

Non Parametric Tests: Results for Males - Testing differences within groups across time.

		Descriptive Statistics				
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF1TOT: 2.4 km total time	97	10.5266	1.02987	9.11	14.03
	BF1TOT: 2.4 km total time	97	9.2743	0.76597	8.07	11.48
	CF1TOT: 2.4 km total time	97	9.2067	0.59345	8.20	11.06
Control	AF1TOT: 2.4 km total time	66	8.6283	0.94862	7.20	11.14
	BF1TOT: 2.4 km total time	66	9.0300	0.66109	7.54	11.35
	CF1TOT: 2.4 km total time	66	9.0045	0.61759	8.10	10.53

Friedman Test

		Ranks	
GROUP		Mean Rank	
Experimental	AF1TOT: 2.4 km total time	2.95	
	BF1TOT: 2.4 km total time	1.54	
	CF1TOT: 2.4 km total time	1.51	
Control	AF1TOT: 2.4 km total time	1.39	
	BF1TOT: 2.4 km total time	2.38	
	CF1TOT: 2.4 km total time	2.23	

Test Statistics(a)		
Experimental	N	97
	Chi-Square	132.642
	df	2
	Asymp. Sig.	0.000
Control	N	66
	Chi-Square	38.252
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF2: 2.4 km - Points	97	749.86	152.529	0	936
	BF2: 2.4 km - Points	97	898.64	88.265	624	1,008
	CF2: 2.4 km - Points	97	909.40	70.765	624	1,008
Control	AF2: 2.4 km - Points	66	955.09	84.931	696	1,008
	BF2: 2.4 km - Points	66	927.45	68.330	648	1,008
	CF2: 2.4 km - Points	66	932.18	64.579	732	1,008

Friedman Test

Ranks		
GROUP		Mean Rank
Experimental	AF2: 2.4 km - Points	1.05
	BF2: 2.4 km - Points	2.46
	CF2: 2.4 km - Points	2.48
Control	AF2: 2.4 km - Points	2.45
	BF2: 2.4 km - Points	1.67
	CF2: 2.4 km - Points	1.89

Test Statistics(a)		
Experimental	N	97
	Chi-Square	135.085
	df	2
Control	Asymp. Sig.	0.000
	N	66
	Chi-Square	26.613
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF4: Push-ups - Amount	96	31.45	8.970	5	50
	BF4: Push-ups - Amount	96	53.65	10.903	5	78
	CF4: Push-ups - Amount	96	60.25	11.134	30	97
Control	AF4: Push-ups - Amount	66	39.20	12.917	9	79
	BF4: Push-ups - Amount	66	47.52	11.957	28	100
	CF4: Push-ups - Amount	66	53.52	11.501	32	100

Friedman Test

Ranks		
GROUP		Mean Rank
Experimental	AF4: Push-ups - Amount	1.03
	BF4: Push-ups - Amount	2.28
	CF4: Push-ups - Amount	2.69
Control	AF4: Push-ups - Amount	1.36
	BF4: Push-ups - Amount	2.08
	CF4: Push-ups - Amount	2.56

Test Statistics(a)		
Experimental	N	96
	Chi-Square	144.568
	df	2
Control	Asymp. Sig.	0.000
	N	66
	Chi-Square	51.084
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF5: Push-ups - Points	97	416.11	230.007	0	720
	BF5: Push-ups - Points	97	760.42	138.585	0	1,008
	CF5: Push-ups - Points	97	834.80	115.047	540	1,008
Control	AF5: Push-ups - Points	66	548.73	237.835	0	1,008
	BF5: Push-ups - Points	66	686.77	120.371	456	1,008
	CF5: Push-ups - Points	66	757.06	119.060	504	1,008

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Ranks		Mean Rank
Experimental	AF5: Push-ups - Points	1.03
	BF5: Push-ups - Points	2.28
	CF5: Push-ups - Points	2.69
Control	AF5: Push-ups - Points	1.39
	BF5: Push-ups - Points	2.05
	CF5: Push-ups - Points	2.56

Test Statistics(a)		
Experimental	N	97
	Chi-Square	148,047
	df	2
	Asymp. Sig.	0,000
Control	N	66
	Chi-Square	48,538
	df	2
	Asymp. Sig.	0,000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF7: Sit-ups - Amount	97	34,45	10,071	12	70
	BF7: Sit-ups - Amount	97	65,46	13,683	39	110
	CF7: Sit-ups - Amount	97	65,47	14,312	22	102
Control	AF7: Sit-ups - Amount	67	44,81	12,157	3	74
	BF7: Sit-ups - Amount	67	59,55	13,954	34	106
	CF7: Sit-ups - Amount	67	72,58	15,099	30	110

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Ranks		Mean Rank
Experimental	AF7: Sit-ups - Amount	1.01
	BF7: Sit-ups - Amount	2.55
	CF7: Sit-ups - Amount	2.45
Control	AF7: Sit-ups - Amount	1.20
	BF7: Sit-ups - Amount	2.02
	CF7: Sit-ups - Amount	2.73

Test Statistics(a)		
Experimental	N	97
	Chi-Square	146,355
	df	2
	Asymp. Sig.	0,000
Control	N	67
	Chi-Square	83,737
	df	2
	Asymp. Sig.	0,000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF8: Sit-ups - Points	97	187.84	244.371	0	750
	BF8: Sit-ups - Points	97	704.18	129.945	440	1,000
	CF8: Sit-ups - Points	97	695.88	147.788	0	1,000
Control	AF8: Sit-ups - Points	67	418.81	243.482	0	790
	BF8: Sit-ups - Points	67	639.70	155.290	0	1,000
	CF8: Sit-ups - Points	67	766.12	161.245	0	1,000

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Ranks		
GROUP		Mean Rank
Experimental	AF8: Sit-ups - Points	1.01
	BF8: Sit-ups - Points	2.57
	CF8: Sit-ups - Points	2.43
Control	AF8: Sit-ups - Points	1.19
	BF8: Sit-ups - Points	2.03
	CF8: Sit-ups - Points	2.78

Test Statistics(a)		
Experimental	N	97
	Chi-Square	146.836
	df	2
Control	Asymp. Sig.	0.000
	N	67
	Chi-Square	86.826
	df	2
	Asymp. Sig.	0.000

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NPar Tests

GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF10: Shuttle Run - Time (Seconds)	96	55.42	3.588	47	69
	BF10: Shuttle Run - Time (Seconds)	96	48.70	3.662	42	68
	CF10: Shuttle Run - Time (Seconds)	96	53.00	3.092	44	60
Control	AF10: Shuttle Run - Time (Seconds)	67	51.16	4.144	44	64
	BF10: Shuttle Run - Time (Seconds)	67	49.22	3.089	44	58
	CF10: Shuttle Run - Time (Seconds)	67	48.09	4.217	40	64

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GROUP		Mean Rank
Experimental	AF10: Shuttle Run - Time (Seconds)	2.72
	BF10: Shuttle Run - Time (Seconds)	1.11
	CF10: Shuttle Run - Time (Seconds)	2.16
Control	AF10: Shuttle Run - Time (Seconds)	2.46
	BF10: Shuttle Run - Time (Seconds)	1.92
	CF10: Shuttle Run - Time (Seconds)	1.63

GROUP		Test Statistics ^a
Experimental	N	96
	Chi-Square	134.011
	df	2
Control	Asymp. Sig.	0.000
	N	67
	Chi-Square	26.759
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF11: Shuttle Run - Points	96	709.75	113.650	0	925
	BF11: Shuttle Run - Points	96	882.52	82.965	625	1,000
	CF11: Shuttle Run - Points	96	776.10	79.281	600	1,000
Control	AF11: Shuttle Run - Points	67	829.48	98.370	600	1,000
	BF11: Shuttle Run - Points	67	869.61	76.557	650	1,000
	CF11: Shuttle Run - Points	67	898.21	82.548	700	1,000

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Ranks		
GROUP		Mean Rank
Experimental	AF11: Shuttle Run - Points	1.28
	BF11: Shuttle Run - Points	2.86
	CF11: Shuttle Run - Points	1.86
Control	AF11: Shuttle Run - Points	1.60
	BF11: Shuttle Run - Points	2.06
	CF11: Shuttle Run - Points	2.34

Test Statistics(a)		
Experimental	N	96
	Chi-Square	126.679
	df	2
	Asymp. Sig.	0.000
Control	N	67
	Chi-Square	21.146
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF13TOT: 4km walk total time	96	30.1206	1.49453	27.47	34.00
	BF13TOT: 4 km walk total time	96	26.6372	1.56049	23.01	31.00
	CF13TOT: 4 km walk total time	96	27.3798	1.68051	24.04	32.41
Control	AF13TOT: 4km walk total time	67	29.3425	2.97031	24.02	39.52
	BF13TOT: 4 km walk total time	67	27.7045	2.07396	23.51	36.46
	CF13TOT: 4 km walk total time	67	26.9316	2.38942	22.03	37.43

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Ranks		
GROUP		Mean Rank
Experimental	AF13TOT: 4km walk total time	2.93
	BF13TOT: 4 km walk total time	1.33
	CF13TOT: 4 km walk total time	1.74
Control	AF13TOT: 4km walk total time	2.74
	BF13TOT: 4 km walk total time	1.96
	CF13TOT: 4 km walk total time	1.30

Test Statistics ^a		
Experimental	N	96
	Chi-Square	131.688
	df	2
Control	Asymp. Sig.	0.000
	N	67
	Chi-Square	69.895
	df	2
	Asymp. Sig.	0.000

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NPar Tests

		Descriptive Statistics				
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF14: 4km walk - Points	96	496.65	289.432	0	864
	BF14: 4km walk - Points	96	916.63	127.833	480	1,008
	CF14: 4km walk - Points	96	861.13	182.004	0	1,008
Control	AF14: 4km walk - Points	67	625.16	357.297	0	1,008
	BF14: 4km walk - Points	67	834.45	188.864	0	1,008
	CF14: 4km walk - Points	67	887.78	157.808	420	1,008

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		Ranks	
GROUP			Mean Rank
Experimental	AF14: 4km walk - Points		1.06
	BF14: 4km walk - Points		2.63
	CF14: 4km walk - Points		2.31
Control	AF14: 4km walk - Points		1.32
	BF14: 4km walk - Points		2.12
	CF14: 4km walk - Points		2.56

		Test Statistics(a)	
Experimental	N		96
	Chi-Square		140.730
	df		2
Control	Asymp. Sig.		0.000
	N		67
	Chi-Square		62.388
	df		2
	Asymp. Sig.		0.000

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NPar Tests

		Descriptive Statistics				
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF 16: Total Points	97	2,564.37	660.592	0	3,864
	BF 16: Total Points	97	4,156.73	337.508	3,162	4,841
	CF 16: Total Points	97	4,062.63	380.527	2,863	4,949
Control	AF 16: Total Points	67	3,377.63	554.282	1,958	4,618
	BF 16: Total Points	67	3,947.06	338.080	2,816	4,479
	CF 16: Total Points	67	4,237.55	381.527	3,310	4,924

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Ranks		Mean Rank
Experimental	AF 16: Total Points	1.00
	BF 16: Total Points	2.62
	CF 16: Total Points	2.38
Control	AF 16: Total Points	1.13
	BF 16: Total Points	2.03
	CF 16: Total Points	2.84

Test Statistics(a)		
Experimental	N	97
	Chi-Square	148.227
	df	2
	Asymp. Sig.	0.000
Control	N	67
	Chi-Square	97.075
	df	2
	Asymp. Sig.	0.000

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Non Parametric Tests: Results for Females - Testing differences within groups across time.

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF1TOT: 2.4 km total time	57	16.5988	1.81044	13.07	20.15
	BF1TOT: 2.4 km total time	57	13.4561	2.23174	1.51	17.12
	CF1TOT: 2.4 km total time	57	13.1746	1.28041	10.27	16.08
Control	AF1TOT: 2.4 km total time	81	13.2319	2.41771	7.26	19.30
	BF1TOT: 2.4 km total time	81	13.2651	2.00226	8.12	17.00
	CF1TOT: 2.4 km total time	81	12.5195	1.61466	8.39	15.50

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Ranks		Mean Rank
Experimental	AF1TOT: 2.4 km total time	2.98
	BF1TOT: 2.4 km total time	1.70
	CF1TOT: 2.4 km total time	1.32
Control	AF1TOT: 2.4 km total time	2.17
	BF1TOT: 2.4 km total time	2.38
	CF1TOT: 2.4 km total time	1.44

Test Statistics(a)		
Experimental	N	57
	Chi-Square	86.772
	df	2
	Asymp. Sig.	0.000
Control	N	81
	Chi-Square	39.284
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF2: 2.4 km - Points	57	184.42	278.584	0	768
	BF2: 2.4 km - Points	57	634.11	271.072	0	1,008
	CF2: 2.4 km - Points	57	729.89	174.960	0	1,008
Control	AF2: 2.4 km - Points	81	688.73	311.471	0	1,008
	BF2: 2.4 km - Points	81	668.74	309.800	0	1,008
	CF2: 2.4 km - Points	81	806.17	163.224	444	1,008

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Ranks		Mean Rank
Experimental	AF2: 2.4 km - Points	1.09
	BF2: 2.4 km - Points	2.25
	CF2: 2.4 km - Points	2.66
Control	AF2: 2.4 km - Points	1.77
	BF2: 2.4 km - Points	1.65
	CF2: 2.4 km - Points	2.58

Test Statistics(a)		
Experimental	N	57
	Chi-Square	79.641
	df	2
Control	Asymp. Sig.	0.000
	N	81
	Chi-Square	48.609
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF4: Push-ups - Amount	57	32.79	10.057	13	55
	BF4: Push-ups - Amount	57	58.35	14.645	32	110
	CF4: Push-ups - Amount	57	58.33	12.586	34	98
Control	AF4: Push-ups - Amount	84	43.08	13.433	8	86
	BF4: Push-ups - Amount	84	56.88	14.432	30	104
	CF4: Push-ups - Amount	84	59.08	12.856	27	110

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Ranks		Mean Rank
Experimental	AF4: Push-ups - Amount	1.07
	BF4: Push-ups - Amount	2.45
	CF4: Push-ups - Amount	2.48
Control	AF4: Push-ups - Amount	1.28
	BF4: Push-ups - Amount	2.27
	CF4: Push-ups - Amount	2.45

Test Statistics(a)		
Experimental	N	57
	Chi-Square	74.942
	df	2
	Asymp. Sig.	0.000
Control	N	84
	Chi-Square	68.840
	df	2
	Asymp. Sig.	0.000

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NPar Tests

GROUP		Descriptive Statistics				
		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF5: Push-ups - Points	57	559.53	188.991	0	852
	BF5: Push-ups - Points	57	854.21	162.921	66	1,008
	CF5: Push-ups - Points	57	868.63	116.228	690	1,008
Control	AF5: Push-ups - Points	84	698.10	161.172	0	1,008
	BF5: Push-ups - Points	84	848.74	122.441	552	1,008
	CF5: Push-ups - Points	84	868.71	145.045	108	1,008

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Ranks		Mean Rank
Experimental	AF5: Push-ups - Points	1.07
	BF5: Push-ups - Points	2.40
	CF5: Push-ups - Points	2.53
Control	AF5: Push-ups - Points	1.27
	BF5: Push-ups - Points	2.28
	CF5: Push-ups - Points	2.45

Test Statistics(a)		
Experimental	N	57
	Chi-Square	77.761
	df	2
	Asymp. Sig.	0.000
Control	N	84
	Chi-Square	70.773
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF7: Sit-ups - Amount	56	24.43	10.009	4	52
	BF7: Sit-ups - Amount	56	49.38	14.884	13	91
	CF7: Sit-ups - Amount	56	86.30	161.587	19	790
Control	AF7: Sit-ups - Amount	84	28.48	14.678	1	70
	BF7: Sit-ups - Amount	84	45.32	19.322	6	100
	CF7: Sit-ups - Amount	84	56.49	18.464	0	106

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Ranks		Mean Rank
Experimental	AF7: Sit-ups - Amount	1.03
	BF7: Sit-ups - Amount	2.50
	CF7: Sit-ups - Amount	2.47
Control	AF7: Sit-ups - Amount	1.08
	BF7: Sit-ups - Amount	2.06
	CF7: Sit-ups - Amount	2.85

Test Statistics(a)		
Experimental	N	56
	Chi-Square	81.397
	df	2
	Asymp. Sig.	0.000
Control	N	84
	Chi-Square	136.663
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF8: Sit-ups - Points	57	339.12	290.026	0	810
	BF8: Sit-ups - Points	57	749.44	187.638	0	1,008
	CF8: Sit-ups - Points	57	757.89	152.535	0	1,000
Control	AF8: Sit-ups - Points	84	401.67	318.879	0	990
	BF8: Sit-ups - Points	84	682.95	264.749	0	1,008
	CF8: Sit-ups - Points	84	823.57	166.246	0	1,000

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Ranks		
GROUP		Mean Rank
Experimental	AF8: Sit-ups - Points	1.06
	BF8: Sit-ups - Points	2.46
	CF8: Sit-ups - Points	2.48
Control	AF8: Sit-ups - Points	1.10
	BF8: Sit-ups - Points	2.05
	CF8: Sit-ups - Points	2.85

Test Statistics(a)		
Experimental	N	57
	Chi-Square	78.798
	df	2
	Asymp. Sig.	0.000
Control	N	84
	Chi-Square	138.827
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF10: Shuttle Run - Time (Seconds)	56	67.52	8.097	51	85
	BF10: Shuttle Run - Time (Seconds)	56	61.09	5.866	48	75
	CF10: Shuttle Run - Time (Seconds)	56	64.71	5.717	57	81
Control	AF10: Shuttle Run - Time (Seconds)	79	63.09	6.697	48	78
	BF10: Shuttle Run - Time (Seconds)	79	63.33	7.595	49	89
	CF10: Shuttle Run - Time (Seconds)	79	59.87	6.128	47	75

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Ranks		
GROUP		Mean Rank
Experimental	AF10: Shuttle Run - Time (Seconds)	2.38
	BF10: Shuttle Run - Time (Seconds)	1.44
	CF10: Shuttle Run - Time (Seconds)	2.19
Control	AF10: Shuttle Run - Time (Seconds)	2.23
	BF10: Shuttle Run - Time (Seconds)	2.25
	CF10: Shuttle Run - Time (Seconds)	1.51

Test Statistics(a)		
Experimental	N	56
	Chi-Square	29.261
	df	2
Control	Asymp. Sig.	0.000
	N	79
	Chi-Square	29.561
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF11: Shuttle Run - Points	57	618.86	271.375	0	1,000
	BF11: Shuttle Run - Points	57	800.44	170.116	0	1,000
	CF11: Shuttle Run - Points	57	716.84	201.852	0	925
Control	AF11: Shuttle Run - Points	79	755.92	170.978	0	1,008
	BF11: Shuttle Run - Points	79	744.62	214.897	0	1,000
	CF11: Shuttle Run - Points	79	845.89	129.683	475	1,000

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Ranks		
GROUP		Mean Rank
Experimental	AF11: Shuttle Run - Points	1.62
	BF11: Shuttle Run - Points	2.50
	CF11: Shuttle Run - Points	1.88
Control	AF11: Shuttle Run - Points	1.82
	BF11: Shuttle Run - Points	1.69
	CF11: Shuttle Run - Points	2.49

Test Statistics(a)		
Experimental	N	57
	Chi-Square	24.972
	df	2
Control	Asymp. Sig.	0.000
	N	79
	Chi-Square	30.791
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF13TOT: 4km walk total time	54	35.5761	1.88052	32.03	40.01
	BF13TOT: 4 km walk total time	54	31.7022	1.99451	28.06	37.19
	CF13TOT: 4 km walk total time	54	31.4956	2.10385	28.08	36.51
Control	AF13TOT: 4km walk total time	80	33.7566	2.27485	25.16	37.20
	BF13TOT: 4 km walk total time	80	32.1289	2.09264	27.18	41.48
	CF13TOT: 4 km walk total time	80	30.7080	1.92933	26.15	37.17

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Ranks		
GROUP		Mean Rank
Experimental	AF13TOT: 4km walk total time	3.00
	BF13TOT: 4 km walk total time	1.54
	CF13TOT: 4 km walk total time	1.46
Control	AF13TOT: 4km walk total time	2.83
	BF13TOT: 4 km walk total time	1.99
	CF13TOT: 4 km walk total time	1.19

Test Statistics ^a		
Experimental	N	54
	Chi-Square	81.148
	df	2
Control	Asymp. Sig.	0.000
	N	80
	Chi-Square	107.275
	df	2
	Asymp. Sig.	0.000

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NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF14: 4km walk - Points	57	390.74	344.338	0	960
	BF14: 4km walk - Points	57	867.37	269.540	0	1,008
	CF14: 4km walk - Points	57	874.11	229.829	0	1,008
Control	AF14: 4km walk - Points	80	678.70	272.561	0	1,008
	BF14: 4km walk - Points	80	880.95	139.848	552	1,008
	CF14: 4km walk - Points	80	943.16	142.813	0	1,008

Friedman Test

Ranks		
GROUP		Mean Rank
Experimental	AF14: 4km walk - Points	1.08
	BF14: 4km walk - Points	2.46
	CF14: 4km walk - Points	2.47
Control	AF14: 4km walk - Points	1.28
	BF14: 4km walk - Points	2.12
	CF14: 4km walk - Points	2.60

Test Statistics(a)		
Experimental	N	57
	Chi-Square	85.870
	df	2
Control	Asymp. Sig.	0.000
	N	80
	Chi-Square	90.845
	df	2
	Asymp. Sig.	0.000

a. Friedman Test

NPar Tests

Descriptive Statistics						
GROUP		N	Mean	Std. Deviation	Minimum	Maximum
Experimental	AF 16: Total Points	57	2,096.11	908.659	0	4,054
	BF 16: Total Points	57	3,917.28	656.619	1,967	4,984
	CF 16: Total Points	57	3,937.14	614.307	1,950	4,839
Control	AF 16: Total Points	84	3,172.40	894.291	953	4,624
	BF 16: Total Points	84	3,814.76	731.678	1,428	4,843
	CF 16: Total Points	84	4,269.35	842.788	1,604	9,356

Friedman Test

Ranks		
GROUP		Mean Rank
Experimental	AF 16: Total Points	1.02
	BF 16: Total Points	2.44
	CF 16: Total Points	2.54
Control	AF 16: Total Points	1.12
	BF 16: Total Points	2.05
	CF 16: Total Points	2.83

Test Statistics(a)		
Experimental	N	57
	Chi-Square	82.842
	df	2
	Asymp. Sig.	0.000
Control	N	84
	Chi-Square	123.714
	df	2
	Asymp. Sig.	0.000

a. Friedman Test

T-Tests for Males to test differences between the experimental and control group at each measurement

Group Statistics					
GROUP		N	Mean	Std. Deviation	Std. Error Mean
AF1TOT: 2.4 km total time	Experimental	99	10.5449	1.06317	0.10685
	Control	70	8.7186	1.24598	0.14892
AF2: 2.4 km - Points	Experimental	99	743.31	169.089	16.994
	Control	70	941.31	141.096	16.864
AF4: Push-ups - Amount	Experimental	100	31.31	8.867	0.867
	Control	69	39.16	12.813	1.542
AF5: Push-ups - Points	Experimental	100	413.83	230.738	23.074
	Control	69	550.09	234.055	28.177
AF7: Sit-ups - Amount	Experimental	100	34.53	10.037	1.004
	Control	70	44.61	12.186	1.457
AF8: Sit-ups - Points	Experimental	100	187.60	244.690	24.469
	Control	70	409.71	249.585	29.831
AF10: Shuttle Run - Time (Seconds)	Experimental	99	55.51	3.592	0.361
	Control	70	51.61	4.867	0.582
AF11: Shuttle Run - Points	Experimental	99	707.69	112.982	11.355
	Control	70	813.57	140.630	16.909
AF13TOT: 4km walk total time	Experimental	100	30.2499	1.65376	0.16538
	Control	70	29.4636	3.02298	0.36131
AF14: 4km walk - Points	Experimental	100	481.70	296.032	29.603
	Control	70	608.66	365.094	43.637
AF 16: Total Points	Experimental	100	2,535.73	696.118	69.612
	Control	70	3,322.91	641.258	76.645

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	of the Difference		
										Upper	Lower
AF1TOT: 2.4 km total time	Equal variances assumed	0.119	0.731	10.239	167	0.000	1.82638	0.17838	1.47421	2.17854	
	Equal variances not assumed			9.964	133.432	0.000	1.82638	0.18329	1.46385	2.18891	
AF2: 2.4 km - Points	Equal variances assumed	1.939	0.166	-8.018	167	0.000	-198.001	24.693	-246.752	-149.250	
	Equal variances not assumed			-8.270	162.387	0.000	-198.001	23.942	-245.278	-150.724	
AF4: Push-ups - Amount	Equal variances assumed	5.573	0.019	-4.709	167	0.000	-7.849	1.667	-11.140	-4.558	
	Equal variances not assumed			-4.412	111.968	0.000	-7.849	1.779	-11.375	-4.324	
AF5: Push-ups - Points	Equal variances assumed	0.490	0.485	-3.751	167	0.000	-136.257	36.323	-207.969	-64.545	
	Equal variances not assumed			-3.741	144.993	0.000	-136.257	36.419	-208.238	-64.276	
AF7: Sit-ups - Amount	Equal variances assumed	1.547	0.215	-5.898	168	0.000	-10.084	1.710	-13.459	-6.709	
	Equal variances not assumed			-5.701	129.704	0.000	-10.084	1.769	-13.584	-6.585	
AF8: Sit-ups - Points	Equal variances assumed	3.829	0.052	-5.777	168	0.000	-222.114	38.447	-298.016	-146.212	
	Equal variances not assumed			-5.757	146.775	0.000	-222.114	38.583	-298.364	-145.865	
AF10: Shuttle Run - Time (Seconds)	Equal variances assumed	2.466	0.118	5.980	167	0.000	3.891	0.651	2.606	5.175	
	Equal variances not assumed			5.683	119.872	0.000	3.891	0.685	2.535	5.246	
AF11: Shuttle Run - Points	Equal variances assumed	0.768	0.382	-5.418	167	0.000	-105.885	19.543	-144.469	-67.300	
	Equal variances not assumed			-5.220	127.634	0.000	-105.885	20.285	-146.022	-65.747	
AF13TOT: 4km walk total time	Equal variances assumed	22.454	0.000	2.178	168	0.031	0.78633	0.36096	0.07373	1.49893	
	Equal variances not assumed			1.979	97.943	0.051	0.78633	0.39736	-0.00223	1.57489	
AF14: 4km walk - Points	Equal variances assumed	3.369	0.068	-2.498	168	0.013	-126.957	50.830	-227.305	-26.609	
	Equal variances not assumed			-2.408	128.200	0.017	-126.957	52.731	-231.293	-22.622	
AF 16: Total Points	Equal variances assumed	0.285	0.594	-7.493	168	0.000	-787.184	105.055	-994.583	-579.786	
	Equal variances not assumed			-7.603	155.866	0.000	-787.184	103.539	-991.704	-582.664	

T-Test

		Group Statistics			
GROUP		N	Mean	Std. Deviation	Std. Error Mean
BF1TOT: 2.4 km total time	Experimental	97	9.2743	0.76597	0.07777
	Control	69	9.0272	0.65892	0.07932
BF2: 2.4 km - Points	Experimental	97	898.64	88.265	8.962
	Control	69	927.33	68.127	8.201
BF4: Push-ups - Amount	Experimental	96	53.65	10.903	1.113
	Control	68	47.54	12.118	1.470
BF5: Push-ups - Points	Experimental	97	760.42	138.585	14.071
	Control	68	687.22	123.425	14.967
BF7: Sit-ups - Amount	Experimental	97	65.46	13.683	1.389
	Control	69	59.48	13.758	1.656
BF8: Sit-ups - Points	Experimental	97	704.18	129.945	13.194
	Control	69	639.13	153.064	18.427
BF10: Shuttle Run - Time (Seconds)	Experimental	97	48.69	3.644	0.370
	Control	69	49.36	3.167	0.381
BF11: Shuttle Run - Points	Experimental	97	882.70	82.551	8.382
	Control	69	866.14	78.554	9.457
BF13TOT: 4 km walk total time	Experimental	97	26.6943	1.65121	0.16766
	Control	69	27.7051	2.04515	0.24621
BF14: 4km walk - Points	Experimental	97	807.18	157.585	16.000
	Control	69	835.13	186.453	22.446
BF 16: Total Points	Experimental	97	4,156.73	337.508	34.269
	Control	69	3,943.14	339.576	40.880

Independent Samples Test											
		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	of the Difference		
										Upper	Lower
BF1TOT: 2.4 km total time	Equal variances assumed	1.441	0.232	2.168	164	0.032	0.24708	0.11394	0.02210	0.47207	
	Equal variances not assumed			2.224	158.091	0.028	0.24708	0.11109	0.02767	0.46649	
BF2: 2.4 km - Points	Equal variances assumed	5.870	0.016	-2.263	164	0.025	-28.694	12.682	-53.735	-3.653	
	Equal variances not assumed			-2.362	162.864	0.019	-28.694	12.148	-52.683	-4.706	
BF4: Push-ups - Amount	Equal variances assumed	0.237	0.627	3.371	162	0.001	6.102	1.810	2.527	9.677	
	Equal variances not assumed			3.310	134.647	0.001	6.102	1.843	2.456	9.747	
BF5: Push-ups - Points	Equal variances assumed	0.032	0.857	3.491	163	0.001	73.202	20.967	31.801	114.603	
	Equal variances not assumed			3.563	153.878	0.000	73.202	20.543	32.619	113.785	
BF7: Sit-ups - Amount	Equal variances assumed	0.147	0.702	2.771	164	0.006	5.986	2.160	1.721	10.250	
	Equal variances not assumed			2.769	146.118	0.006	5.986	2.162	1.713	10.258	
BF8: Sit-ups - Points	Equal variances assumed	0.069	0.793	2.950	164	0.004	65.045	22.047	21.512	108.578	
	Equal variances not assumed			2.870	131.176	0.005	65.045	22.663	20.212	109.878	
BF10: Shuttle Run - Time (Seconds)	Equal variances assumed	0.000	0.983	-1.235	164	0.219	-0.672	0.544	-1.746	0.403	
	Equal variances not assumed			-1.264	157.468	0.208	-0.672	0.531	-1.721	0.378	
BF11: Shuttle Run - Points	Equal variances assumed	0.001	0.970	1.299	164	0.196	16.556	12.743	-8.606	41.718	
	Equal variances not assumed			1.310	150.857	0.192	16.556	12.637	-8.412	41.524	
BF13TOT: 4 km walk total time	Equal variances assumed	1.197	0.276	-3.517	164	0.001	-1.01074	0.28740	-1.57822	-0.44327	
	Equal variances not assumed			-3.393	126.429	0.001	-1.01074	0.29787	-1.60020	-0.42129	
BF14: 4km walk - Points	Equal variances assumed	1.937	0.166	2.689	164	0.008	72.045	26.796	19.135	124.955	
	Equal variances not assumed			2.614	130.750	0.010	72.045	27.565	17.513	126.577	
BF 16: Total Points	Equal variances assumed	0.001	0.980	4.008	164	0.000	213.587	53.288	108.368	318.806	
	Equal variances not assumed			4.004	146.059	0.000	213.587	53.343	108.162	319.012	

T-Test

Group Statistics					
GROUP	N	Mean	Std. Deviation	Std. Error Mean	
CF1TOT: 2.4 km total time	Experimental	99	9.2244	0.61662	0.06197
	Control	67	9.0663	0.79429	0.09704
CF2: 2.4 km - Points	Experimental	99	907.64	72.962	7.333
	Control	67	925.07	86.554	10.574
CF4: Push-ups - Amount	Experimental	99	60.06	11.073	1.113
	Control	68	53.56	11.331	1.374
CF5: Push-ups - Points	Experimental	99	834.55	113.910	11.448
	Control	68	757.74	117.334	14.229
CF7: Sit-ups - Amount	Experimental	99	65.36	14.186	1.426
	Control	68	72.40	15.063	1.827
CF8: Sit-ups - Points	Experimental	99	694.95	146.415	14.715
	Control	68	764.41	160.655	19.482
CF10: Shuttle Run - Time (Seconds)	Experimental	98	53.06	3.089	0.312
	Control	68	48.18	4.246	0.515
CF11: Shuttle Run - Points	Experimental	99	766.73	110.764	11.132
	Control	68	896.03	83.878	10.172
CF13TOT: 4 km walk total time	Experimental	98	27.4152	1.73529	0.17509
	Control	68	26.9884	2.39080	0.28983
CF14: 4km walk - Points	Experimental	98	853.84	200.638	20.288
	Control	68	884.07	159.574	19.351
CF 16: Total Points	Experimental	99	4,051.22	394.420	39.641
	Control	68	4,223.35	396.359	48.066

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	of the Difference	
									Upper	Lower
CF1TOT: 2.4 km total time	Equal variances assumed	2.209	0.139	1.442	164	0.151	0.15818	0.10973	-0.05849	0.37484
	Equal variances not assumed			1.374	117.638	0.172	0.15818	0.11514	-0.06984	0.38619
CF2: 2.4 km - Points	Equal variances assumed	0.752	0.387	-1.400	164	0.163	-17.438	12.452	-42.026	7.149
	Equal variances not assumed			-1.355	125.237	0.178	-17.438	12.868	-42.905	8.029
CF4: Push-ups - Amount	Equal variances assumed	0.041	0.840	3.693	165	0.000	6.502	1.761	3.025	9.978
	Equal variances not assumed			3.677	141.960	0.000	6.502	1.768	3.006	9.997
CF5: Push-ups - Points	Equal variances assumed	0.095	0.759	4.229	165	0.000	76.810	18.162	40.950	112.670
	Equal variances not assumed			4.206	141.332	0.000	76.810	18.263	40.707	112.913
CF7: Sit-ups - Amount	Equal variances assumed	0.307	0.580	-3.069	165	0.003	-7.033	2.291	-11.558	-2.509
	Equal variances not assumed			-3.035	138.389	0.003	-7.033	2.317	-11.615	-2.452
CF8: Sit-ups - Points	Equal variances assumed	0.471	0.494	-2.895	165	0.004	-69.462	23.997	-116.843	-22.082
	Equal variances not assumed			-2.845	135.175	0.005	-69.462	24.415	-117.747	-21.177
CF10: Shuttle Run - Time (Seconds)	Equal variances assumed	5.179	0.024	8.581	164	0.000	4.885	0.569	3.761	6.009
	Equal variances not assumed			8.113	114.578	0.000	4.885	0.602	3.692	6.077
CF11: Shuttle Run - Points	Equal variances assumed	0.001	0.978	-8.151	165	0.000	-129.302	15.863	-160.623	-97.982
	Equal variances not assumed			-8.575	163.377	0.000	-129.302	15.079	-159.078	-99.526
CF13TOT: 4 km walk total time	Equal variances assumed	6.574	0.011	1.396	164	0.165	0.44682	0.32005	-0.18513	1.07877
	Equal variances not assumed			1.319	114.282	0.190	0.44682	0.33869	-0.22411	1.11775
CF14: 4km walk - Points	Equal variances assumed	0.006	0.937	-1.036	164	0.302	-30.237	29.193	-87.880	27.406
	Equal variances not assumed			-1.079	160.890	0.282	-30.237	28.022	-85.575	25.102
CF 16: Total Points	Equal variances assumed	0.781	0.378	-2.765	165	0.006	-172.131	62.246	-295.032	-49.229
	Equal variances not assumed			-2.763	143.691	0.006	-172.131	62.303	-295.280	-48.981

T-Tests for Females to test differences between the experimental and control group at each measurement

		Group Statistics			
GROUP		N	Mean	Std. Deviation	Std. Error Mean
AF1TOT: 2.4 km total time	Experimental	83	17.0681	2.00993	0.22062
	Control	111	13.3303	2.26077	0.21458
AF2: 2.4 km - Points	Experimental	83	139.47	252.793	27.748
	Control	111	679.32	302.369	28.700
AF4: Push-ups - Amount	Experimental	83	31.30	10.340	1.135
	Control	113	41.58	13.012	1.224
AF5: Push-ups - Points	Experimental	83	532.88	204.490	22.446
	Control	113	679.08	166.410	15.655
AF7: Sit-ups - Amount	Experimental	83	22.78	9.884	1.085
	Control	113	28.75	14.890	1.401
AF8: Sit-ups - Points	Experimental	83	282.05	294.911	32.371
	Control	113	414.34	317.189	29.839
AF10: Shuttle Run - Time (Seconds)	Experimental	82	68.99	8.934	0.997
	Control	111	63.62	6.776	0.643
AF11: Shuttle Run - Points	Experimental	82	561.28	319.629	35.297
	Control	111	744.22	190.999	18.129
AF13TOT: 4km walk total time	Experimental	83	35.8424	1.99406	0.21888
	Control	112	33.8987	2.27053	0.21454
AF14: 4km walk - Points	Experimental	83	356.77	347.340	38.126
	Control	112	659.21	273.628	25.855
AF 16: Total Points	Experimental	83	1,869.30	954.283	104.746
	Control	113	3,145.82	874.245	82.242

		Independent Samples Test								
		Levene's Test for Equality of Variances		t-test for Equality of Means					of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Upper	Lower
AF1TOT: 2.4 km total time	Equal variances assumed	0.737	0.392	11.941	192	0.000	3.73780	0.31304	3.12037	4.35523
	Equal variances not assumed			12.145	186.267	0.000	3.73780	0.30776	3.13065	4.34495
AF2: 2.4 km - Points	Equal variances assumed	0.798	0.373	-13.180	192	0.000	-539.854	40.960	-620.643	-459.066
	Equal variances not assumed			-13.523	189.566	0.000	-539.854	39.920	-618.599	-461.110
AF4: Push-ups - Amount	Equal variances assumed	2.271	0.133	-5.950	194	0.000	-10.283	1.728	-13.692	-6.874
	Equal variances not assumed			-6.160	192.761	0.000	-10.283	1.669	-13.575	-6.990
AF5: Push-ups - Points	Equal variances assumed	1.205	0.274	-5.512	194	0.000	-146.200	26.523	-198.510	-93.890
	Equal variances not assumed			-5.342	154.424	0.000	-146.200	27.366	-200.259	-92.141
AF7: Sit-ups - Amount	Equal variances assumed	10.146	0.002	-3.173	194	0.002	-5.969	1.881	-9.679	-2.259
	Equal variances not assumed			-3.369	192.204	0.001	-5.969	1.772	-9.464	-2.475
AF8: Sit-ups - Points	Equal variances assumed	0.149	0.700	-2.971	194	0.003	-132.288	44.520	-220.094	-44.482
	Equal variances not assumed			-3.005	183.535	0.003	-132.288	44.025	-219.148	-45.428
AF10: Shuttle Run - Time (Seconds)	Equal variances assumed	11.928	0.001	4.746	191	0.000	5.366	1.131	3.136	7.596
	Equal variances not assumed			4.557	145.163	0.000	5.366	1.178	3.039	7.694
AF11: Shuttle Run - Points	Equal variances assumed	24.016	0.000	-4.953	191	0.000	-182.936	36.935	-255.788	-110.083
	Equal variances not assumed			-4.610	123.065	0.000	-182.936	39.680	-261.480	-104.391
AF13TOT: 4km walk total time	Equal variances assumed	1.244	0.266	6.221	193	0.000	1.94375	0.31246	1.32747	2.56003
	Equal variances not assumed			6.342	187.442	0.000	1.94375	0.30649	1.33914	2.54836
AF14: 4km walk - Points	Equal variances assumed	26.971	0.000	-6.799	193	0.000	-302.443	44.481	-390.174	-214.713
	Equal variances not assumed			-6.565	151.151	0.000	-302.443	46.066	-393.459	-211.427
AF 16: Total Points	Equal variances assumed	1.401	0.238	-9.715	194	0.000	-1,276.522	131.396	-1,535.670	-1,017.373
	Equal variances not assumed			-9.585	167.624	0.000	-1,276.522	133.175	-1,539.438	-1,013.606

T-Test

Group Statistics					
GROUP	N	Mean	Std. Deviation	Std. Error Mean	
BF1TOT: 2.4 km total time	Experimental	62	13.6421	2.27301	0.28867
	Control	98	13.5413	2.17374	0.21958
BF2: 2.4 km - Points	Experimental	62	602.90	293.848	37.319
	Control	98	639.80	316.870	32.009
BF4: Push-ups - Amount	Experimental	62	57.94	14.364	1.824
	Control	100	55.49	14.138	1.414
BF5: Push-ups - Points	Experimental	62	851.71	158.977	20.190
	Control	100	836.18	124.769	12.477
BF7: Sit-ups - Amount	Experimental	61	48.57	14.710	1.883
	Control	100	45.12	18.987	1.899
BF8: Sit-ups - Points	Experimental	62	744.16	182.391	23.164
	Control	100	679.98	266.676	26.668
BF10: Shuttle Run - Time (Seconds)	Experimental	61	61.67	6.115	0.783
	Control	100	63.76	7.850	0.785
BF11: Shuttle Run - Points	Experimental	62	787.90	172.062	21.852
	Control	100	733.50	226.642	22.664
BF13TOT: 4 km walk total time	Experimental	59	31.7251	2.00523	0.26106
	Control	100	32.3861	2.24050	0.22405
BF14: 4km walk - Points	Experimental	62	850.26	285.024	36.198
	Control	100	849.96	186.232	18.623
BF 16: Total Points	Experimental	62	3,847.71	698.922	88.763
	Control	100	3,732.33	792.672	79.267

		Independent Samples Test								
		Levene's Test for Equality of Variances		t-test for Equality of Means					of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Upper	Lower
BF1TOT: 2.4 km total time	Equal variances assumed	1.397	0.239	0.281	158	0.779	0.10077	0.35905	-0.60838	0.80992
	Equal variances not assumed			0.278	125.573	0.782	0.10077	0.36269	-0.61702	0.81856
BF2: 2.4 km - Points	Equal variances assumed	0.530	0.468	-0.738	158	0.462	-36.893	50.011	-135.669	61.883
	Equal variances not assumed			-0.750	137.103	0.454	-36.893	49.166	-134.113	60.328
BF4: Push-ups - Amount	Equal variances assumed	0.210	0.648	1.064	160	0.289	2.445	2.299	-2.096	6.986
	Equal variances not assumed			1.060	127.864	0.291	2.445	2.308	-2.121	7.012
BF5: Push-ups - Points	Equal variances assumed	1.164	0.282	0.692	160	0.490	15.530	22.438	-28.783	59.842
	Equal variances not assumed			0.654	106.882	0.514	15.530	23.734	-31.521	62.581
BF7: Sit-ups - Amount	Equal variances assumed	4.404	0.037	1.215	159	0.226	3.454	2.842	-2.160	9.068
	Equal variances not assumed			1.291	150.018	0.199	3.454	2.674	-1.830	8.738
BF8: Sit-ups - Points	Equal variances assumed	5.660	0.019	1.668	160	0.097	64.181	38.486	-11.824	140.187

	Equal variances not assumed			1.817	158.402	0.071	64.181	35.323	-5.584	133.946
BF10: Shuttle Run - Time (Seconds)	Equal variances assumed	1.592	0.209	-1.774	159	0.078	-2.088	1.177	-4.412	0.236
	Equal variances not assumed			-1.883	149.625	0.062	-2.088	1.109	-4.279	0.103
BF11: Shuttle Run - Points	Equal variances assumed	1.470	0.227	1.622	160	0.107	54.403	33.547	-11.848	120.655
	Equal variances not assumed			1.728	153.429	0.086	54.403	31.483	-7.793	116.599
BF13TOT: 4 km walk total time	Equal variances assumed	1.506	0.222	-1.867	157	0.064	-0.66102	0.35403	-1.36029	0.03826
	Equal variances not assumed			-1.921	132.723	0.057	-0.66102	0.34402	-1.34149	0.01946
BF14: 4km walk - Points	Equal variances assumed	3.704	0.056	0.008	160	0.994	0.298	37.013	-72.800	73.396
	Equal variances not assumed			0.007	93.528	0.994	0.298	40.708	-80.534	81.130
BF 16: Total Points	Equal variances assumed	1.394	0.240	0.941	160	0.348	115.380	122.575	-126.694	357.453
	Equal variances not assumed			0.970	141.600	0.334	115.380	119.005	-119.876	350.636

T-Test

Group Statistics					
GROUP		N	Mean	Std. Deviation	Std. Error Mean
CF1TOT: 2.4 km total time	Experimental	75	13.3892	1.38815	0.16029
	Control	105	12.6163	1.60410	0.15654
CF2: 2.4 km - Points	Experimental	75	691.59	220.321	25.440
	Control	105	793.89	175.764	17.153
CF4: Push-ups - Amount	Experimental	75	56.32	13.690	1.581
	Control	108	59.47	14.048	1.352
CF5: Push-ups - Points	Experimental	75	846.72	132.546	15.305
	Control	108	869.89	141.240	13.591
CF7: Sit-ups - Amount	Experimental	75	93.95	175.566	20.273
	Control	108	56.44	18.701	1.800
CF8: Sit-ups - Points	Experimental	75	750.40	144.909	16.733
	Control	108	828.43	162.539	15.640
CF10: Shuttle Run - Time (Seconds)	Experimental	75	65.08	5.990	0.692
	Control	105	60.38	6.363	0.621
CF11: Shuttle Run - Points	Experimental	75	701.80	219.397	25.334
	Control	105	827.86	154.123	15.041
CF13TOT: 4 km walk total time	Experimental	73	31.8353	2.24719	0.26301
	Control	104	30.7729	2.09817	0.20574
CF14: 4km walk - Points	Experimental	75	837.12	260.623	30.094
	Control	104	941.51	140.987	13.825
CF 16: Total Points	Experimental	75	3,819.85	680.949	76.320
	Control	108	4,232.44	804.743	77.436

		Independent Samples Test					t-test for Equality of Means				
		Levene's Test for Equality of Variances								of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Upper	Lower	
CF1TOT: 2.4 km total time	Equal variances assumed	1.537	0.217	3.368	178	0.001	0.77291	0.22951	0.32001	1.22582	
	Equal variances not assumed			3.450	171.482	0.001	0.77291	0.22405	0.33066	1.21517	
CF2: 2.4 km - Points	Equal variances assumed	0.953	0.330	-3.461	178	0.001	-102.299	29.561	-160.833	-43.965	
	Equal variances not assumed			-3.334	136.500	0.001	-102.299	30.683	-162.974	-41.624	
CF4: Push-ups - Amount	Equal variances assumed	0.004	0.949	-1.508	181	0.133	-3.152	2.090	-7.276	0.971	
	Equal variances not assumed			-1.516	161.919	0.132	-3.152	2.080	-7.260	0.955	
CF5: Push-ups - Points	Equal variances assumed	0.010	0.921	-1.119	181	0.265	-23.169	20.705	-64.024	17.686	
	Equal variances not assumed			-1.132	165.531	0.259	-23.169	20.469	-63.582	17.244	
CF7: Sit-ups - Amount	Equal variances assumed	24.099	0.000	2.205	181	0.029	37.502	17.011	3.937	71.068	
	Equal variances not assumed			1.843	75.168	0.069	37.502	20.352	-3.040	78.045	
CF8: Sit-ups - Points	Equal variances assumed	3.450	0.065	-3.337	181	0.001	-78.026	23.384	-124.166	-31.886	
	Equal variances not assumed			-3.407	170.032	0.001	-78.026	22.904	-123.239	-32.813	
CF10: Shuttle Run - Time (Seconds)	Equal variances assumed	0.855	0.356	5.004	178	0.000	4.699	0.939	2.846	6.552	
	Equal variances not assumed			5.055	165.057	0.000	4.699	0.930	2.864	6.534	
CF11: Shuttle Run - Points	Equal variances assumed	2.146	0.145	-4.529	178	0.000	-126.057	27.832	-180.980	-71.134	
	Equal variances not assumed			-4.279	124.368	0.000	-126.057	29.462	-184.370	-67.745	
CF13TOT: 4 km walk total time	Equal variances assumed	1.547	0.215	3.220	175	0.002	1.06246	0.32992	0.41133	1.71359	
	Equal variances not assumed			3.182	148.267	0.002	1.06246	0.33392	0.40259	1.72232	
CF14: 4km walk - Points	Equal variances assumed	21.925	0.000	-3.447	177	0.001	-104.390	30.284	-164.154	-44.625	
	Equal variances not assumed			-3.152	105.164	0.002	-104.390	33.118	-170.055	-38.724	
CF 16: Total Points	Equal variances assumed	0.000	0.982	-3.663	181	0.000	-412.591	112.626	-634.819	-190.363	
	Equal variances not assumed			-3.795	175.878	0.000	-412.591	108.725	-627.165	-198.018	

APPENDIX G - Crosstabulations to determine whether there is a relationship between group membership (experimental vs)

Crosstabulations between group membership and fitness tests' pass or fail rates for Pre-test A

GROUP * AF3: 2.4 km - Pass/fail

		Crosstab			
		AF3: 2.4 km - Pass/fail		Total	
		Pass	Fail		
GROUP	Experimental	Count	101	81	182
		% within GROUP	55.5%	44.5%	100.0%
	% within AF3: 2.4 km - Pass/fail	40.4%	71.1%	50.0%	
	% of Total	27.7%	22.3%	50.0%	
	Control	Control	Count	149	33
% within GROUP			81.9%	18.1%	100.0%
% within AF3: 2.4 km - Pass/fail		59.6%	28.9%	50.0%	
% of Total		40.9%	9.1%	50.0%	
Total		Total	Count	250	114
	% within GROUP		68.7%	31.3%	100.0%
	% within AF3: 2.4 km - Pass/fail	100.0%	100.0%	100.0%	
	% of Total	68.7%	31.3%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	29.427(b)	1	0.000		
Continuity Correction(a)	28.213	1	0.000		
Likelihood Ratio	30.128	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	29.346	1	0.000		
N of Valid Cases	364				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 57.00.

GROUP * AF6: Push-ups - Pass/fail

Crosstab					
			AF6: Push-ups - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	63	120	183
		% within GROUP	34.4%	65.6%	100.0%
% within AF6: Push-ups - Pass/fail		34.2%	66.3%	50.1%	
% of Total		17.3%	32.9%	50.1%	
Control	Count	121	61	182	
	% within GROUP	66.5%	33.5%	100.0%	
	% within AF6: Push-ups - Pass/fail	65.8%	33.7%	49.9%	
	% of Total	33.2%	16.7%	49.9%	
Total	Count	184	181	365	
	% within GROUP	50.4%	49.6%	100.0%	
	% within AF6: Push-ups - Pass/fail	100.0%	100.0%	100.0%	
	% of Total	50.4%	49.6%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	37.512(b)	1	0.000		
Continuity Correction(a)	36.241	1	0.000		
Likelihood Ratio	38.183	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	37.409	1	0.000		
N of Valid Cases	365				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 90.25.

GROUP * AF9: Sit-ups - Pass/fail

Crosstab					
			AF9: Sit-ups - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	19	164	183
		% within GROUP	10.4%	89.6%	100.0%
		% within AF9: Sit-ups - Pass/fail	27.1%	55.4%	50.0%
		% of Total	5.2%	44.8%	50.0%
Control	Count	51	132	183	
	% within GROUP	27.9%	72.1%	100.0%	
	% within AF9: Sit-ups - Pass/fail	72.9%	44.6%	50.0%	
	% of Total	13.9%	36.1%	50.0%	
Total	Count	70	296	366	
	% within GROUP	19.1%	80.9%	100.0%	
	% within AF9: Sit-ups - Pass/fail	100.0%	100.0%	100.0%	
	% of Total	19.1%	80.9%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	18.088(b)	1	0.000		
Continuity Correction(a)	16.975	1	0.000		
Likelihood Ratio	18.652	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	18.039	1	0.000		
N of Valid Cases	366				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 35.00.

GROUP * AF12:Shuttle Run - Pass/fail

Crosstab					
			AF12:Shuttle Run - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	143	38	181
		% within GROUP	79.0%	21.0%	100.0%
		% within AF12:Shuttle Run - Pass/fail	46.4%	70.4%	50.0%
		% of Total	39.5%	10.5%	50.0%
		Count	165	16	181
	Control	% within GROUP	91.2%	8.8%	100.0%
		% within AF12:Shuttle Run - Pass/fail	53.6%	29.6%	50.0%
		% of Total	45.6%	4.4%	50.0%
		Count	308	54	362
		% within GROUP	85.1%	14.9%	100.0%
Total	% within AF12:Shuttle Run - Pass/fail	100.0%	100.0%	100.0%	
	% of Total	85.1%	14.9%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	10.534(b)	1	0.001		
Continuity Correction(a)	9.598	1	0.002		
Likelihood Ratio	10.802	1	0.001		
Fisher's Exact Test				0.002	0.001
Linear-by-Linear Association	10.505	1	0.001		
N of Valid Cases	362				

a. Computed only for a 2x2 table
b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 27.00.

GROUP * AF15: 4km walk - Pass/fail

Crosstab					
			AF15: 4km walk - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	81	102	183
		% within GROUP	44.3%	55.7%	100.0%
		% within AF15: 4km walk - Pass/fail	41.5%	59.6%	50.0%
		% of Total	22.1%	27.9%	50.0%
		Count	114	69	183
	Control	% within GROUP	62.3%	37.7%	100.0%
		% within AF15: 4km walk - Pass/fail	58.5%	40.4%	50.0%
		% of Total	31.1%	18.9%	50.0%
		Count	195	171	366
		% within GROUP	53.3%	46.7%	100.0%
Total	% within AF15: 4km walk - Pass/fail	100.0%	100.0%	100.0%	
	% of Total	53.3%	46.7%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	11.953(b)	1	0.001		
Continuity Correction(a)	11.240	1	0.001		
Likelihood Ratio	12.020	1	0.001		
Fisher's Exact Test				0.001	0.000
Linear-by-Linear Association	11.920	1	0.001		
N of Valid Cases	366				

a. Computed only for a 2x2 table
b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 85.50.

GROUP * AF17: Total Pass/Fail

Crosstab					
			AF17: Total Pass/Fail		Total
			Pass	Fail	
GROUP	Experimental	Count	37	146	183
		% within GROUP	20.2%	79.8%	100.0%
		% within AF17: Total Pass/Fail	24.2%	68.5%	50.0%
	Control	% of Total	10.1%	39.9%	50.0%
		Count	116	67	183
		% within GROUP	63.4%	36.6%	100.0%
Total	Control	% within AF17: Total Pass/Fail	75.8%	31.5%	50.0%
		% of Total	31.7%	18.3%	50.0%
		Count	153	213	366
	Total	% within GROUP	41.8%	58.2%	100.0%
		% within AF17: Total Pass/Fail	100.0%	100.0%	100.0%
		% of Total	41.8%	58.2%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	70.091(b)	1	0.000		
Continuity Correction(a)	68.328	1	0.000		
Likelihood Ratio	72.842	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	69.900	1	0.000		
N of Valid Cases	366				

a. Computed only for a 2x2 table
 b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 76.50.

Crosstabulations between group membership and fitness tests' pass or fail rates for Post-test B

GROUP * BF3: 2.4 km - Pass/fail

Crosstab					
			BF3: 2.4 km - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	140	19	159
		% within GROUP	88.1%	11.9%	100.0%
		% within BF3: 2.4 km - Pass/fail	50.5%	36.5%	48.3%
	Control	% of Total	42.6%	5.8%	48.3%
		Count	137	33	170
		% within GROUP	80.6%	19.4%	100.0%
Total	Control	% within BF3: 2.4 km - Pass/fail	49.5%	63.5%	51.7%
		% of Total	41.6%	10.0%	51.7%
		Count	277	52	329
	Total	% within GROUP	84.2%	15.8%	100.0%
		% within BF3: 2.4 km - Pass/fail	100.0%	100.0%	100.0%
		% of Total	84.2%	15.8%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	3.438(b)	1	0.064		
Continuity Correction(a)	2.900	1	0.089		
Likelihood Ratio	3.481	1	0.062		
Fisher's Exact Test				0.071	0.044
Linear-by-Linear Association	3.427	1	0.064		
N of Valid Cases	329				

a. Computed only for a 2x2 table
 b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 25.13.

GROUP * BF6: Push-ups - Pass/fail

Crosstab					
			BF6: Push-ups - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	155	4	159
		% within GROUP	97.5%	2.5%	100.0%
		% within BF6: Push-ups - Pass/fail	49.8%	20.0%	48.0%
	Control	% of Total	46.8%	1.2%	48.0%
		Count	156	16	172
		% within GROUP	90.7%	9.3%	100.0%
		% within BF6: Push-ups - Pass/fail	50.2%	80.0%	52.0%
		% of Total	47.1%	4.8%	52.0%
Total		Count	311	20	331
		% within GROUP	94.0%	6.0%	100.0%
		% within BF6: Push-ups - Pass/fail	100.0%	100.0%	100.0%
		% of Total	94.0%	6.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6.703(b)	1	0.010		
Continuity Correction(a)	5.561	1	0.018		
Likelihood Ratio	7.202	1	0.007		
Fisher's Exact Test				0.011	0.008
Linear-by-Linear Association	6.683	1	0.010		
N of Valid Cases	331				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.61.

GROUP * BF9: Sit-ups - Pass/fail

Crosstab					
			BF9: Sit-ups - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	135	24	159
		% within GROUP	84.9%	15.1%	100.0%
		% within BF9: Sit-ups - Pass/fail	52.1%	32.9%	47.9%
	Control	% of Total	40.7%	7.2%	47.9%
		Count	124	49	173
		% within GROUP	71.7%	28.3%	100.0%
		% within BF9: Sit-ups - Pass/fail	47.9%	67.1%	52.1%
		% of Total	37.3%	14.8%	52.1%
Total		Count	259	73	332
		% within GROUP	78.0%	22.0%	100.0%
		% within BF9: Sit-ups - Pass/fail	100.0%	100.0%	100.0%
		% of Total	78.0%	22.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	8.453(b)	1	0.004		
Continuity Correction(a)	7.700	1	0.006		
Likelihood Ratio	8.614	1	0.003		
Fisher's Exact Test				0.005	0.003
Linear-by-Linear Association	8.428	1	0.004		
N of Valid Cases	332				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 34.96.

GROUP * BF12:Shuttle Run - Pass/fail

Crosstab					
			BF12:Shuttle Run - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	153	6	159
		% within GROUP	96.2%	3.8%	100.0%
		% within BF12:Shuttle Run - Pass/fail	49.0%	33.3%	48.2%
		% of Total	46.4%	1.8%	48.2%
		Count	159	12	171
	Control	% within GROUP	93.0%	7.0%	100.0%
		% within BF12:Shuttle Run - Pass/fail	51.0%	66.7%	51.8%
		% of Total	48.2%	3.6%	51.8%
		Count	312	18	330
		% within GROUP	94.5%	5.5%	100.0%
Total	% within BF12:Shuttle Run - Pass/fail	100.0%	100.0%	100.0%	
	Count	312	18	330	
	% within GROUP	94.5%	5.5%	100.0%	
	% of Total	94.5%	5.5%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.681(b)	1	0.195		
Continuity Correction(a)	1.111	1	0.292		
Likelihood Ratio	1.718	1	0.190		
Fisher's Exact Test				0.231	0.146
Linear-by-Linear Association	1.676	1	0.195		
N of Valid Cases	330				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.67.

GROUP * BF12:4 km Run - Pass/fail

Crosstab					
			BF15: 4km walk - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	151	8	159
		% within GROUP	95.0%	5.0%	100.0%
		% within BF15: 4km walk - Pass/fail	49.2%	33.3%	48.0%
		% of Total	45.6%	2.4%	48.0%
		Count	156	16	172
	Control	% within GROUP	90.7%	9.3%	100.0%
		% within BF15: 4km walk - Pass/fail	50.8%	66.7%	52.0%
		% of Total	47.1%	4.8%	52.0%
		Count	307	24	331
		% within GROUP	92.7%	7.3%	100.0%
Total	% within BF15: 4km walk - Pass/fail	100.0%	100.0%	100.0%	
	Count	307	24	331	
	% of Total	92.7%	7.3%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	2.241(b)	1	0.134		
Continuity Correction(a)	1.651	1	0.199		
Likelihood Ratio	2.289	1	0.130		
Fisher's Exact Test				0.144	0.099
Linear-by-Linear Association	2.234	1	0.135		
N of Valid Cases	331				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 11.53.

GROUP * BF17: Total Pass/Fail

Crosstab					
			BF17: Total Pass/Fail		Total
			Pass	Fail	
GROUP	Experimental	Count	151	8	159
		% within GROUP	95.0%	5.0%	100.0%
		% within BF17: Total Pass/Fail	50.0%	26.7%	47.9%
		% of Total	45.5%	2.4%	47.9%
	Control	Count	151	22	173
		% within GROUP	87.3%	12.7%	100.0%
		% within BF17: Total Pass/Fail	50.0%	73.3%	52.1%
		% of Total	45.5%	6.6%	52.1%
Total		Count	302	30	332
		% within GROUP	91.0%	9.0%	100.0%
		% within BF17: Total Pass/Fail	100.0%	100.0%	100.0%
		% of Total	91.0%	9.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	5.954(b)	1	0.015		
Continuity Correction(a)	5.055	1	0.025		
Likelihood Ratio	6.203	1	0.013		
Fisher's Exact Test				0.020	0.011
Linear-by-Linear Association	5.936	1	0.015		
N of Valid Cases	332				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 14.37.

Crosstabulations between group membership and fitness tests' pass or fail rates for Post-test C

GROUP * CF3: 2.4 km - Pass/fail

Crosstab					
			CF3: 2.4 km - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	157	17	174
		% within GROUP	90.2%	9.8%	100.0%
		% within CF3: 2.4 km - Pass/fail	49.8%	53.1%	50.1%
		% of Total	45.2%	4.9%	50.1%
	Control	Count	158	15	173
		% within GROUP	91.3%	8.7%	100.0%
		% within CF3: 2.4 km - Pass/fail	50.2%	46.9%	49.9%
		% of Total	45.5%	4.3%	49.9%
Total		Count	315	32	347
		% within GROUP	90.8%	9.2%	100.0%
		% within CF3: 2.4 km - Pass/fail	100.0%	100.0%	100.0%
		% of Total	90.8%	9.2%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.125(b)	1	0.723		
Continuity Correction(a)	0.028	1	0.866		
Likelihood Ratio	0.125	1	0.723		
Fisher's Exact Test				0.853	0.433
Linear-by-Linear Association	0.125	1	0.724		
N of Valid Cases	347				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 15.95.

GROUP * CF6: Push-ups - Pass/fail

Crosstab					
			CF6: Push-ups - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	171	3	174
		% within GROUP	98.3%	1.7%	100.0%
		% within CF6: Push-ups - Pass/fail	49.7%	42.9%	49.6%
	Control	% of Total	48.7%	0.9%	49.6%
		Count	173	4	177
		% within GROUP	97.7%	2.3%	100.0%
		% within CF6: Push-ups - Pass/fail	50.3%	57.1%	50.4%
		% of Total	49.3%	1.1%	50.4%
Total		Count	344	7	351
		% within GROUP	98.0%	2.0%	100.0%
		% within CF6: Push-ups - Pass/fail	100.0%	100.0%	100.0%
		% of Total	98.0%	2.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.129(b)	1	0.720		
Continuity Correction(a)	0.000	1	1.000		
Likelihood Ratio	0.129	1	0.719		
Fisher's Exact Test				1.000	0.509
Linear-by-Linear Association	0.128	1	0.720		
N of Valid Cases	351				

a. Computed only for a 2x2 table

b. 2 cells (50.0%) have expected count less than 5. The minimum expected count is 3.47.

GROUP * CF9: Sit-ups - Pass/fail

Crosstab					
			CF9: Sit-ups - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	157	17	174
		% within GROUP	90.2%	9.8%	100.0%
		% within CF9: Sit-ups - Pass/fail	48.9%	56.7%	49.6%
	Control	% of Total	44.7%	4.8%	49.6%
		Count	164	13	177
		% within GROUP	92.7%	7.3%	100.0%
		% within CF9: Sit-ups - Pass/fail	51.1%	43.3%	50.4%
		% of Total	46.7%	3.7%	50.4%
Total		Count	321	30	351
		% within GROUP	91.5%	8.5%	100.0%
		% within CF9: Sit-ups - Pass/fail	100.0%	100.0%	100.0%
		% of Total	91.5%	8.5%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.660(b)	1	0.416		
Continuity Correction(a)	0.387	1	0.534		
Likelihood Ratio	0.662	1	0.416		
Fisher's Exact Test				0.450	0.267
Linear-by-Linear Association	0.659	1	0.417		
N of Valid Cases	351				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 14.87.

GROUP * CF12:Shuttle Run - Pass/fail

Crosstab					
			CF12:Shuttle Run - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	160	14	174
		% within GROUP	92.0%	8.0%	100.0%
		% within CF12:Shuttle Run - Pass/fail	48.6%	73.7%	50.0%
		% of Total	46.0%	4.0%	50.0%
		Count	169	5	174
	Control	% within GROUP	97.1%	2.9%	100.0%
		% within CF12:Shuttle Run - Pass/fail	51.4%	26.3%	50.0%
		% of Total	48.6%	1.4%	50.0%
		Count	329	19	348
		% within GROUP	94.5%	5.5%	100.0%
Total	% within CF12:Shuttle Run - Pass/fail	100.0%	100.0%	100.0%	
	Pass/fail				
	% of Total	94.5%	5.5%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	4.509(b)	1	0.034		
Continuity Correction(a)	3.563	1	0.059		
Likelihood Ratio	4.685	1	0.030		
Fisher's Exact Test				0.056	0.028
Linear-by-Linear Association	4.496	1	0.034		
N of Valid Cases	348				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.50.

GROUP * CF15: 4km walk - Pass/fail

Crosstab					
			CF15: 4km walk - Pass/fail		Total
			Pass	Fail	
GROUP	Experimental	Count	154	19	173
		% within GROUP	89.0%	11.0%	100.0%
		% within CF15: 4km walk - Pass/fail	47.8%	79.2%	50.0%
		% of Total	44.5%	5.5%	50.0%
		Count	168	5	173
	Control	% within GROUP	97.1%	2.9%	100.0%
		% within CF15: 4km walk - Pass/fail	52.2%	20.8%	50.0%
		% of Total	48.6%	1.4%	50.0%
		Count	322	24	346
		% within GROUP	93.1%	6.9%	100.0%
Total	% within CF15: 4km walk - Pass/fail	100.0%	100.0%	100.0%	
	Pass/fail				
	% of Total	93.1%	6.9%	100.0%	

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	8.775(b)	1	0.003		
Continuity Correction(a)	7.567	1	0.006		
Likelihood Ratio	9.316	1	0.002		
Fisher's Exact Test				0.005	0.002
Linear-by-Linear Association	8.750	1	0.003		
N of Valid Cases	346				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 12.00.

GROUP * CF17: Total Pass/Fail

Crosstab					
			CF17: Total Pass/Fail		Total
			Pass	Fail	
GROUP	Experimental	Count	161	13	174
		% within GROUP	92.5%	7.5%	100.0%
		% within CF17: Total	48.5%	68.4%	49.6%
	Control	Count	45.9%	3.7%	49.6%
		% within GROUP	171	6	177
		% within CF17: Total	96.6%	3.4%	100.0%
Total	Experimental	Count	51.5%	31.6%	50.4%
		% within GROUP	48.7%	1.7%	50.4%
		% within CF17: Total	332	19	351
	Control	Count	94.6%	5.4%	100.0%
		% within GROUP	100.0%	100.0%	100.0%
		% within CF17: Total	94.6%	5.4%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	2.855(b)	1	0.091		
Continuity Correction(a)	2.113	1	0.146		
Likelihood Ratio	2.916	1	0.088		
Fisher's Exact Test				0.103	0.072
Linear-by-Linear Association	2.847	1	0.092		
N of Valid Cases	351				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.42.