**Table 1:** Participants' habits

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Low | Moderate | High | x2 | p value |
|  |  | n | % | n | % | n | % |  |  |
| Female | Smoking (Yes) | 12 | 80 | 2 | 5.6 | 3 | 7.1 | 45.6 | <.001\* |
| Regular Exercise (Yes) | 3 | 20 | 14 | 38.8 | 17 | 40.5 | 2.1 | .3 |
| Male | Smoking (Yes) | 3 | 17.6 | 16 | 34 | 3 | 11.5 | 5.1 | .08 |
| Regular Exercise (Yes) | 6 | 35.2 | 23 | 48.9 | 14 | 53.8 | 1.5 | .5 |

**Table 2:** Differences between women's physical fitness status and academic achievement levels (mean±SD)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low (n=15) | Modarate (n=36) | High (n=42) | p value \* |
| Overall | Moderate vs Low | High vs Low | High vs Modarate |
| Age (years) | 19.5±1.1 | 20.3±1.2 | 20.3±1.3 | .1 |  |  |  |
| BMI (kg/m2) | 24.6±3.5 | 22.1±2.6 | 21.9±2.8 | .01\* | .02 | .005α | .6 |
| Curl up # | 8.2±6.2 | 11.4±10.1 | 12.6±11.3 | .02\* | .2 | .007α | .8 |
| Trunk lift | 20.5±9.7 | 23.4±4.7 | 26.3±5.3 | .001\* | .02 | .001α | .03 |
| Push up  | 20.4±8.9 | 25.6±6.4 | 26.8±8.7 | .02\* | .08 | .002α | .02 |
| BSSR-R (cm) | 21.2±8.6 | 26.3±6.3 | 27.3±8.3 | .03\* | .02 | .02α | .6 |
| BSSR-L (cm) | 20.4±8.9 | 25.5±6.4 | 26.8±8.7 | .02\* | .02 | .01α | .6 |
| 1 mile run (sec) | 829.7±134.8 | 781.8±110.9 | 727.9±105.1 | .01\* | .4 | .008α | .8 |
| BMI: body mass index, BSSR-R: Back-Saver Sit and Reach test-right, BSSR-L: Back-Saver Sit and Reach test- left, #: completed, \*: statistically significant difference between all groups, α: statistically significant difference between the two groups. |

**Table 3:** Differences between men's physical fitness and academic achievement levels (mean±SD)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Low (n=17) | Modarate (n=47) | High (n=26) | p value \* |
| Overall | Moderate vs Low | High vs Low | High vs Modarate |
| Age (years) | 20.9±1.5 | 21.2±1.8 | 21.1±1.5 | .9 |  |  |  |
| BMI (kg/m2) | 23.9±3.3 | 23.4±3 | 21.8±3.2 | .04\* | .6 | .01 α | .1 |
| Curl up # | 14.4±8.6 | 19.8±11.6 | 25.9±12.8 | .009\* | .2 | .003 α | .03 |
| Trunk lift | 22.3±5.1 | 26.3±7.9 | 27.2±6.5 | .04\* | .05 | .01 α | .4 |
| Push up  | 15±5.9 | 17±9.9 | 20.9±6.3 | .02\* | .7 | .005 α | .02 |
| BSSR –R (cm) | 20.1±6.4 | 22.1±5.8 | 24.9±4.2 | .01\* | .2 | .008 α | .02 |
| BSSR-L (cm)  | 19.6±7.7 | 20.8±6.9 | 23.6±5.4 | .09 |  |  |  |
| 1 mile run (sec) | 655.1±161 | 588.1±106 | 556.9±103.2 | .01\* | .1 | .004 α | .2 |
| BMI: body mass index, BSSR-R: Back-Saver Sit and Reach test-right, BSSR-L: Back-Saver Sit and Reach test- left, #: completed, \*: statistically significant difference between all groups, α: statistically significant difference between the two groups. |

**Table 4:** Relation of Grade Point Average to Physical Fitness Tests

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | BMI | Curl up | Trunk Lift | Push Up | BSSR-R | BSSR-L | 1 mile run |
| Female (n=93) | GPA | r | -.2 | .2\* | .3\*\* | .2\*\* | .2\* | .2\* | -.4\*\* |
|  |  | p | .2 | .02 | .002 | .03 | .03 | .04 | .008 |
| Male (n=90) | GPA | r | -.3\* | .4\*\* | .3\*\* | .3\*\* | .3\*\* | .2\* | -.6\*\* |
|  |  | p | .02 | <.001 | .006 | .003 | .002 | .03 | <.001 |
| BMI: body mass index, GPA: grade point average, BSSR-R: Back-Saver Sit and Reach test-right, BSSR-L: Back-Saver Sit and Reach test- left, p: statistical significance, r: correlation value. \* Correlations significant at the .05 level, \*\* Correlations significant at the .01 level |