

[illegible][illegible][illegible]

Variable	Females			Males			All subjects			Significance		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	F	df	p
Age	21.1	1.5	20	21.1	1.5	20	21.1	1.5	40			
Height	1.65	0.05	20	1.75	0.05	20	1.70	0.05	40	10.0	1,39	<0.01
Weight	55.0	10.0	20	75.0	10.0	20	65.0	10.0	40	10.0	1,39	<0.01
Pre-Test	1.0	0.5	20	1.0	0.5	20	1.0	0.5	40			
Post-Test	1.5	0.5	20	1.5	0.5	20	1.5	0.5	40			
Change	0.5	0.5	20	0.5	0.5	20	0.5	0.5	40			
Pre-Test	1.0	0.5	20	1.0	0.5	20	1.0	0.5	40			
Post-Test	1.5	0.5	20	1.5	0.5	20	1.5	0.5	40			
Change	0.5	0.5	20	0.5	0.5	20	0.5	0.5	40			
Pre-Test	1.0	0.5	20	1.0	0.5	20	1.0	0.5	40			
Post-Test	1.5	0.5	20	1.5	0.5	20	1.5	0.5	40			
Change	0.5	0.5	20	0.5	0.5	20	0.5	0.5	40			