetics Pre: Suprailiac & Biokinetics Post: Suprailiac	100	0.723	0.000
Pair 5	Biokinetics Pre: Abdominal & Biokinetics Post: Abdominal	100	0.862	0.000
Pair 6	Biokinetics Pre: Mid-thigh & Biokinetics Post: Mid-thigh	100	0.670	0.000
Pair 7	Biokinetics Pre: Calf & Biokinetics Post: Calf	100	0.555	0.000
Pair 8	Biokinetics Pre: Humerus & Biokinetics Post: Humerus	100	0.768	0.000
Pair 9	Biokinetics Pre: Femur & Biokinetics Post: Femur	100	0.760	0.000
Pair 10	Biokinetics Pre: Bicep & Biokinetics Post: Bicep	100	0.866	0.000
Pair 11	Biokinetics Pre: Calf & Biokinetics Post: Calf	100	0.741	0.000

## Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper				Lower
Pair 1	Biokinetics Pre: Mass (kg) - Biokinetics Post: Mass (kg)	-1.39900	4.84961	0.48496	-2.36127	-0.43673	-2.885	99	0.005
Pair 2	Biokinetics Pre: Triceps - Biokinetics Post: Triceps	0.46000	2.21979	0.22198	0.01955	0.90045	2.072	99	0.041
Pair 3	Biokinetics Pre: Subscapula - Biokinetics Post: Subscapula	0.32800	1.99788	0.19979	-0.06842	0.72442	1.642	99	0.104
Pair 4	Biokinetics Pre: Suprailiac - Biokinetics Post: Suprailiac	1.32200	5.13565	0.51356	0.30298	2.34102	2.574	99	0.012
Pair 5	Biokinetics Pre: Abdominal - Biokinetics Post: Abdominal	3.18600	4.92926	0.49293	2.20793	4.16407	6.463	99	0.000
Pair 6	Biokinetics Pre: Mid-thigh - Biokinetics Post: Mid-thigh	-0.13600	4.71146	0.47115	-1.07086	0.79886	-0.289	99	0.773
Pair 7	Biokinetics Pre: Calf - Biokinetics Post: Calf	0.39800	4.45816	0.44582	-0.48659	1.28259	0.893	99	0.374
Pair 8	Biokinetics Pre: Humerus - Biokinetics Post: Humerus	-0.11800	0.23501	0.02350	-0.16463	-0.07137	-5.021	99	0.000
Pair 9	Biokinetics Pre: Femur - Biokinetics Post: Femur	-0.45400	0.35545	0.03555	-0.52453	-0.38347	-12.772	99	0.000
Pair 10	Biokinetics Pre: Bicep - Biokinetics Post: Bicep	-1.50100	1.23864	0.12386	-1.74677	-1.25523	-12.118	99	0.000
Pair 11	Biokinetics Pre: Calf - Biokinetics Post: Calf	-0.76200	1.71816	0.17182	-1.10292	-0.42108	-4.435	99	0.000

**T-Tests - Testing differences between pre- and post -test Anthropometric measurements: Sum of Skinfolts to Ectomorph measurements**

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Sum of skinfolts	58.3720	100	27.87370	2.78737
	Biokinetics Post: Sum of skinfolts	52.9580	100	14.50459	1.45046
Pair 2	Biokinetics Pre: Fat %	8.7199	100	2.92955	0.29296
	Biokinetics Post: Fat %	8.1509	100	1.52443	0.15244
Pair 3	Biokinetics Pre: Lean body mass	56.2877	100	5.52276	0.55228
	Biokinetics Post: Lean body mass	57.9521	100	6.00390	0.60039
Pair 4	Biokinetics Pre: Fat mass	5.4893	100	2.39003	0.23900
	Biokinetics Post: Fat mass	5.2889	100	2.29167	0.22917
Pair 5	Biokinetics Pre: Ideal fat mass	6.2542	100	0.61364	0.06136
	Biokinetics Post: Ideal fat mass	6.4391	100	0.66710	0.06671
Pair 6	Biokinetics Pre: Ideal body mass	62.5419	100	6.13640	0.61364
	Biokinetics Post: Ideal body mass	64.3912	100	6.67100	0.66710
Pair 7	Biokinetics Pre: Ideal fat %	10.0000(a)	100	0.00000	0.00000
	Biokinetics Post: Ideal fat %	10.0000(a)	100	0.00000	0.00000
Pair 8	Biokinetics Pre: Endomorph	2.7878	100	1.15658	0.11566
	Biokinetics Post: Endomorph	2.6051	100	0.76825	0.07683
Pair 9	Biokinetics Pre: Mesomorph	3.9548	100	1.05876	0.10588
	Biokinetics Post: Mesomorph	4.7649	100	1.02032	0.10203
Pair 10	Biokinetics Pre: Ectomorph	3.4150	100	1.14067	0.11407
	Biokinetics Post: Ectomorph	3.1460	100	1.05752	0.10575

a. The correlation and t cannot be computed because the standard error of the difference is 0.

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Sum of skinfolds & Biokinetics Post: Sum of skinfolds	100	0.841	0.000
Pair 2	Biokinetics Pre: Fat % & Biokinetics Post: Fat %	100	0.841	0.000
Pair 3	Biokinetics Pre: Lean body mass & Biokinetics Post: Lean body mass	100	0.752	0.000
Pair 4	Biokinetics Pre: Fat mass & Biokinetics Post: Fat mass	100	0.788	0.000
Pair 5	Biokinetics Pre: Ideal fat mass & Biokinetics Post: Ideal fat mass	100	0.752	0.000
Pair 6	Biokinetics Pre: Ideal body mass & Biokinetics Post: Ideal body mass	100	0.752	0.000
Pair 8	Biokinetics Pre: Endomorph & Biokinetics Post: Endomorph	100	0.769	0.000
Pair 9	Biokinetics Pre: Mesomorph & Biokinetics Post: Mesomorph	100	0.854	0.000
Pair 10	Biokinetics Pre: Ectomorph & Biokinetics Post: Ectomorph	100	0.684	0.000

## Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper				Lower
Pair 1	Biokinetics Pre: Sum of skinfolds - Biokinetics Post: Sum of skinfolds	5.41400	17.53211	1.75321	1.93525	8.89275	3.088	99	0.003
Pair 2	Biokinetics Pre: Fat % - Biokinetics Post: Fat %	0.56897	1.84267	0.18427	0.20334	0.93459	3.088	99	0.003
Pair 3	Biokinetics Pre: Lean body mass - Biokinetics Post: Lean body mass	-1.66442	4.08225	0.40823	-2.47443	-0.85441	-4.077	99	0.000
Pair 4	Biokinetics Pre: Fat mass - Biokinetics Post: Fat mass	0.20042	1.52677	0.15268	-0.10253	0.50336	1.313	99	0.192
Pair 5	Biokinetics Pre: Ideal fat mass - Biokinetics Post: Ideal fat mass	-0.18494	0.45358	0.04536	-0.27494	-0.09493	-4.077	99	0.000
Pair 6	Biokinetics Pre: Ideal body mass - Biokinetics Post: Ideal body mass	-1.84935	4.53584	0.45358	-2.74936	-0.94935	-4.077	99	0.000
Pair 8	Biokinetics Pre: Endomorph - Biokinetics Post: Endomorph	0.18263	0.74867	0.07487	0.03407	0.33118	2.439	99	0.016
Pair 9	Biokinetics Pre: Mesomorph - Biokinetics Post: Mesomorph	-0.81011	0.56332	0.05633	-0.92188	-0.69833	-14.381	99	0.000
Pair 10	Biokinetics Pre: Ectomorph - Biokinetics Post: Ectomorph	0.26903	0.87714	0.08771	0.09499	0.44307	3.067	99	0.003

**T-Tests - Testing differences between pre- and post-test Anthropometric measurements: X-Axis to Diastolic Blood Pressure**
**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: X-axis	0.6272	100	2.09579	0.20958
	Biokinetics Post: X-axis	0.5409	100	1.57401	0.15740
Pair 2	Biokinetics Pre: Y-axis	1.7069	100	2.79796	0.27980
	Biokinetics Post: Y-axis	3.7787	100	2.67642	0.26764
Pair 3	Biokinetics Pre: Waist	71.7800	100	4.70242	0.47024
	Biokinetics Post: Waist	72.5350	100	3.47212	0.34721
Pair 4	Biokinetics Pre: Hip	91.9100	100	5.03542	0.50354
	Biokinetics Post: Hip	91.4330	100	4.68874	0.46887
Pair 5	Biokinetics Pre: Systolic blood pressure	120.5900	100	9.61595	0.96160
	Biokinetics Post: Systolic blood pressure	108.7700	100	13.33247	1.33325
Pair 6	Biokinetics Pre: Diastolic blood pressure	76.1800	100	10.56331	1.05633
	Biokinetics Post: Diastolic blood pressure	71.5600	100	8.56505	0.85650

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: X-axis & Biokinetics Post: X-axis	100	0.750	0.000
Pair 2	Biokinetics Pre: Y-axis & Biokinetics Post: Y-axis	100	0.842	0.000
Pair 3	Biokinetics Pre: Waist & Biokinetics Post: Waist	100	0.541	0.000
Pair 4	Biokinetics Pre: Hip & Biokinetics Post: Hip	100	0.678	0.000
Pair 5	Biokinetics Pre: Systolic blood pressure & Biokinetics Post: Systolic blood pressure	100	0.155	0.124
Pair 6	Biokinetics Pre: Diastolic blood pressure & Biokinetics Post: Diastolic blood pressure	100	0.099	0.329

**Paired Samples Test**

		Paired Differences						t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the					
					Upper	Lower				
Pair 1	Biokinetics Pre: X-axis - Biokinetics Post: X-axis	0.08637	1.38731	0.13873	-0.18890	0.36164	0.623	99	0.535	
Pair 2	Biokinetics Pre: Y-axis - Biokinetics Post: Y-axis	-2.07182	1.54134	0.15413	-2.37766	-1.76598	-13.442	99	0.000	
Pair 3	Biokinetics Pre: Waist - Biokinetics Post: Waist	-0.75500	4.06031	0.40603	-1.56065	0.05065	-1.859	99	0.066	
Pair 4	Biokinetics Pre: Hip - Biokinetics Post: Hip	0.47700	3.91196	0.39120	-0.29922	1.25322	1.219	99	0.226	
Pair 5	Biokinetics Pre: Systolic blood pressure - Biokinetics Post: Systolic blood pressure	11.82000	15.18198	1.51820	8.80757	14.83243	7.786	99	0.000	
Pair 6	Biokinetics Pre: Diastolic blood pressure - Biokinetics Post: Diastolic blood pressure	4.62000	12.92619	1.29262	2.05516	7.18484	3.574	99	0.001	

## T-Tests - Testing differences between pre- and post-test ROM/Flexibility measurements

## Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Modified Sit Reach (cm)	9.9200	100	5.62719	0.56272
	Biokinetics Post: Modified Sit Reach (cm)	10.8000	100	6.54742	0.65474
Pair 2	Biokinetics Pre: Plantar flexion (left)	49.2300	100	8.34951	0.83495
	Biokinetics Post: Plantar flexion (left)	40.3500	100	16.37526	1.63753
Pair 3	Biokinetics Pre: Plantar flexion (right)	45.6700	100	7.88690	0.78869
	Biokinetics Post: Plantar flexion (right)	39.0800	100	15.15354	1.51535
Pair 4	Biokinetics Pre: Dorsiflexion (left)	17.1400	100	3.65154	0.36515
	Biokinetics Post: Dorsiflexion (left)	24.5800	100	15.71731	1.57173
Pair 5	Biokinetics Pre: Dorsiflexion (right)	18.2500	100	4.14235	0.41424
	Biokinetics Post: Dorsiflexion (right)	25.2800	100	14.83381	1.48338
Pair 6	Biokinetics Pre: Hip external rotation (left)	25.5700	100	4.13718	0.41372
	Biokinetics Post: Hip external rotation (left)	21.1800	100	4.70628	0.47063
Pair 7	Biokinetics Pre: Hip external rotation (right)	23.4000	100	3.71728	0.37173
	Biokinetics Post: Hip external rotation (right)	21.0400	100	4.90500	0.49050

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Modified Sit Reach (cm) & Biokinetics Post: Modified Sit Reach (cm)	100	0.743	0.000
	Biokinetics Pre: Plantar flexion (left) & Biokinetics Post: Plantar flexion (left)	100	-0.061	0.549
Pair 3	Biokinetics Pre: Plantar flexion (right) & Biokinetics Post: Plantar flexion (right)	100	-0.110	0.276
	Biokinetics Pre: Dorsiflexion (left) & Biokinetics Post: Dorsiflexion (left)	100	0.043	0.670
Pair 5	Biokinetics Pre: Dorsiflexion (right) & Biokinetics Post: Dorsiflexion (right)	100	0.076	0.454
	Biokinetics Pre: Hip external rotation (left) & Biokinetics Post: Hip external rotation (left)	100	0.384	0.000
Pair 7	Biokinetics Pre: Hip external rotation (right) & Biokinetics Post: Hip external rotation (right)	100	0.303	0.002

## Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Modified Sit Reach (cm) - Biokinetics Post: Modified Sit Reach (cm)	-0.88000	4.44615	0.44462	-1.76221	0.00221	-1.979	99	0.051
	Biokinetics Pre: Plantar flexion (left) - Biokinetics Post: Plantar flexion (left)	8.88000	18.82631	1.88263	5.14445	12.61555	4.717	99	0.000
Pair 3	Biokinetics Pre: Plantar flexion (right) - Biokinetics Post: Plantar flexion (right)	6.59000	17.83657	1.78366	3.05084	10.12916	3.695	99	0.000
	Biokinetics Pre: Dorsiflexion (left) - Biokinetics Post: Dorsiflexion (left)	-7.44000	15.98188	1.59819	-10.61115	-4.26885	-4.655	99	0.000
Pair 5	Biokinetics Pre: Dorsiflexion (right) - Biokinetics Post: Dorsiflexion (right)	-7.03000	15.09596	1.50960	-10.02537	-4.03463	-4.657	99	0.000
	Biokinetics Pre: Hip external rotation (left) - Biokinetics Post: Hip external rotation (left)	4.39000	4.92960	0.49296	3.41186	5.36814	8.905	99	0.000
Pair 7	Biokinetics Pre: Hip external rotation (right) - Biokinetics Post: Hip external rotation (right)	2.36000	5.18062	0.51806	1.33205	3.38795	4.555	99	0.000

**T-Tests - Testing differences between pre- and post-test Skeletal Alignment measurements**
**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Q angle (left)	9.9300(a)	100	2.82577	0.28258
	Biokinetics Post: Q angle (left)	9.9300(a)	100	2.82577	0.28258
Pair 2	Biokinetics Pre: Q angle (right)	9.7600(a)	100	2.55888	0.25589
	Biokinetics Post: Q angle (right)	9.7600(a)	100	2.55888	0.25589

a. The correlation and t cannot be computed because the standard error of the difference is 0.

**T-Tests - Testing differences between pre- and post-test Isokinetic Muscle streng Knee measurements**
**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Knee extension/flexion: Extensors absolute (left)	170.0700	100	34.82257	3.48226
	Biokinetics Post: Knee extension/flexion: Extensors absolute (left)	173.7660	100	32.11948	3.21195
Pair 2	Biokinetics Pre: Knee extension/flexion: Extensors absolute (right)	164.2800	100	38.72907	3.87291
	Biokinetics Post: Knee extension/flexion: Extensors absolute (right)	169.0860	100	30.87616	3.08762
Pair 3	Biokinetics Pre: Knee extension/flexion: Extensors relative (left)	2.7543	100	0.45605	0.04561
	Biokinetics Post: Knee extension/flexion: Extensors relative (left)	2.7451	100	0.40116	0.04012
Pair 4	Biokinetics Pre: Knee extension/flexion: Extensors relative (right)	2.6592	100	0.53421	0.05342
	Biokinetics Post: Knee extension/flexion: Extensors relative (right)	2.6776	100	0.42735	0.04274
Pair 5	Biokinetics Pre: Knee extension/flexion: Flexor absolute (left)	106.3400	100	24.09251	2.40925
	Biokinetics Post: Knee extension/flexion: Flexor absolute (left)	120.3130	100	23.25405	2.32540
Pair 6	Biokinetics Pre: Knee extension/flexion: Flexor absolute (right)	103.5100	100	25.70245	2.57025
	Biokinetics Post: Knee extension/flexion: Flexor absolute (right)	123.7220	100	24.29040	2.42904
Pair 7	Biokinetics Pre: Knee extension/flexion: Flexor relative (left)	1.7218	100	0.32632	0.03263
	Biokinetics Post: Knee extension/flexion: Flexor relative (left)	1.9057	100	0.32848	0.03285
Pair 8	Biokinetics Pre: Knee extension/flexion: Flexor relative (right)	1.6751	100	0.36659	0.03666
	Biokinetics Post: Knee extension/flexion: Flexor relative (right)	1.9626	100	0.37865	0.03786
Pair 9	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	64.2700	100	15.72738	1.57274
	Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	69.9046	100	10.21523	1.02152
Pair 10	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	64.7200	100	14.71485	1.47149
	Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	73.8403	100	11.28783	1.12878



## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Knee extension/flexion: Extensors absolute (left) & Biokinetics Post: Knee extension/flexion: Extensors absolute (left)	100	0.703	0.000
Pair 2	Biokinetics Pre: Knee extension/flexion: Extensors absolute (right) & Biokinetics Post: Knee extension/flexion: Extensors absolute (right)	100	0.649	0.000
Pair 3	Biokinetics Pre: Knee extension/flexion: Extensors relative (left) & Biokinetics Post: Knee extension/flexion: Extensors relative (left)	100	0.564	0.000
Pair 4	Biokinetics Pre: Knee extension/flexion: Extensors relative (right) & Biokinetics Post: Knee extension/flexion: Extensors relative (right)	100	0.480	0.000
Pair 5	Biokinetics Pre: Knee extension/flexion: Flexor absolute (left) & Biokinetics Post: Knee extension/flexion: Flexor absolute (left)	100	0.700	0.000
Pair 6	Biokinetics Pre: Knee extension/flexion: Flexor absolute (right) & Biokinetics Post: Knee extension/flexion: Flexor absolute (right)	100	0.725	0.000
Pair 7	Biokinetics Pre: Knee extension/flexion: Flexor relative (left) & Biokinetics Post: Knee extension/flexion: Flexor relative (left)	100	0.577	0.000
Pair 8	Biokinetics Pre: Knee extension/flexion: Flexor relative (right) & Biokinetics Post: Knee extension/flexion: Flexor relative (right)	100	0.556	0.000
Pair 9	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (left-%) & Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	100	0.432	0.000
Pair 10	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (right-%) & Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	100	0.307	0.002

## Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Knee extension/flexion: Extensors absolute (left) - Biokinetics Post: Knee extension/flexion: Extensors absolute (left)	-3.69600	25.91893	2.59189	-8.83888	1.44688	-1.426	99	0.157
Pair 2	Biokinetics Pre: Knee extension/flexion: Extensors absolute (right) - Biokinetics Post: Knee extension/flexion: Extensors absolute (right)	-4.80600	30.01235	3.00124	-10.76110	1.14910	-1.601	99	0.112
Pair 3	Biokinetics Pre: Knee extension/flexion: Extensors relative (left) - Biokinetics Post: Knee extension/flexion: Extensors relative (left)	0.00915	0.40304	0.04030	-0.07082	0.08912	0.227	99	0.821
Pair 4	Biokinetics Pre: Knee extension/flexion: Extensors relative (right) - Biokinetics Post: Knee extension/flexion: Extensors relative (right)	-0.01841	0.49904	0.04990	-0.11743	0.08061	-0.369	99	0.713
Pair 5	Biokinetics Pre: Knee extension/flexion: Flexor absolute (left) - Biokinetics Post: Knee extension/flexion: Flexor absolute (left)	-13.97300	18.35273	1.83527	-17.61458	#####	-7.614	99	0.000
Pair 6	Biokinetics Pre: Knee extension/flexion: Flexor absolute (right) - Biokinetics Post: Knee extension/flexion: Flexor absolute (right)	-20.21200	18.58308	1.85831	-23.89929	#####	-10.877	99	0.000
Pair 7	Biokinetics Pre: Knee extension/flexion: Flexor relative (left) - Biokinetics Post: Knee extension/flexion: Flexor relative (left)	-0.18390	0.30104	0.03010	-0.24363	-0.12416	-6.109	99	0.000
Pair 8	Biokinetics Pre: Knee extension/flexion: Flexor relative (right) - Biokinetics Post: Knee extension/flexion: Flexor relative (right)	-0.28758	0.35113	0.03511	-0.35725	-0.21791	-8.190	99	0.000
Pair 9	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (left-%) - Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	-5.63463	14.59216	1.45922	-8.53003	-2.73923	-3.861	99	0.000
Pair 10	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (right-%) - Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	-9.12029	15.55847	1.55585	-12.20743	-6.03316	-5.862	99	0.000

## T-Tests - Testing differences between pre- and post-test Isokinetic Muscle Strength Ankle measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	68.4700	100	17.27932	1.72793
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	72.5100	100	17.40167	1.74017
Pair 2	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	68.2100	100	17.85989	1.78599
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	77.9210	100	18.28340	1.82834
Pair 3	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	1.1115	100	0.27122	0.02712
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	1.1301	100	0.31092	0.03109
Pair 4	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	1.1094	100	0.28753	0.02875
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	1.2186	100	0.34634	0.03463
Pair 5	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	28.6300	100	5.01846	0.50185
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	27.4500	100	5.13922	0.51392
Pair 6	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	28.5200	100	5.07217	0.50722
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	28.2700	100	5.57566	0.55757
Pair 7	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	0.4636	100	0.06348	0.00635
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	0.4389	100	0.07721	0.00772
Pair 8	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	0.4624	100	0.06857	0.00686
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	0.4513	100	0.07994	0.00799

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	100	0.560	0.000
Pair 2	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	100	0.620	0.000
Pair 3	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	100	0.404	0.000
Pair 4	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	100	0.433	0.000
Pair 5	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	100	0.693	0.000
Pair 6	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	100	0.596	0.000
Pair 7	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	100	0.425	0.000
Pair 8	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	100	0.350	0.000

## Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper				Lower
Pair 1	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	-4.04000	16.25797	1.62580	-7.26593	-0.81407	-2.485	99	0.015
Pair 2	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	-9.71100	15.76887	1.57689	-12.83989	-6.58211	-6.158	99	0.000
Pair 3	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	-0.01861	0.31948	0.03195	-0.08200	0.04478	-0.582	99	0.562
Pair 4	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	-0.10922	0.34103	0.03410	-0.17688	-0.04155	-3.202	99	0.002
Pair 5	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	1.18000	3.98071	0.39807	0.39014	1.96986	2.964	99	0.004
Pair 6	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	0.25000	4.80609	0.48061	-0.70363	1.20363	0.520	99	0.604
Pair 7	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	0.02474	0.07631	0.00763	0.00960	0.03988	3.242	99	0.002
Pair 8	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	0.01101	0.08519	0.00852	-0.00589	0.02791	1.292	99	0.199

## T-Tests - Testing differences between pre- and post-test Hand Grip measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Hand grip (left)	45.3100	100	7.37960	0.73796
	Biokinetics Post: Hand grip (left)	44.8000	100	6.57206	0.65721
Pair 2	Biokinetics Pre: Hand grip (right)	46.8200	100	7.72296	0.77230
	Biokinetics Post: Hand grip (right)	47.5500	100	6.71704	0.67170
Pair 3	Biokinetics Pre: Hand grip relative (left)	0.7385	100	0.12445	0.01244
	Biokinetics Post: Hand grip relative (left)	0.7120	100	0.10186	0.01019
Pair 4	Biokinetics Pre: Hand grip relative(right)	0.7622	100	0.12287	0.01229
	Biokinetics Post: Hand grip relative(right)	0.7556	100	0.10390	0.01039

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Hand grip (left) & Biokinetics Post: Hand grip (left)	100	0.722	0.000
	Biokinetics Pre: Hand grip (right) & Biokinetics Post: Hand grip (right)	100	0.719	0.000
Pair 3	Biokinetics Pre: Hand grip relative (left) & Biokinetics Post: Hand grip relative (left)	100	0.654	0.000
Pair 4	Biokinetics Pre: Hand grip relative(right) & Biokinetics Post: Hand grip relative(right)	100	0.594	0.000

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper				Lower
Pair 1	Biokinetics Pre: Hand grip (left) - Biokinetics Post: Hand grip (left)	0.51000	5.25221	0.52522	-0.53215	1.55215	0.971	99	0.334
	Biokinetics Pre: Hand grip (right) - Biokinetics Post: Hand grip (right)	-0.73000	5.49169	0.54917	-1.81967	0.35967	-1.329	99	0.187
Pair 3	Biokinetics Pre: Hand grip relative (left) - Biokinetics Post: Hand grip relative (left)	0.02652	0.09631	0.00963	0.00741	0.04563	2.753	99	0.007
Pair 4	Biokinetics Pre: Hand grip relative(right) - Biokinetics Post: Hand grip relative(right)	0.00666	0.10352	0.01035	-0.01388	0.02720	0.644	99	0.521

## FEMALE DATA

## T-Tests - Testing differences between pre- and post-test Anthropometric measurements: Mass to Calf measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Mass (kg)	60.2157	83	8.99072	0.98686
	Biokinetics Post: Mass (kg)	60.0361	83	7.47874	0.82090
Pair 2	Biokinetics Pre: Triceps	19.4084	83	7.40442	0.81274
	Biokinetics Post: Triceps	18.7675	83	6.10765	0.67040
Pair 3	Biokinetics Pre: Subscapula	16.0373	83	6.52830	0.71657
	Biokinetics Post: Subscapula	13.8289	83	4.38869	0.48172
Pair 4	Biokinetics Pre: Suprailiac	23.2783	83	9.82931	1.07891
	Biokinetics Post: Suprailiac	19.1711	83	6.67753	0.73295
Pair 5	Biokinetics Pre: Abdominal	21.5422	83	8.66259	0.95084
	Biokinetics Post: Abdominal	16.1108	83	6.43582	0.70642
Pair 6	Biokinetics Pre: Mid-thigh	35.8024	83	13.41112	1.47206
	Biokinetics Post: Mid-thigh	28.7277	83	10.01542	1.09934
Pair 7	Biokinetics Pre: Calf	24.1759	83	8.60564	0.94459
	Biokinetics Post: Calf	20.7675	83	7.02532	0.77113
Pair 8	Biokinetics Pre: Humerus	5.8157	83	0.32176	0.03532
	Biokinetics Post: Humerus	6.0145	83	0.34006	0.03733
Pair 9	Biokinetics Pre: Femur	8.4807	83	0.53201	0.05840
	Biokinetics Post: Femur	9.3253	83	0.68962	0.07570
Pair 10	Biokinetics Pre: Bicep	27.2880	83	2.73997	0.30075
	Biokinetics Post: Bicep	28.0349	83	2.54929	0.27982
Pair 11	Biokinetics Pre: Calf	34.4651	83	2.83181	0.31083
	Biokinetics Post: Calf	35.6193	83	2.49504	0.27387

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Mass (kg) & Biokinetics Post: Mass (kg)	83	0.895	0.000
Pair 2	Biokinetics Pre: Triceps & Biokinetics Post: Triceps	83	0.637	0.000
Pair 3	Biokinetics Pre: Subscapula & Biokinetics Post: Subscapula	83	0.631	0.000
Pair 4	Biokinetics Pre: Suprailliac & Biokinetics Post: Suprailliac	83	0.566	0.000
Pair 5	Biokinetics Pre: Abdominal & Biokinetics Post: Abdominal	83	0.760	0.000
Pair 6	Biokinetics Pre: Mid-thigh & Biokinetics Post: Mid-thigh	83	0.531	0.000
Pair 7	Biokinetics Pre: Calf & Biokinetics Post: Calf	83	0.190	0.085
Pair 8	Biokinetics Pre: Humerus & Biokinetics Post: Humerus	83	0.426	0.000
Pair 9	Biokinetics Pre: Femur & Biokinetics Post: Femur	83	0.779	0.000
Pair 10	Biokinetics Pre: Bicep & Biokinetics Post: Bicep	83	0.609	0.000
Pair 11	Biokinetics Pre: Calf & Biokinetics Post: Calf	83	0.897	0.000

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Mass (kg) - Biokinetics Post: Mass (kg)	0.17952	4.04311	0.44379	-0.70332	1.06236	0.405	82	0.687
Pair 2	Biokinetics Pre: Triceps - Biokinetics Post: Triceps	0.64096	5.87504	0.64487	-0.64189	1.92381	0.994	82	0.323
Pair 3	Biokinetics Pre: Subscapula - Biokinetics Post: Subscapula	2.20843	5.07322	0.55686	1.10066	3.31620	3.966	82	0.000
Pair 4	Biokinetics Pre: Suprailliac - Biokinetics Post: Suprailliac	4.10723	8.17591	0.89742	2.32197	5.89249	4.577	82	0.000
Pair 5	Biokinetics Pre: Abdominal - Biokinetics Post: Abdominal	5.43133	5.63512	0.61854	4.20086	6.66179	8.781	82	0.000
Pair 6	Biokinetics Pre: Mid-thigh - Biokinetics Post: Mid-thigh	7.07470	11.72446	1.28693	4.51459	9.63481	5.497	82	0.000
Pair 7	Biokinetics Pre: Calf - Biokinetics Post: Calf	3.40843	10.02013	1.09985	1.22048	5.59639	3.099	82	0.003
Pair 8	Biokinetics Pre: Humerus - Biokinetics Post: Humerus	-0.19880	0.35493	0.03896	-0.27630	-0.12129	-5.103	82	0.000
Pair 9	Biokinetics Pre: Femur - Biokinetics Post: Femur	-0.84458	0.43231	0.04745	-0.93898	-0.75018	-17.799	82	0.000
Pair 10	Biokinetics Pre: Bicep - Biokinetics Post: Bicep	-0.74699	2.34439	0.25733	-1.25890	-0.23508	-2.903	82	0.005
Pair 11	Biokinetics Pre: Calf - Biokinetics Post: Calf	-1.15422	1.25410	0.13765	-1.42806	-0.88038	-8.385	82	0.000



**T-Tests - Testing differences between pre- and post-test Anthropometric measurements: Sum of Skinfolts to Ectomorph**
**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Sum of skinfolts	140.2458	83	42.55412	4.67092
	Biokinetics Post: Sum of skinfolts	117.3735	83	29.93305	3.28558
Pair 2	Biokinetics Pre: Fat %	17.3248	83	4.47249	0.49092
	Biokinetics Post: Fat %	14.9210	83	3.14596	0.34531
Pair 3	Biokinetics Pre: Lean body mass	49.4784	83	5.45816	0.59911
	Biokinetics Post: Lean body mass	50.1142	83	5.37430	0.58991
Pair 4	Biokinetics Pre: Fat mass	10.7409	83	4.27362	0.46909
	Biokinetics Post: Fat mass	9.9220	83	4.75946	0.52242
Pair 5	Biokinetics Pre: Ideal fat mass	8.6886	83	1.00525	0.11034
	Biokinetics Post: Ideal fat mass	8.8031	83	1.00752	0.11059
Pair 6	Biokinetics Pre: Ideal body mass	58.1634	83	6.39413	0.70185
	Biokinetics Post: Ideal body mass	58.9172	83	6.32230	0.69396
Pair 7	Biokinetics Pre: Ideal fat %	14.9398(a)	83	0.54882	0.06024
	Biokinetics Post: Ideal fat %	14.9398(a)	83	0.54882	0.06024
Pair 8	Biokinetics Pre: Endomorph	5.8680	83	1.64123	0.18015
	Biokinetics Post: Endomorph	5.3679	83	1.25942	0.13824
Pair 9	Biokinetics Pre: Mesomorph	3.6504	83	1.09129	0.11978
	Biokinetics Post: Mesomorph	4.7276	83	1.16326	0.12768
Pair 10	Biokinetics Pre: Ectomorph	1.4829	83	1.42648	0.15658
	Biokinetics Post: Ectomorph	1.4612	83	1.12661	0.12366

a. The correlation and t cannot be computed because the standard error of the difference is 0.

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Sum of skinfolds & Biokinetics Post: Sum of skinfolds	83	0.687	0.000
Pair 2	Biokinetics Pre: Fat % & Biokinetics Post: Fat %	83	0.687	0.000
Pair 3	Biokinetics Pre: Lean body mass & Biokinetics Post: Lean body mass	83	0.746	0.000
Pair 4	Biokinetics Pre: Fat mass & Biokinetics Post: Fat mass	83	0.608	0.000
Pair 5	Biokinetics Pre: Ideal fat mass & Biokinetics Post: Ideal fat mass	83	0.772	0.000
Pair 6	Biokinetics Pre: Ideal body mass & Biokinetics Post: Ideal body mass	83	0.745	0.000
Pair 8	Biokinetics Pre: Endomorph & Biokinetics Post: Endomorph	83	0.673	0.000
Pair 9	Biokinetics Pre: Mesomorph & Biokinetics Post: Mesomorph	83	0.807	0.000
Pair 10	Biokinetics Pre: Ectomorph & Biokinetics Post: Ectomorph	83	0.902	0.000

## Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Sum of skinfolds - Biokinetics Post: Sum of skinfolds	22.87229	30.94173	3.39630	16.11597	29.62860	6.734	82	0.000
Pair 2	Biokinetics Pre: Fat % - Biokinetics Post: Fat %	2.40387	3.25203	0.35696	1.69377	3.11397	6.734	82	0.000
Pair 3	Biokinetics Pre: Lean body mass - Biokinetics Post: Lean body mass	-0.63574	3.86381	0.42411	-1.47942	0.20795	-1.499	82	0.138
Pair 4	Biokinetics Pre: Fat mass - Biokinetics Post: Fat mass	0.81887	4.02453	0.44175	-0.05991	1.69765	1.854	82	0.067
Pair 5	Biokinetics Pre: Ideal fat mass - Biokinetics Post: Ideal fat mass	-0.11450	0.68009	0.07465	-0.26300	0.03400	-1.534	82	0.129
Pair 6	Biokinetics Pre: Ideal body mass - Biokinetics Post: Ideal body mass	-0.75385	4.53963	0.49829	-1.74510	0.23741	-1.513	82	0.134
Pair 8	Biokinetics Pre: Endomorph - Biokinetics Post: Endomorph	0.50006	1.22365	0.13431	0.23287	0.76725	3.723	82	0.000
Pair 9	Biokinetics Pre: Mesomorph - Biokinetics Post: Mesomorph	-1.07723	0.70326	0.07719	-1.23079	-0.92366	-13.955	82	0.000
Pair 10	Biokinetics Pre: Ectomorph - Biokinetics Post: Ectomorph	0.02174	0.63563	0.06977	-0.11705	0.16053	0.312	82	0.756

## T-Tests - Testing differences between pre- and post-test X-Axis to Diastolic Blood Pressure measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: X-axis	-4.3849	83	2.90997	0.31941
	Biokinetics Post: X-axis	-3.9067	83	2.23810	0.24566
Pair 2	Biokinetics Pre: Y-axis	-0.0496	83	2.57430	0.28257
	Biokinetics Post: Y-axis	2.6262	83	2.65928	0.29189
Pair 3	Biokinetics Pre: Waist	71.4940	83	7.21850	0.79233
	Biokinetics Post: Waist	71.5831	83	8.51556	0.93470
Pair 4	Biokinetics Pre: Hip	99.3133	83	7.99989	0.87810
	Biokinetics Post: Hip	99.7000	83	6.58139	0.72240
Pair 5	Biokinetics Pre: Systolic blood pressure	117.1928	83	7.71514	0.84685
	Biokinetics Post: Systolic blood pressure	109.1807	83	10.89209	1.19556
Pair 6	Biokinetics Pre: Diastolic blood pressure	74.0120	83	8.26909	0.90765
	Biokinetics Post: Diastolic blood pressure	67.7349	83	9.30130	1.02095

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: X-axis & Biokinetics Post: X-axis	83	0.811	0.000
Pair 2	Biokinetics Pre: Y-axis & Biokinetics Post: Y-axis	83	0.760	0.000
Pair 3	Biokinetics Pre: Waist & Biokinetics Post: Waist	83	0.472	0.000
Pair 4	Biokinetics Pre: Hip & Biokinetics Post: Hip	83	0.801	0.000
Pair 5	Biokinetics Pre: Systolic blood pressure & Biokinetics Post: Systolic blood pressure	83	0.036	0.746
Pair 6	Biokinetics Pre: Diastolic blood pressure & Biokinetics Post: Diastolic blood pressure	83	-0.069	0.535

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: X-axis - Biokinetics Post: X-axis	-0.47820	1.70582	0.18724	-0.85068	-0.10573	-2.554	82	0.013
Pair 2	Biokinetics Pre: Y-axis - Biokinetics Post: Y-axis	-2.67574	1.81584	0.19931	-3.07224	-2.27924	-13.425	82	0.000
Pair 3	Biokinetics Pre: Waist - Biokinetics Post: Waist	-0.08916	8.16221	0.89592	-1.87143	1.69311	-0.100	82	0.921
Pair 4	Biokinetics Pre: Hip - Biokinetics Post: Hip	-0.38675	4.79005	0.52578	-1.43268	0.65919	-0.736	82	0.464
Pair 5	Biokinetics Pre: Systolic blood pressure - Biokinetics Post: Systolic blood pressure	8.01205	13.11813	1.43990	5.14763	10.87647	5.564	82	0.000
Pair 6	Biokinetics Pre: Diastolic blood pressure - Biokinetics Post: Diastolic blood pressure	6.27711	12.86545	1.41217	3.46786	9.08636	4.445	82	0.000

## T-Tests - Testing differences between pre- and post-test ROM/Flexibility measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Modified Sit Reach (cm)	11.6585	82	5.54158	0.61197
	Biokinetics Post: Modified Sit Reach (cm)	11.7159	82	5.17982	0.57201
Pair 2	Biokinetics Pre: Plantar flexion (left)	48.1446	83	7.54035	0.82766
	Biokinetics Post: Plantar flexion (left)	51.5663	83	6.29013	0.69043
Pair 3	Biokinetics Pre: Plantar flexion (right)	44.3614	83	9.48629	1.04126
	Biokinetics Post: Plantar flexion (right)	50.2169	83	6.53517	0.71733
Pair 4	Biokinetics Pre: Dorsiflexion (left)	15.2169	83	3.18169	0.34924
	Biokinetics Post: Dorsiflexion (left)	14.0482	83	3.73808	0.41031
Pair 5	Biokinetics Pre: Dorsiflexion (right)	16.4096	83	3.52703	0.38714
	Biokinetics Post: Dorsiflexion (right)	16.5060	83	3.66051	0.40179
Pair 6	Biokinetics Pre: Hip external rotation (left)	26.1928	83	4.64721	0.51010
	Biokinetics Post: Hip external rotation (left)	22.0361	83	4.16561	0.45724
Pair 7	Biokinetics Pre: Hip external rotation (right)	24.7831	83	4.15272	0.45582
	Biokinetics Post: Hip external rotation (right)	21.7229	83	3.73616	0.41010

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Modified Sit Reach (cm) & Biokinetics Post: Modified Sit Reach (cm)	82	0.776	0.000
	Biokinetics Pre: Plantar flexion (left) & Biokinetics Post: Plantar flexion (left)	83	0.205	0.063
Pair 3	Biokinetics Pre: Plantar flexion (right) & Biokinetics Post: Plantar flexion (right)	83	-0.062	0.576
	Biokinetics Pre: Dorsiflexion (left) & Biokinetics Post: Dorsiflexion (left)	83	0.331	0.002
Pair 5	Biokinetics Pre: Dorsiflexion (right) & Biokinetics Post: Dorsiflexion (right)	83	0.398	0.000
	Biokinetics Pre: Hip external rotation (left) & Biokinetics Post: Hip external rotation (left)	83	0.478	0.000
Pair 7	Biokinetics Pre: Hip external rotation (right) & Biokinetics Post: Hip external rotation (right)	83	0.333	0.002

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Modified Sit Reach (cm) - Biokinetics Post: Modified Sit Reach (cm)	-0.05732	3.60113	0.39768	-0.84857	0.73394	-0.144	81	0.886
	Biokinetics Pre: Plantar flexion (left) - Biokinetics Post: Plantar flexion (left)	-3.42169	8.77235	0.96289	-5.33718	-1.50619	-3.554	82	0.001
Pair 3	Biokinetics Pre: Plantar flexion (right) - Biokinetics Post: Plantar flexion (right)	-5.85542	11.84980	1.30069	-8.44290	-3.26794	-4.502	82	0.000
	Biokinetics Pre: Dorsiflexion (left) - Biokinetics Post: Dorsiflexion (left)	1.16867	4.02680	0.44200	0.28940	2.04795	2.644	82	0.010
Pair 5	Biokinetics Pre: Dorsiflexion (right) - Biokinetics Post: Dorsiflexion (right)	-0.09639	3.94355	0.43286	-0.95748	0.76471	-0.223	82	0.824
	Biokinetics Pre: Hip external rotation (left) - Biokinetics Post: Hip external rotation (left)	4.15663	4.52225	0.49638	3.16916	5.14409	8.374	82	0.000
Pair 7	Biokinetics Pre: Hip external rotation (right) - Biokinetics Post: Hip external rotation (right)	3.06024	4.56751	0.50135	2.06290	4.05759	6.104	82	0.000

## T-Tests - Testing differences between pre- and post-test Skeletal Alignment measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Q angle (left)	11.6506	83	2.10941	0.23154
	Biokinetics Pre: Q angle (right)	11.9036	83	2.89918	0.31823
Pair 2	Biokinetics Pre: Q angle (left)	11.1928	83	2.18898	0.24027
	Biokinetics Pre: Q angle (right)	11.5301	83	3.56930	0.39178

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Q angle (left) & Biokinetics Pre: Q angle (right)	83	0.617	0.000
Pair 2	Biokinetics Pre: Q angle (right) & Biokinetics Pre: Q angle (left)	83	0.517	0.000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Q angle (left) - Biokinetics Pre: Q angle (right)	-0.25301	2.30505	0.25301	-0.75633	0.25031	-1.000	82	0.320
Pair 2	Biokinetics Pre: Q angle (right) - Biokinetics Pre: Q angle (left)	-0.33735	3.07340	0.33735	-1.00844	0.33375	-1.000	82	0.320

## T-Tests - Testing differences between pre- and post-test Isokinetic Muscle Strength Knee measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Knee extension/flexion: Extensors absolute (left)	111.6145	83	22.71501	2.49330
	Biokinetics Post: Knee extension/flexion: Extensors absolute (left)	105.8759	83	26.72436	2.93338
Pair 2	Biokinetics Pre: Knee extension/flexion: Extensors absolute (right)	106.1928	83	23.66249	2.59730
	Biokinetics Post: Knee extension/flexion: Extensors absolute (right)	107.9470	83	19.96017	2.19091
Pair 3	Biokinetics Pre: Knee extension/flexion: Extensors relative (left)	1.8737	83	0.35960	0.03947
	Biokinetics Post: Knee extension/flexion: Extensors relative (left)	1.7781	83	0.44041	0.04834
Pair 4	Biokinetics Pre: Knee extension/flexion: Extensors relative (right)	1.7856	83	0.38881	0.04268
	Biokinetics Post: Knee extension/flexion: Extensors relative (right)	1.8058	83	0.29740	0.03264
Pair 5	Biokinetics Pre: Knee extension/flexion: Flexor absolute (left)	67.3855	83	12.82227	1.40743
	Biokinetics Post: Knee extension/flexion: Flexor absolute (left)	71.0518	83	14.13357	1.55136
Pair 6	Biokinetics Pre: Knee extension/flexion: Flexor absolute (right)	66.2289	83	17.01171	1.86728
	Biokinetics Post: Knee extension/flexion: Flexor absolute (right)	73.7602	83	13.01433	1.42851
Pair 7	Biokinetics Pre: Knee extension/flexion: Flexor relative (left)	1.1374	83	0.24134	0.02649
	Biokinetics Post: Knee extension/flexion: Flexor relative (left)	1.1902	83	0.21819	0.02395
Pair 8	Biokinetics Pre: Knee extension/flexion: Flexor relative (right)	1.1150	83	0.27748	0.03046
	Biokinetics Post: Knee extension/flexion: Flexor relative (right)	1.2379	83	0.21900	0.02404
Pair 9	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	61.3373	83	10.63734	1.16760
	Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	82.5449	83	130.98849	14.37785
Pair 10	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	63.1325	83	11.81232	1.29657
	Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	69.8694	83	14.75048	1.61908

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Knee extension/flexion: Extensors absolute (left) & Biokinetics Post: Knee extension/flexion: Extensors absolute (left)	83	0.489	0.000
Pair 2	Biokinetics Pre: Knee extension/flexion: Extensors absolute (right) & Biokinetics Post: Knee extension/flexion: Extensors absolute (right)	83	0.430	0.000
Pair 3	Biokinetics Pre: Knee extension/flexion: Extensors relative (left) & Biokinetics Post: Knee extension/flexion: Extensors relative (left)	83	0.393	0.000
Pair 4	Biokinetics Pre: Knee extension/flexion: Extensors relative (right) & Biokinetics Post: Knee extension/flexion: Extensors relative (right)	83	0.411	0.000
Pair 5	Biokinetics Pre: Knee extension/flexion: Flexor absolute (left) & Biokinetics Post: Knee extension/flexion: Flexor absolute (left)	83	0.582	0.000
Pair 6	Biokinetics Pre: Knee extension/flexion: Flexor absolute (right) & Biokinetics Post: Knee extension/flexion: Flexor absolute (right)	83	0.484	0.000
Pair 7	Biokinetics Pre: Knee extension/flexion: Flexor relative (left) & Biokinetics Post: Knee extension/flexion: Flexor relative (left)	83	0.555	0.000
Pair 8	Biokinetics Pre: Knee extension/flexion: Flexor relative (right) & Biokinetics Post: Knee extension/flexion: Flexor relative (right)	83	0.516	0.000
Pair 9	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (left-%) & Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	83	0.167	0.131
Pair 10	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (right-%) & Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	83	0.540	0.000

## Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Knee extension/flexion: Extensors absolute (left) - Biokinetics Post: Knee extension/flexion: Extensors absolute (left)	5.73855	25.23193	2.76956	0.22901	11.24810	2.072	82	0.041
Pair 2	Biokinetics Pre: Knee extension/flexion: Extensors absolute (right) - Biokinetics Post: Knee extension/flexion: Extensors absolute (right)	-1.75422	23.49331	2.57873	-6.88412	3.37569	-0.680	82	0.498
Pair 3	Biokinetics Pre: Knee extension/flexion: Extensors relative (left) - Biokinetics Post: Knee extension/flexion: Extensors relative (left)	0.09563	0.44579	0.04893	-0.00171	0.19297	1.954	82	0.054
Pair 4	Biokinetics Pre: Knee extension/flexion: Extensors relative (right) - Biokinetics Post: Knee extension/flexion: Extensors relative (right)	-0.02025	0.38031	0.04174	-0.10330	0.06279	-0.485	82	0.629
Pair 5	Biokinetics Pre: Knee extension/flexion: Flexor absolute (left) - Biokinetics Post: Knee extension/flexion: Flexor absolute (left)	-3.66627	12.38554	1.35949	-6.37072	-0.96181	-2.697	82	0.008
Pair 6	Biokinetics Pre: Knee extension/flexion: Flexor absolute (right) - Biokinetics Post: Knee extension/flexion: Flexor absolute (right)	-7.53133	15.63708	1.71639	-10.94578	-4.11687	-4.388	82	0.000
Pair 7	Biokinetics Pre: Knee extension/flexion: Flexor relative (left) - Biokinetics Post: Knee extension/flexion: Flexor relative (left)	-0.05274	0.21772	0.02390	-0.10028	-0.00520	-2.207	82	0.030
Pair 8	Biokinetics Pre: Knee extension/flexion: Flexor relative (right) - Biokinetics Post: Knee extension/flexion: Flexor relative (right)	-0.12297	0.24943	0.02738	-0.17743	-0.06850	-4.491	82	0.000
Pair 9	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (left-%) - Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (left-%)	-21.20752	129.63398	14.22918	-49.51389	7.09885	-1.490	82	0.140
Pair 10	Biokinetics Pre: Knee extension/flexion: Knee flexor/extensor ratio (right-%) - Biokinetics Post: Knee extension/flexion: Knee flexor/extensor ratio (right-%)	-6.73684	13.00036	1.42697	-9.57555	-3.89814	-4.721	82	0.000



## T-Tests - Testing differences between pre- and post-test Isokinetic Muscle Strent Ankle measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	47.4458	83	12.88055	1.41382
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	49.6627	83	12.11860	1.33019
Pair 2	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	44.2771	83	11.31405	1.24188
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	52.9157	83	12.92021	1.41818
Pair 3	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	0.7961	83	0.21766	0.02389
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	0.8338	83	0.20586	0.02260
Pair 4	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	0.7465	83	0.19857	0.02180
	Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	0.8874	83	0.20917	0.02296
Pair 5	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	19.9639	83	4.17439	0.45820
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	19.6506	83	5.44470	0.59763
Pair 6	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	19.1084	83	3.71225	0.40747
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	20.2289	83	5.25757	0.57709
Pair 7	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	0.3358	83	0.07503	0.00824
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	0.3292	83	0.08365	0.00918
Pair 8	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	0.3233	83	0.06759	0.00742
	Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	0.3391	83	0.08067	0.00885

## Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	83	0.603	0.000
Pair 2	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	83	0.624	0.000
Pair 3	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	83	0.520	0.000
Pair 4	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	83	0.607	0.000
Pair 5	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	83	0.517	0.000
Pair 6	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	83	0.534	0.000
Pair 7	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	83	0.434	0.000
Pair 8	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right) & Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	83	0.379	0.000

## Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (left)	-2.21687	11.16293	1.22529	-4.65436	0.22063	-1.809	82	0.074
Pair 2	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion absolute (right)	-8.63855	10.61359	1.16499	-10.95610	-6.32101	-7.415	82	0.000
Pair 3	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (left)	-0.03773	0.20770	0.02280	-0.08308	0.00763	-1.655	82	0.102
Pair 4	Biokinetics Pre: Ankle plantar/ dorsiflexion: Plantarflexion relative (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Plantarflexion relative (right)	-0.14091	0.18105	0.01987	-0.18044	-0.10137	-7.090	82	0.000
Pair 5	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (left)	0.31325	4.85630	0.53305	-0.74715	1.37365	0.588	82	0.558
Pair 6	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion absolute (right)	-1.12048	4.53549	0.49783	-2.11083	-0.13013	-2.251	82	0.027
Pair 7	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (left)	0.00663	0.08471	0.00930	-0.01187	0.02513	0.713	82	0.478
Pair 8	Biokinetics Pre: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right) - Biokinetics Post: Ankle plantar/ dorsiflexion: Dorsiflexion relative (right)	-0.01579	0.08330	0.00914	-0.03398	0.00240	-1.727	82	0.088

## T-Tests - Testing differences between pre- and post-test Hand Grip measurements

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Biokinetics Pre: Hand grip (left)	31.0000	83	5.58526	0.61306
	Biokinetics Post: Hand grip (left)	29.5422	83	5.26447	0.57785
Pair 2	Biokinetics Pre: Hand grip (right)	31.6506	83	5.67286	0.62268
	Biokinetics Post: Hand grip (right)	31.1084	83	5.42580	0.59556
Pair 3	Biokinetics Pre: Hand grip relative (left)	0.5201	83	0.09330	0.01024
	Biokinetics Post: Hand grip relative (left)	0.4964	83	0.09100	0.00999
Pair 4	Biokinetics Pre: Hand grip relative(right)	0.5321	83	0.10026	0.01100
	Biokinetics Post: Hand grip relative(right)	0.5222	83	0.09019	0.00990

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Biokinetics Pre: Hand grip (left) & Biokinetics Post: Hand grip (left)	83	0.556	0.000
	Biokinetics Pre: Hand grip (right) & Biokinetics Post: Hand grip (right)	83	0.600	0.000
Pair 3	Biokinetics Pre: Hand grip relative (left) & Biokinetics Post: Hand grip relative (left)	83	0.483	0.000
	Biokinetics Pre: Hand grip relative(right) & Biokinetics Post: Hand grip relative(right)	83	0.564	0.000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Interval of the				
					Upper	Lower			
Pair 1	Biokinetics Pre: Hand grip (left) - Biokinetics Post: Hand grip (left)	1.45783	5.12122	0.56213	0.33958	2.57608	2.593	82	0.011
	Biokinetics Pre: Hand grip (right) - Biokinetics Post: Hand grip (right)	0.54217	4.96648	0.54514	-0.54229	1.62663	0.995	82	0.323
Pair 3	Biokinetics Pre: Hand grip relative (left) - Biokinetics Post: Hand grip relative (left)	0.02372	0.09376	0.01029	0.00325	0.04420	2.305	82	0.024
	Biokinetics Pre: Hand grip relative(right) - Biokinetics Post: Hand grip relative(right)	0.00992	0.08932	0.00980	-0.00958	0.02943	1.012	82	0.314