

**SUPPLEMENTARY TABLE 2 |** Descriptive statistics for the health-related fitness indicators used in the *Fit to Perform* screening protocol by level of study, as well as Mann Whitney U tests for differences by sex.

Measure	Undergraduate			Postgraduate		
	Women	Men	U, p	Women	Men	U, p
<b>Lung function</b>	<b>M ± SD</b>			<b>M ± SD</b>		
FEV <sub>1</sub>	2.93±0.58	4.18±0.75	<b>241.00, p&lt;.001</b>	2.84±0.54	3.62±1.06	<b>529.50, p&lt;.001</b>
FEV <sub>1</sub> %pred	90.28±14.91	94.73±13.38	1201.00, p=.157	88.74±16.48	84.59±22.70	949.50, p=.423
FVC	3.12±0.65	4.50±0.88	<b>261.50, p&lt;.001</b>	3.04±0.61	4.36±1.59	<b>443.50, p&lt;.001</b>
FVC %pred	83.34±14.87	85.43±12.92	1364.00, p=.683	82.66±16.54	86.00±28.60	975.50, p=.547
FEV <sub>1</sub> /FVC %	96.62±4.55	95.00 ±6.52	1399.50, p=.847	96.19±4.72	90.44±9.49	<b>638.50, p=.001</b>
FEV <sub>1</sub> /FVC %pred	114.45±5.43	114.93 ±7.88	1076.50, p=.280	114.34±5.83	109.53±11.72	836.00, p=.093
<b>Flexibility and range of motion</b>	<b>% (n)</b>			<b>% (n)</b>		
AT 1_R	99% (64)	98% (43)	1419.50, p=.780	94% (58)	97% (33)	1017.00, p=.461
AT 1_R pain	3% (2)	5% (2)	1409.00, p=.780	5% (3)	9% (3)	1010.00, p=.443
AT 1_L	100% (65)	93% (41)	<b>1332.50, p=.034</b>	94% (58)	94% (32)	1048.00, p=.913
AT 1_L pain	2% (1)	5% (2)	1387.00, p=.349	2% (1)	6% (2)	109.00, p=.253
AT 2_R	85% (55)	71% (31)	1227.50, p=.077	77% (48)	77% (26)	1044.00, p=.916
AT 2_R pain	12% (8)	16% (7)	1378.50, p=.594	18% (11)	24% (8)	993.00, p=.448
AT 2_L	92% (60)	91% (40)	1410.00, p=.796	90% (56)	85% (29)	1001.00, p=.462
AT 2_L pain	5% (3)	9% (4)	1366.00, p=.352	5% (3)	9% (3)	1012.00, p=.443
	<b>M ± SD</b>			<b>M ± SD</b>		
Beighton	1.75±1.98	0.86±1.17	<b>1093.00, p=.028</b>	2.71±1.81	2.44±1.86	947.00, p=.404
R stretch	3.55±1.04	3.48±1.23	1419.50, p=.925	3.66±.67	3.59±1.02	1001.00, p=.591
L stretch	2.94±1.53	2.88±1.56	1418.50, p=.935	3.00±1.21	2.88±1.34	1012.50, p=.733
Sit and reach	29.38±10.09	21.59±11.53	<b>862.00, p&lt;.001</b>	29.45±10.79	26.67±11.13	917.50, p=.295

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Measure	Undergraduate			Postgraduate		
	Women	Men	U, p	Women	Men	U, p
<b>Strength and endurance</b>	<b>M ± SD</b>			<b>M ± SD</b>		
HG-R	26.53±4.91	38.85±6.91	1723.00, p=.935	26.95±4.68	40.91±8.76	<b>474.50, p&lt;.001</b>
HG-L	25.28±4.64	37.08±6.32	<b>1723.00, p&lt;.001</b>	25.79±4.39	38.83±7.18	<b>371.00, p&lt;.001</b>
Plank	51.29±12.05	51.66±16.70	1252.00, p=.218	52.24±15.37	59.82±1.03	995.00, p=.646
Press-up	10.89±8.94	18.32±12.19	<b>853.00, p&lt;.001</b>	10.85±8.02	23.32±14.47	<b>472.00, p&lt;.001</b>
<b>Cardiovascular fitness</b>	<b>M ± SD</b>			<b>M ± SD</b>		
RecHR	104.55±17.04	98.14±17.45	<b>10149.50, p=.001</b>	107.17±16.69	102.42±18.01	2310.50, p=.090
<b>Physical activity</b>	<b>M ± SD</b>			<b>M ± SD</b>		
Walking	1338.53±1067.80	1135.13±883.98	1292.00, p=.392	1427.78±1274.41	828.40±726.53	<b>797.50, p=.049</b>
Moderate	379.38±515.78	563.18±730.87	1243.00, p=.233	634.52±1029.72	427.06±692.94	929.50, p=.328
Vigorous	665.23±1173.66	1185.45±1701.98	<b>110.50, p=.039</b>	541.29±910.52	1058.82±1867.99	847.50, p=.097
Total PA	2383.15±1597.74	2883.76±2264.87	1215.00, p=.478	2603.59±2362.04	2314.28±2379.27	986.00, p=.602

Note. M=mean; SD=standard deviation. Measures, abbreviations, and units for each measure are provided in Table 2.