```
REGRESSION
  /DESCRIPTIVES MEAN STDDEV CORR SIG N
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT @4RvBMC.tb
  /METHOD=ENTER Gender_A
  /METHOD=ENTER RelativeGripStrengthNkg
  /METHOD=ENTER PeakPowerW
  /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		**01-MAY-2019 07:17:...**
Comments		
Input	**Data**	**/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav**
	Active Dataset	**DataSet1**
	Filter	**<none>**
	Weight	**<none>**
	Split File	**<none>**
	N of Rows in Working Data File	**147**
Missing Value Handling	**Definition of Missing**	**User-defined missing values are treated as missing.**
	Cases Used	**Statistics are based on cases with no missing values for any variable used.**

Notes

Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @4RvBMC.tb /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
4R-vBMC.tb	57.3206618	19.0650846	136
Gender	1.45	.499	136
Relative Grip Strength (N/kg)	6.48653885	1.76444761	136
Peak Power (W)	3840.50449	1090.46524	136

Correlations

		4R-vBMC.tb	Gender	Relative Grip Strength (N/kg)
Pearson Correlation	4R-vBMC.tb	1.000	.637	.397
	Gender	.637	1.000	.605
	Relative Grip Strength (N/kg)	.397	.605	1.000
	Peak Power (W)	.697	.611	.347
Sig. (1-tailed)	4R-vBMC.tb	.	.000	.000
	Gender	.000	.	.000
	Relative Grip Strength (N/kg)	.000	.000	.
	Peak Power (W)	.000	.000	.000
N	4R-vBMC.tb	136	136	136
	Gender	136	136	136
	Relative Grip Strength (N/kg)	136	136	136
	Peak Power (W)	136	136	136

Correlations

		Peak Power (W)
Pearson Correlation	4R-vBMC.tb	.697
	Gender	.611
	Relative Grip Strength (N/kg)	.347
	Peak Power (W)	1.000
Sig. (1-tailed)	4R-vBMC.tb	.000
	Gender	.000
	Relative Grip Strength (N/kg)	.000
	Peak Power (W)	.
N	4R-vBMC.tb	136
	Gender	136
	Relative Grip Strength (N/kg)	136
	Peak Power (W)	136

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 4R-vBMC.tb

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.637[a]	.406	.402	14.7465273	.406	91.648	1
2	.637[b]	.406	.397	14.7992486	.000	.047	1
3	.747[c]	.558	.548	12.8152559	.152	45.368	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	134	.000	
2	133	.829	
3	132	.000	1.854

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 4R-vBMC.tb

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	19929.807	1	19929.807	91.648	.000[b]
	Residual	29139.649	134	217.460		
	Total	49069.456	135			
2	Regression	19940.094	2	9970.047	45.522	.000[c]
	Residual	29129.362	133	219.018		
	Total	49069.456	135			
3	Regression	27390.992	3	9130.331	55.595	.000[d]
	Residual	21678.463	132	164.231		
	Total	49069.456	135			

a. Dependent Variable: 4R-vBMC.tb

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t
		B	Std. Error	Beta	
1	(Constant)	22.063	3.894		5.666
	Gender	24.340	2.543	.637	9.573
2	(Constant)	21.397	4.971		4.305
	Gender	23.920	3.206	.626	7.461
	Relative Grip Strength (N/kg)	.197	.907	.018	.217
3	(Constant)	4.329	4.995		.867
	Gender	12.027	3.290	.315	3.656
	Relative Grip Strength (N/kg)	.386	.786	.036	.491
	Peak Power (W)	.009	.001	.492	6.736

Coefficients[a]

Model		Sig.	Correlations			Collinearity Statistics
			Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	.637	.637	.637	1.000
2	(Constant)	.000				
	Gender	.000	.637	.543	.498	.634
	Relative Grip Strength (N/kg)	.829	.397	.019	.014	.634
3	(Constant)	.388				
	Gender	.000	.637	.303	.211	.451
	Relative Grip Strength (N/kg)	.624	.397	.043	.028	.633
	Peak Power (W)	.000	.697	.506	.390	.626

Coefficients[a]

Model		Collinearity Statistics
		VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.578
	Relative Grip Strength (N/kg)	1.578
3	(Constant)	
	Gender	2.217
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.597

a. Dependent Variable: 4R-vBMC.tb

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	.018[b]	.217	.829	.019	.634
	Peak Power (W)	.491[b]	6.742	.000	.505	.627
2	Peak Power (W)	.492[c]	6.736	.000	.506	.626

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.578	.634
	Peak Power (W)	1.595	.627
2	Peak Power (W)	1.597	.451

a. Dependent Variable: 4R-vBMC.tb

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions (Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.946	1.000	.03	.03	
	2	.054	5.992	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.054	7.336	.59	.63	.00
	3	.029	10.044	.41	.36	.99
3	1	3.878	1.000	.00	.00	.00
	2	.054	8.440	.44	.41	.01
	3	.046	9.146	.01	.02	.42
	4	.022	13.375	.54	.56	.56

Collinearity Diagnostics[a]

Model	Dimension	Variance … Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.01
	3	.51
	4	.47

a. Dependent Variable: 4R-vBMC.tb

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	32.3638573	88.9626465	57.3206618	14.2441651	136
Residual	-32.543377	38.7845192	.000000000	12.6720642	136
Std. Predicted Value	-1.752	2.221	.000	1.000	136
Std. Residual	-2.539	3.026	.000	.989	136

a. Dependent Variable: 4R-vBMC.tb

```
REGRESSION
 /DESCRIPTIVES MEAN STDDEV CORR SIG N
 /MISSING LISTWISE
 /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
 /CRITERIA=PIN(.05) POUT(.10)
 /NOORIGIN
 /DEPENDENT @4RvBMD.tb
 /METHOD=ENTER Gender_A
 /METHOD=ENTER RelativeGripStrengthNkg
 /METHOD=ENTER PeakPowerW
 /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		01-MAY-2019 07:19:...
Comments		
Input	Data	/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	147
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on cases with no missing values for any variable used.
Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @4RvBMD.tb /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
4R-vBMD.tb	245.172	47.3310	136
Gender	1.45	.499	136
Relative Grip Strength (N/kg)	6.48653885	1.76444761	136
Peak Power (W)	3840.50449	1090.46524	136

Correlations

		4R-vBMD.tb	Gender	Relative Grip Strength (N/kg)
Pearson Correlation	4R-vBMD.tb	1.000	.365	.192
	Gender	.365	1.000	.605
	Relative Grip Strength (N/kg)	.192	.605	1.000
	Peak Power (W)	.529	.611	.347
Sig. (1-tailed)	4R-vBMD.tb	.	.000	.012
	Gender	.000	.	.000
	Relative Grip Strength (N/kg)	.012	.000	.
	Peak Power (W)	.000	.000	.000
N	4R-vBMD.tb	136	136	136
	Gender	136	136	136
	Relative Grip Strength (N/kg)	136	136	136
	Peak Power (W)	136	136	136

Correlations

		Peak Power (W)
Pearson Correlation	4R-vBMD.tb	.529
	Gender	.611
	Relative Grip Strength (N/kg)	.347
	Peak Power (W)	1.000
Sig. (1-tailed)	4R-vBMD.tb	.000
	Gender	.000
	Relative Grip Strength (N/kg)	.000
	Peak Power (W)	.
N	4R-vBMD.tb	136
	Gender	136
	Relative Grip Strength (N/kg)	136
	Peak Power (W)	136

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 4R-vBMD.tb

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.365[a]	.133	.127	44.2361	.133	20.551	1
2	.366[b]	.134	.121	44.3695	.001	.196	1
3	.532[c]	.283	.267	40.5226	.149	27.450	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	134	.000	
2	133	.659	
3	132	.000	1.689

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 4R-vBMD.tb

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	40214.735	1	40214.735	20.551	.000[b]
	Residual	262215.778	134	1956.834		
	Total	302430.514	135			
2	Regression	40600.316	2	20300.158	10.312	.000[c]
	Residual	261830.197	133	1968.648		
	Total	302430.514	135			
3	Regression	85676.171	3	28558.724	17.392	.000[d]
	Residual	216754.343	132	1642.078		
	Total	302430.514	135			

a. Dependent Variable: 4R-vBMD.tb

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	195.089	11.681		16.701
	Gender	34.575	7.627	.365	4.533
2	(Constant)	199.164	14.902		13.365
	Gender	37.150	9.611	.392	3.865
	Relative Grip Strength (N/kg)	-1.203	2.719	-.045	-.443
3	(Constant)	157.183	15.794		9.952
	Gender	7.899	10.403	.083	.759
	Relative Grip Strength (N/kg)	-.737	2.485	-.027	-.297
	Peak Power (W)	.021	.004	.488	5.239

Coefficients[a]

Model			Correlations			Collinearity Statistics
		Sig.	Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	.365	.365	.365	1.000
2	(Constant)	.000				
	Gender	.000	.365	.318	.312	.634
	Relative Grip Strength (N/kg)	.659	.192	-.038	-.036	.634
3	(Constant)	.000				
	Gender	.449	.365	.066	.056	.451
	Relative Grip Strength (N/kg)	.767	.192	-.026	-.022	.633
	Peak Power (W)	.000	.529	.415	.386	.626

Coefficients[a]

Model		Collinearity Statistics VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.578
	Relative Grip Strength (N/kg)	1.578
3	(Constant)	
	Gender	2.217
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.597

a. Dependent Variable: 4R-vBMD.tb

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	-.045[b]	-.443	.659	-.038	.634
	Peak Power (W)	.489[b]	5.271	.000	.416	.627
2	Peak Power (W)	.488[c]	5.239	.000	.415	.626

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.578	.634
	Peak Power (W)	1.595	.627
2	Peak Power (W)	1.597	.451

a. Dependent Variable: 4R-vBMD.tb

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions (Constant)	Variance Proportions Gender	Variance Proportions Relative Grip Strength (N/kg)
1	1	1.946	1.000	.03	.03	
	2	.054	5.992	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.054	7.336	.59	.63	.00
	3	.029	10.044	.41	.36	.99
3	1	3.878	1.000	.00	.00	.00
	2	.054	8.440	.44	.41	.01
	3	.046	9.146	.01	.02	.42
	4	.022	13.375	.54	.56	.56

Collinearity Diagnostics[a]

Model	Dimension	Variance … Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.01
	3	.51
	4	.47

a. Dependent Variable: 4R-vBMD.tb

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	196.343	308.587	245.172	25.1920	136
Residual	-90.1870	159.0029	.0000	40.0698	136
Std. Predicted Value	-1.938	2.517	.000	1.000	136
Std. Residual	-2.226	3.924	.000	.989	136

a. Dependent Variable: 4R-vBMD.tb

```
REGRESSION
  /DESCRIPTIVES MEAN STDDEV CORR SIG N
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT @4RT.Ar.tb
  /METHOD=ENTER Gender_A
  /METHOD=ENTER RelativeGripStrengthNkg
  /METHOD=ENTER PeakPowerW
  /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		**01-MAY-2019 07:20:...**
Comments		
Input	**Data**	**/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav**
	Active Dataset	**DataSet1**
	Filter	**<none>**
	Weight	**<none>**
	Split File	**<none>**
	N of Rows in Working Data File	**147**
Missing Value Handling	**Definition of Missing**	**User-defined missing values are treated as missing.**
	Cases Used	**Statistics are based on cases with no missing values for any variable used.**

Notes

Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @4RT. Ar.tb /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
4R-T.Ar.tb	327.8382	73.18488	136
Gender	1.45	.499	136
Relative Grip Strength (N/kg)	6.48653885	1.76444761	136
Peak Power (W)	3840.50449	1090.46524	136

Correlations

		4R-T.Ar.tb	Gender	Relative Grip Strength (N/kg)
Pearson Correlation	4R-T.Ar.tb	1.000	.605	.408
	Gender	.605	1.000	.605
	Relative Grip Strength (N/kg)	.408	.605	1.000
	Peak Power (W)	.567	.611	.347
Sig. (1-tailed)	4R-T.Ar.tb	.	.000	.000
	Gender	.000	.	.000
	Relative Grip Strength (N/kg)	.000	.000	.
	Peak Power (W)	.000	.000	.000
N	4R-T.Ar.tb	136	136	136
	Gender	136	136	136
	Relative Grip Strength (N/kg)	136	136	136
	Peak Power (W)	136	136	136

Correlations

		Peak Power (W)
Pearson Correlation	4R-T.Ar.tb	.567
	Gender	.611
	Relative Grip Strength (N/kg)	.347
	Peak Power (W)	1.000
Sig. (1-tailed)	4R-T.Ar.tb	.000
	Gender	.000
	Relative Grip Strength (N/kg)	.000
	Peak Power (W)	.
N	4R-T.Ar.tb	136
	Gender	136
	Relative Grip Strength (N/kg)	136
	Peak Power (W)	136

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 4R-T.Ar.tb

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.605[a]	.366	.362	58.46811	.366	77.514	1
2	.608[b]	.369	.360	58.56292	.003	.566	1
3	.657[c]	.432	.419	55.76876	.063	14.661	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	134	.000	
2	133	.453	
3	132	.000	1.780

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 4R-T.Ar.tb

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	264981.887	1	264981.887	77.514	.000[b]
	Residual	458081.679	134	3418.520		
	Total	723063.566	135			
2	Regression	266924.737	2	133462.369	38.915	.000[c]
	Residual	456138.829	133	3429.615		
	Total	723063.566	135			
3	Regression	312523.167	3	104174.389	33.495	.000[d]
	Residual	410540.399	132	3110.155		
	Total	723063.566	135			

a. Dependent Variable: 4R-T.Ar.tb

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t
		B	Std. Error	Beta	
1	(Constant)	199.277	15.439		12.907
	Gender	88.753	10.081	.605	8.804
2	(Constant)	190.128	19.670		9.666
	Gender	82.973	12.686	.566	6.541
	Relative Grip Strength (N/kg)	2.701	3.589	.065	.753
3	(Constant)	147.904	21.736		6.804
	Gender	53.552	14.317	.365	3.740
	Relative Grip Strength (N/kg)	3.170	3.420	.076	.927
	Peak Power (W)	.021	.006	.317	3.829

Coefficients[a]

Model		Sig.	Correlations			Collinearity Statistics
			Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	.605	.605	.605	1.000
2	(Constant)	.000				
	Gender	.000	.605	.493	.450	.634
	Relative Grip Strength (N/kg)	.453	.408	.065	.052	.634
3	(Constant)	.000				
	Gender	.000	.605	.310	.245	.451
	Relative Grip Strength (N/kg)	.356	.408	.080	.061	.633
	Peak Power (W)	.000	.567	.316	.251	.626

Coefficients[a]

Model		Collinearity Statistics
		VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.578
	Relative Grip Strength (N/kg)	1.578
3	(Constant)	
	Gender	2.217
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.597

a. Dependent Variable: 4R-T.Ar.tb

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	.065[b]	.753	.453	.065	.634
	Peak Power (W)	.315[b]	3.800	.000	.313	.627
2	Peak Power (W)	.317[c]	3.829	.000	.316	.626

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.578	.634
	Peak Power (W)	1.595	.627
2	Peak Power (W)	1.597	.451

a. Dependent Variable: 4R-T.Ar.tb

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions (Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.946	1.000	.03	.03	
	2	.054	5.992	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.054	7.336	.59	.63	.00
	3	.029	10.044	.41	.36	.99
3	1	3.878	1.000	.00	.00	.00
	2	.054	8.440	.44	.41	.01
	3	.046	9.146	.01	.02	.42
	4	.022	13.375	.54	.56	.56

Collinearity Diagnostics[a]

Model	Dimension	Variance … Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.01
	3	.51
	4	.47

a. Dependent Variable: 4R-T.Ar.tb

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	250.6862	427.8705	327.8382	48.11431	136
Residual	-192.25522	133.20380	.00000	55.14563	136
Std. Predicted Value	-1.604	2.079	.000	1.000	136
Std. Residual	-3.447	2.389	.000	.989	136

a. Dependent Variable: 4R-T.Ar.tb

```
REGRESSION
 /DESCRIPTIVES MEAN STDDEV CORR SIG N
 /MISSING LISTWISE
 /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
 /CRITERIA=PIN(.05) POUT(.10)
 /NOORIGIN
 /DEPENDENT @4RBSIc
 /METHOD=ENTER Gender_A
 /METHOD=ENTER RelativeGripStrengthNkg
 /METHOD=ENTER PeakPowerW
 /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		01-MAY-2019 07:21:...
Comments		
Input	Data	/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	147
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on cases with no missing values for any variable used.
Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @4RBSIc /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.03
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
4R-BSIc	40.9016814	16.8589070	136
Gender	1.45	.499	136
Relative Grip Strength (N/kg)	6.48653885	1.76444761	136
Peak Power (W)	3840.50449	1090.46524	136

Correlations

		4R-BSIc	Gender	Relative Grip Strength (N/kg)	Peak Power (W)
Pearson Correlation	4R-BSIc	1.000	.639	.460	.617
	Gender	.639	1.000	.605	.611
	Relative Grip Strength (N/kg)	.460	.605	1.000	.347
	Peak Power (W)	.617	.611	.347	1.000
Sig. (1-tailed)	4R-BSIc	.	.000	.000	.000
	Gender	.000	.	.000	.000
	Relative Grip Strength (N/kg)	.000	.000	.	.000
	Peak Power (W)	.000	.000	.000	.
N	4R-BSIc	136	136	136	136
	Gender	136	136	136	136
	Relative Grip Strength (N/kg)	136	136	136	136
	Peak Power (W)	136	136	136	136

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 4R-BSIc

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.639[a]	.408	.403	13.0217793	.408	92.283	1
2	.645[b]	.416	.407	12.9769792	.008	1.927	1
3	.707[c]	.500	.489	12.0547422	.084	22.129	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	134	.000	
2	133	.167	
3	132	.000	1.976

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 4R-BSIc

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	15648.128	1	15648.128	92.283	.000[b]
	Residual	22721.943	134	169.567		
	Total	38370.071	135			
2	Regression	15972.606	2	7986.303	47.424	.000[c]
	Residual	22397.465	133	168.402		
	Total	38370.071	135			
3	Regression	19188.252	3	6396.084	44.015	.000[d]
	Residual	19181.819	132	145.317		
	Total	38370.071	135			

a. Dependent Variable: 4R-BSIc

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	9.660	3.439		2.809
	Gender	21.568	2.245	.639	9.606
2	(Constant)	5.921	4.359		1.359
	Gender	19.206	2.811	.569	6.832
	Relative Grip Strength (N/kg)	1.104	.795	.116	1.388
3	(Constant)	-5.292	4.698		-1.126
	Gender	11.393	3.095	.337	3.681
	Relative Grip Strength (N/kg)	1.229	.739	.129	1.662
	Peak Power (W)	.006	.001	.366	4.704

Coefficients[a]

Model			Correlations			Collinearity Statistics
		Sig.	Zero-order	Partial	Part	Tolerance
1	(Constant)	.006				
	Gender	.000	.639	.639	.639	1.000
2	(Constant)	.177				
	Gender	.000	.639	.510	.453	.634
	Relative Grip Strength (N/kg)	.167	.460	.120	.092	.634
3	(Constant)	.262				
	Gender	.000	.639	.305	.227	.451
	Relative Grip Strength (N/kg)	.099	.460	.143	.102	.633
	Peak Power (W)	.000	.617	.379	.289	.626

Coefficients[a]

Model		Collinearity Statistics VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.578
	Relative Grip Strength (N/kg)	1.578
3	(Constant)	
	Gender	2.217
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.597

a. Dependent Variable: 4R-BSIc

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	.116[b]	1.388	.167	.120	.634
	Peak Power (W)	.361[b]	4.617	.000	.372	.627
2	Peak Power (W)	.366[c]	4.704	.000	.379	.626

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.578	.634
	Peak Power (W)	1.595	.627
2	Peak Power (W)	1.597	.451

a. Dependent Variable: 4R-BSIc

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions		
				(Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.946	1.000	.03	.03	
	2	.054	5.992	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.054	7.336	.59	.63	.00
	3	.029	10.044	.41	.36	.99
3	1	3.878	1.000	.00	.00	.00
	2	.054	8.440	.44	.41	.01
	3	.046	9.146	.01	.02	.42
	4	.022	13.375	.54	.56	.56

Collinearity Diagnostics[a]

Model	Dimension	Variance …
		Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.01
	3	.51
	4	.47

a. Dependent Variable: 4R-BSIc

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	20.3616695	67.4124985	40.9016814	11.9220467	136
Residual	-24.858850	45.8418427	.000000000	11.9200482	136
Std. Predicted Value	-1.723	2.224	.000	1.000	136
Std. Residual	-2.062	3.803	.000	.989	136

a. Dependent Variable: 4R-BSIc

```
REGRESSION
  /DESCRIPTIVES MEAN STDDEV CORR SIG N
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT @66RvBMC.ct
  /METHOD=ENTER Gender_A
  /METHOD=ENTER RelativeGripStrengthNkg
  /METHOD=ENTER PeakPowerW
  /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		**01-MAY-2019 07:23:...**
Comments		
Input	**Data**	**/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav**
	Active Dataset	**DataSet1**
	Filter	**<none>**
	Weight	**<none>**
	Split File	**<none>**
	N of Rows in Working Data File	**147**
Missing Value Handling	**Definition of Missing**	**User-defined missing values are treated as missing.**
	Cases Used	**Statistics are based on cases with no missing values for any variable used.**

Notes

Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @66RvBMC.ct /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
66R-vBMC.ct	101.752662	18.9053658	139
Gender	1.44	.498	139
Relative Grip Strength (N/kg)	6.47206900	1.75083250	139
Peak Power (W)	3813.64354	1102.93796	139

Correlations

		66R-vBMC.ct	Gender	Relative Grip Strength (N/kg)
Pearson Correlation	66R-vBMC.ct	1.000	.539	.475
	Gender	.539	1.000	.606
	Relative Grip Strength (N/kg)	.475	.606	1.000
	Peak Power (W)	.706	.614	.352
Sig. (1-tailed)	66R-vBMC.ct	.	.000	.000
	Gender	.000	.	.000
	Relative Grip Strength (N/kg)	.000	.000	.
	Peak Power (W)	.000	.000	.000
N	66R-vBMC.ct	139	139	139
	Gender	139	139	139
	Relative Grip Strength (N/kg)	139	139	139
	Peak Power (W)	139	139	139

Correlations

		Peak Power (W)
Pearson Correlation	66R-vBMC.ct	.706
	Gender	.614
	Relative Grip Strength (N/kg)	.352
	Peak Power (W)	1.000
Sig. (1-tailed)	66R-vBMC.ct	.000
	Gender	.000
	Relative Grip Strength (N/kg)	.000
	Peak Power (W)	.
N	66R-vBMC.ct	139
	Gender	139
	Relative Grip Strength (N/kg)	139
	Peak Power (W)	139

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 66R-vBMC.ct

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.539[a]	.291	.286	15.9766622	.291	56.231	1
2	.571[b]	.326	.316	15.6372414	.035	7.012	1
3	.746[c]	.557	.547	12.7282992	.231	70.267	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	137	.000	
2	136	.009	
3	135	.000	2.025

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 66R-vBMC.ct

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	14353.212	1	14353.212	56.231	.000[b]
	Residual	34969.762	137	255.254		
	Total	49322.974	138			
2	Regression	16067.803	2	8033.901	32.855	.000[c]
	Residual	33255.171	136	244.523		
	Total	49322.974	138			
3	Regression	27451.678	3	9150.559	56.482	.000[d]
	Residual	21871.296	135	162.010		
	Total	49322.974	138			

a. Dependent Variable: 66R-vBMC.ct

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t
		B	Std. Error	Beta	
1	(Constant)	72.289	4.156		17.393
	Gender	20.477	2.731	.539	7.499
2	(Constant)	63.665	5.211		12.217
	Gender	15.092	3.358	.398	4.494
	Relative Grip Strength (N/kg)	2.530	.955	.234	2.648
3	(Constant)	43.569	4.872		8.942
	Gender	.470	3.243	.012	.145
	Relative Grip Strength (N/kg)	2.737	.778	.253	3.517
	Peak Power (W)	.010	.001	.609	8.383

Coefficients[a]

Model		Sig.	Correlations			Collinearity Statistics
			Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	.539	.539	.539	1.000
2	(Constant)	.000				
	Gender	.000	.539	.360	.316	.633
	Relative Grip Strength (N/kg)	.009	.475	.221	.186	.633
3	(Constant)	.000				
	Gender	.885	.539	.012	.008	.450
	Relative Grip Strength (N/kg)	.001	.475	.290	.202	.633
	Peak Power (W)	.000	.706	.585	.480	.623

Coefficients[a]

Model		Collinearity Statistics
		VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.579
	Relative Grip Strength (N/kg)	1.579
3	(Constant)	
	Gender	2.222
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.606

a. Dependent Variable: 66R-vBMC.ct

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	.234[b]	2.648	.009	.221	.633
	Peak Power (W)	.601[b]	7.949	.000	.563	.623
2	Peak Power (W)	.609[c]	8.383	.000	.585	.623

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.579	.633
	Peak Power (W)	1.604	.623
2	Peak Power (W)	1.606	.450

a. Dependent Variable: 66R-vBMC.ct

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions (Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.945	1.000	.03	.03	
	2	.055	5.967	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.055	7.304	.57	.64	.00
	3	.029	10.099	.42	.35	.99
3	1	3.876	1.000	.00	.00	.00
	2	.055	8.378	.43	.39	.02
	3	.046	9.138	.02	.05	.39
	4	.022	13.301	.54	.56	.59

Collinearity Diagnostics[a]

Model	Dimension	Variance … Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.03
	3	.53
	4	.44

a. Dependent Variable: 66R-vBMC.ct

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	71.7931290	141.487762	101.752662	14.1040845	139
Residual	-29.906359	32.3345375	.000000000	12.5891880	139
Std. Predicted Value	-2.124	2.817	.000	1.000	139
Std. Residual	-2.350	2.540	.000	.989	139

a. Dependent Variable: 66R-vBMC.ct

```
REGRESSION
 /DESCRIPTIVES MEAN STDDEV CORR SIG N
 /MISSING LISTWISE
 /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
 /CRITERIA=PIN(.05) POUT(.10)
 /NOORIGIN
 /DEPENDENT @66RBMD
 /METHOD=ENTER Gender_A
 /METHOD=ENTER RelativeGripStrengthNkg
 /METHOD=ENTER PeakPowerW
 /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		01-MAY-2019 07:24:...
Comments		
Input	Data	/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	147
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on cases with no missing values for any variable used.
Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @66RBMD /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
66R-BMD	1160.654	27.9858	139
Gender	1.44	.498	139
Relative Grip Strength (N/kg)	6.47206900	1.75083250	139
Peak Power (W)	3813.64354	1102.93796	139

Correlations

		66R-BMD	Gender	Relative Grip Strength (N/kg)
Pearson Correlation	66R-BMD	1.000	-.294	-.210
	Gender	-.294	1.000	.606
	Relative Grip Strength (N/kg)	-.210	.606	1.000
	Peak Power (W)	-.205	.614	.352
Sig. (1-tailed)	66R-BMD	.	.000	.007
	Gender	.000	.	.000
	Relative Grip Strength (N/kg)	.007	.000	.
	Peak Power (W)	.008	.000	.000
N	66R-BMD	139	139	139
	Gender	139	139	139
	Relative Grip Strength (N/kg)	139	139	139
	Peak Power (W)	139	139	139

Correlations

		Peak Power (W)
Pearson Correlation	66R-BMD	-.205
	Gender	.614
	Relative Grip Strength (N/kg)	.352
	Peak Power (W)	1.000
Sig. (1-tailed)	66R-BMD	.008
	Gender	.000
	Relative Grip Strength (N/kg)	.000
	Peak Power (W)	.
N	66R-BMD	139
	Gender	139
	Relative Grip Strength (N/kg)	139
	Peak Power (W)	139

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 66R-BMD

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.294[a]	.086	.080	26.8496	.086	12.927	1
2	.296[b]	.088	.074	26.9242	.002	.242	1
3	.298[c]	.089	.069	27.0074	.001	.163	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	137	.000	
2	136	.624	
3	135	.687	1.927

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 66R-BMD

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	9318.939	1	9318.939	12.927	.000[b]
	Residual	98763.506	137	720.902		
	Total	108082.445	138			
2	Regression	9494.035	2	4747.018	6.548	.002[c]
	Residual	98588.410	136	724.915		
	Total	108082.445	138			
3	Regression	9613.282	3	3204.427	4.393	.006[d]
	Residual	98469.163	135	729.401		
	Total	108082.445	138			

a. Dependent Variable: 66R-BMD

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	1184.395	6.985		169.568
	Gender	-16.500	4.589	-.294	-3.595
2	(Constant)	1187.151	8.973		132.309
	Gender	-14.779	5.783	-.263	-2.556
	Relative Grip Strength (N/kg)	-.808	1.645	-.051	-.491
3	(Constant)	1189.207	10.338		115.030
	Gender	-13.282	6.881	-.236	-1.930
	Relative Grip Strength (N/kg)	-.830	1.651	-.052	-.503
	Peak Power (W)	-.001	.003	-.042	-.404

Coefficients[a]

Model			Correlations			Collinearity Statistics
		Sig.	Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	-.294	-.294	-.294	1.000
2	(Constant)	.000				
	Gender	.012	-.294	-.214	-.209	.633
	Relative Grip Strength (N/kg)	.624	-.210	-.042	-.040	.633
3	(Constant)	.000				
	Gender	.056	-.294	-.164	-.159	.450
	Relative Grip Strength (N/kg)	.616	-.210	-.043	-.041	.633
	Peak Power (W)	.687	-.205	-.035	-.033	.623

Coefficients[a]

Model		Collinearity Statistics VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.579
	Relative Grip Strength (N/kg)	1.579
3	(Constant)	
	Gender	2.222
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.606

a. Dependent Variable: 66R-BMD

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	-.051[b]	-.491	.624	-.042	.633
	Peak Power (W)	-.040[b]	-.390	.697	-.033	.623
2	Peak Power (W)	-.042[c]	-.404	.687	-.035	.623

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.579	.633
	Peak Power (W)	1.604	.623
2	Peak Power (W)	1.606	.450

a. Dependent Variable: 66R-BMD

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions		
				(Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.945	1.000	.03	.03	
	2	.055	5.967	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.055	7.304	.57	.64	.00
	3	.029	10.099	.42	.35	.99
3	1	3.876	1.000	.00	.00	.00
	2	.055	8.378	.43	.39	.02
	3	.046	9.138	.02	.05	.39
	4	.022	13.301	.54	.56	.59

Collinearity Diagnostics[a]

Model	Dimension	Variance …
		Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.03
	3	.53
	4	.44

a. Dependent Variable: 66R-BMD

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1147.012	1171.397	1160.654	8.3463	139
Residual	-79.2888	63.3106	.0000	26.7123	139
Std. Predicted Value	-1.635	1.287	.000	1.000	139
Std. Residual	-2.936	2.344	.000	.989	139

a. Dependent Variable: 66R-BMD

```
REGRESSION
  /DESCRIPTIVES MEAN STDDEV CORR SIG N
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT @66RCorticalArea
  /METHOD=ENTER Gender_A
  /METHOD=ENTER RelativeGripStrengthNkg
  /METHOD=ENTER PeakPowerW
  /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		**01-MAY-2019 07:24:...**
Comments		
Input	**Data**	**/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav**
	Active Dataset	**DataSet1**
	Filter	**<none>**
	Weight	**<none>**
	Split File	**<none>**
	N of Rows in Working Data File	**147**
Missing Value Handling	**Definition of Missing**	**User-defined missing values are treated as missing.**
	Cases Used	**Statistics are based on cases with no missing values for any variable used.**

Notes

Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @66RCorticalArea /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.01
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
66R-Cortical Area	87.6924	16.35892	139
Gender	1.44	.498	139
Relative Grip Strength (N/kg)	6.47206900	1.75083250	139
Peak Power (W)	3813.64354	1102.93796	139

Correlations

		66R-Cortical Area	Gender	Relative Grip Strength (N/kg)
Pearson Correlation	66R-Cortical Area	1.000	.579	.505
	Gender	.579	1.000	.606
	Relative Grip Strength (N/kg)	.505	.606	1.000
	Peak Power (W)	.731	.614	.352
Sig. (1-tailed)	66R-Cortical Area	.	.000	.000
	Gender	.000	.	.000
	Relative Grip Strength (N/kg)	.000	.000	.
	Peak Power (W)	.000	.000	.000
N	66R-Cortical Area	139	139	139
	Gender	139	139	139
	Relative Grip Strength (N/kg)	139	139	139
	Peak Power (W)	139	139	139

Correlations

		Peak Power (W)
Pearson Correlation	66R-Cortical Area	.731
	Gender	.614
	Relative Grip Strength (N/kg)	.352
	Peak Power (W)	1.000
Sig. (1-tailed)	66R-Cortical Area	.000
	Gender	.000
	Relative Grip Strength (N/kg)	.000
	Peak Power (W)	.
N	66R-Cortical Area	139
	Gender	139
	Relative Grip Strength (N/kg)	139
	Peak Power (W)	139

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 66R-Cortical Area

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.579[a]	.335	.330	13.39149	.335	68.935	1
2	.610[b]	.372	.363	13.05600	.038	8.131	1
3	.778[c]	.605	.597	10.38902	.233	79.788	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	137	.000	
2	136	.005	
3	135	.000	2.013

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 66R-Cortical Area

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	12362.303	1	12362.303	68.935	.000[b]
	Residual	24568.487	137	179.332		
	Total	36930.790	138			
2	Regression	13748.358	2	6874.179	40.327	.000[c]
	Residual	23182.432	136	170.459		
	Total	36930.790	138			
3	Regression	22360.010	3	7453.337	69.056	.000[d]
	Residual	14570.779	135	107.932		
	Total	36930.790	138			

a. Dependent Variable: 66R-Cortical Area

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	60.349	3.484		17.323
	Gender	19.004	2.289	.579	8.303
2	(Constant)	52.594	4.351		12.088
	Gender	14.162	2.804	.431	5.051
	Relative Grip Strength (N/kg)	2.274	.798	.243	2.852
3	(Constant)	35.116	3.977		8.830
	Gender	1.445	2.647	.044	.546
	Relative Grip Strength (N/kg)	2.454	.635	.263	3.865
	Peak Power (W)	.009	.001	.612	8.932

Coefficients[a]

Model		Sig.	Correlations			Collinearity Statistics
			Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	.579	.579	.579	1.000
2	(Constant)	.000				
	Gender	.000	.579	.397	.343	.633
	Relative Grip Strength (N/kg)	.005	.505	.238	.194	.633
3	(Constant)	.000				
	Gender	.586	.579	.047	.030	.450
	Relative Grip Strength (N/kg)	.000	.505	.316	.209	.633
	Peak Power (W)	.000	.731	.609	.483	.623

Coefficients[a]

Model		Collinearity Statistics
		VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.579
	Relative Grip Strength (N/kg)	1.579
3	(Constant)	
	Gender	2.222
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.606

a. Dependent Variable: 66R-Cortical Area

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	.243[b]	2.852	.005	.238	.633
	Peak Power (W)	.604[b]	8.395	.000	.584	.623
2	Peak Power (W)	.612[c]	8.932	.000	.609	.623

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.579	.633
	Peak Power (W)	1.604	.623
2	Peak Power (W)	1.606	.450

a. Dependent Variable: 66R-Cortical Area

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions (Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.945	1.000	.03	.03	
	2	.055	5.967	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.055	7.304	.57	.64	.00
	3	.029	10.099	.42	.35	.99
3	1	3.876	1.000	.00	.00	.00
	2	.055	8.378	.43	.39	.02
	3	.046	9.138	.02	.05	.39
	4	.022	13.301	.54	.56	.59

Collinearity Diagnostics[a]

Model	Dimension	Variance … Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.03
	3	.53
	4	.44

a. Dependent Variable: 66R-Cortical Area

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	60.9279	123.1239	87.6924	12.72906	139
Residual	-23.10940	27.01568	.00000	10.27547	139
Std. Predicted Value	-2.103	2.784	.000	1.000	139
Std. Residual	-2.224	2.600	.000	.989	139

a. Dependent Variable: 66R-Cortical Area

```
REGRESSION
 /DESCRIPTIVES MEAN STDDEV CORR SIG N
 /MISSING LISTWISE
 /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
 /CRITERIA=PIN(.05) POUT(.10)
 /NOORIGIN
 /DEPENDENT @66RJ
 /METHOD=ENTER Gender_A
 /METHOD=ENTER RelativeGripStrengthNkg
 /METHOD=ENTER PeakPowerW
 /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		01-MAY-2019 07:24:...
Comments		
Input	Data	/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav
	Active Dataset	DataSet1
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	147
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on cases with no missing values for any variable used.
Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @66RJ /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
66R-J	2480.42750	923.922746	139
Gender	1.44	.498	139
Relative Grip Strength (N/kg)	6.47206900	1.75083250	139
Peak Power (W)	3813.64354	1102.93796	139

Correlations

		66R-J	Gender	Relative Grip Strength (N/kg)	Peak Power (W)
Pearson Correlation	66R-J	1.000	.604	.518	.697
	Gender	.604	1.000	.606	.614
	Relative Grip Strength (N/kg)	.518	.606	1.000	.352
	Peak Power (W)	.697	.614	.352	1.000
Sig. (1-tailed)	66R-J	.	.000	.000	.000
	Gender	.000	.	.000	.000
	Relative Grip Strength (N/kg)	.000	.000	.	.000
	Peak Power (W)	.000	.000	.000	.
N	66R-J	139	139	139	139
	Gender	139	139	139	139
	Relative Grip Strength (N/kg)	139	139	139	139
	Peak Power (W)	139	139	139	139

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 66R-J

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.604[a]	.365	.361	738.843417	.365	78.797	1
2	.634[b]	.402	.393	719.889430	.037	8.309	1
3	.760[c]	.577	.568	607.388580	.176	56.046	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	137	.000	
2	136	.005	
3	135	.000	1.889

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 66R-J

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	43014512.7	1	43014512.7	78.797	.000[b]
	Residual	74786874.6	137	545889.595		
	Total	117801387	138			
2	Regression	47320639.7	2	23660319.9	45.655	.000[c]
	Residual	70480747.6	136	518240.791		
	Total	117801387	138			
3	Regression	67997067.6	3	22665689.2	61.438	.000[d]
	Residual	49804319.7	135	368920.887		
	Total	117801387	138			

a. Dependent Variable: 66R-J

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	867.489	192.207		4.513
	Gender	1120.992	126.284	.604	8.877
2	(Constant)	435.276	239.905		1.814
	Gender	851.131	154.610	.459	5.505
	Relative Grip Strength (N/kg)	126.776	43.980	.240	2.883
3	(Constant)	-421.153	232.505		-1.811
	Gender	227.958	154.745	.123	1.473
	Relative Grip Strength (N/kg)	135.593	37.126	.257	3.652
	Peak Power (W)	.445	.059	.531	7.486

Coefficients[a]

Model			Correlations			Collinearity Statistics
		Sig.	Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	.604	.604	.604	1.000
2	(Constant)	.072				
	Gender	.000	.604	.427	.365	.633
	Relative Grip Strength (N/kg)	.005	.518	.240	.191	.633
3	(Constant)	.072				
	Gender	.143	.604	.126	.082	.450
	Relative Grip Strength (N/kg)	.000	.518	.300	.204	.633
	Peak Power (W)	.000	.697	.542	.419	.623

Coefficients[a]

Model		Collinearity Statistics VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.579
	Relative Grip Strength (N/kg)	1.579
3	(Constant)	
	Gender	2.222
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.606

a. Dependent Variable: 66R-J

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	.240[b]	2.883	.005	.240	.633
	Peak Power (W)	.523[b]	7.061	.000	.518	.623
2	Peak Power (W)	.531[c]	7.486	.000	.542	.623

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.579	.633
	Peak Power (W)	1.604	.623
2	Peak Power (W)	1.606	.450

a. Dependent Variable: 66R-J

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions		
				(Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.945	1.000	.03	.03	
	2	.055	5.967	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.055	7.304	.57	.64	.00
	3	.029	10.099	.42	.35	.99
3	1	3.876	1.000	.00	.00	.00
	2	.055	8.378	.43	.39	.02
	3	.046	9.138	.02	.05	.39
	4	.022	13.301	.54	.56	.59

Collinearity Diagnostics[a]

Model	Dimension	Variance ...
		Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.03
	3	.53
	4	.44

a. Dependent Variable: 66R-J

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1047.86829	4364.70313	2480.42750	701.948982	139
Residual	-1255.3928	1751.82129	.000000	600.750254	139
Std. Predicted Value	-2.041	2.684	.000	1.000	139
Std. Residual	-2.067	2.884	.000	.989	139

a. Dependent Variable: 66R-J

```
REGRESSION
  /DESCRIPTIVES MEAN STDDEV CORR SIG N
  /MISSING LISTWISE
  /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP
  /CRITERIA=PIN(.05) POUT(.10)
  /NOORIGIN
  /DEPENDENT @66RSSI
  /METHOD=ENTER Gender_A
  /METHOD=ENTER RelativeGripStrengthNkg
  /METHOD=ENTER PeakPowerW
  /RESIDUALS DURBIN.
```

Regression

Notes

Output Created		**01-MAY-2019 07:25:...**
Comments		
Input	**Data**	**/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleBonePhase2/Ath-NA-FinalDatabase-HG-PP.sav**
	Active Dataset	**DataSet1**
	Filter	**<none>**
	Weight	**<none>**
	Split File	**<none>**
	N of Rows in Working Data File	**147**
Missing Value Handling	**Definition of Missing**	**User-defined missing values are treated as missing.**
	Cases Used	**Statistics are based on cases with no missing values for any variable used.**

Notes

Syntax		REGRESSION /DESCRIPTIVES MEAN STDDEV CORR SIG N /MISSING LISTWISE /STATISTICS COEFF OUTS R ANOVA COLLIN TOL CHANGE ZPP /CRITERIA=PIN(.05) POUT(.10) /NOORIGIN /DEPENDENT @66RSSI /METHOD=ENTER Gender_A /METHOD=ENTER RelativeGripStrengthNkg /METHOD=ENTER PeakPowerW /RESIDUALS DURBIN.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.00
	Memory Required	6960 bytes
	Additional Memory Required for Residual Plots	0 bytes

Descriptive Statistics

	Mean	Std. Deviation	N
66R-SSI	284.87472	81.202855	139
Gender	1.44	.498	139
Relative Grip Strength (N/kg)	6.47206900	1.75083250	139
Peak Power (W)	3813.64354	1102.93796	139

Correlations

		66R-SSI	Gender	Relative Grip Strength (N/kg)	Peak Power (W)
Pearson Correlation	66R-SSI	1.000	.576	.496	.688
	Gender	.576	1.000	.606	.614
	Relative Grip Strength (N/kg)	.496	.606	1.000	.352
	Peak Power (W)	.688	.614	.352	1.000
Sig. (1-tailed)	66R-SSI	.	.000	.000	.000
	Gender	.000	.	.000	.000
	Relative Grip Strength (N/kg)	.000	.000	.	.000
	Peak Power (W)	.000	.000	.000	.
N	66R-SSI	139	139	139	139
	Gender	139	139	139	139
	Relative Grip Strength (N/kg)	139	139	139	139
	Peak Power (W)	139	139	139	139

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Gender[b]	.	Enter
2	Relative Grip Strength (N/kg)[b]	.	Enter
3	Peak Power (W)[b]	.	Enter

a. Dependent Variable: 66R-SSI

b. All requested variables entered.

Model Summary[d]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics		
					R Square Change	F Change	df1
1	.576[a]	.331	.326	66.648481	.331	67.852	1
2	.605[b]	.366	.356	65.149571	.034	7.376	1
3	.742[c]	.551	.541	55.027086	.185	55.638	1

Model Summary[d]

Model	Change Statistics		Durbin-Watson
	df2	Sig. F Change	
1	137	.000	
2	136	.007	
3	135	.000	1.787

a. Predictors: (Constant), Gender

b. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

d. Dependent Variable: 66R-SSI

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	301401.954	1	301401.954	67.852	.000[b]
	Residual	608556.749	137	4442.020		
	Total	909958.703	138			
2	Regression	332711.244	2	166355.622	39.194	.000[c]
	Residual	577247.459	136	4244.467		
	Total	909958.703	138			
3	Regression	501181.379	3	167060.460	55.172	.000[d]
	Residual	408777.325	135	3027.980		
	Total	909958.703	138			

a. Dependent Variable: 66R-SSI

b. Predictors: (Constant), Gender

c. Predictors: (Constant), Gender, Relative Grip Strength (N/kg)

d. Predictors: (Constant), Gender, Relative Grip Strength (N/kg), Peak Power (W)

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	t
1	(Constant)	149.859	17.338		8.643
	Gender	93.836	11.392	.576	8.237
2	(Constant)	113.005	21.711		5.205
	Gender	70.825	13.992	.434	5.062
	Relative Grip Strength (N/kg)	10.810	3.980	.233	2.716
3	(Constant)	35.698	21.064		1.695
	Gender	14.574	14.019	.089	1.040
	Relative Grip Strength (N/kg)	11.606	3.363	.250	3.451
	Peak Power (W)	.040	.005	.545	7.459

Coefficients[a]

Model		Sig.	Correlations			Collinearity Statistics
			Zero-order	Partial	Part	Tolerance
1	(Constant)	.000				
	Gender	.000	.576	.576	.576	1.000
2	(Constant)	.000				
	Gender	.000	.576	.398	.346	.633
	Relative Grip Strength (N/kg)	.007	.496	.227	.185	.633
3	(Constant)	.092				
	Gender	.300	.576	.089	.060	.450
	Relative Grip Strength (N/kg)	.001	.496	.285	.199	.633
	Peak Power (W)	.000	.688	.540	.430	.623

Coefficients[a]

Model		Collinearity Statistics VIF
1	(Constant)	
	Gender	1.000
2	(Constant)	
	Gender	1.579
	Relative Grip Strength (N/kg)	1.579
3	(Constant)	
	Gender	2.222
	Relative Grip Strength (N/kg)	1.580
	Peak Power (W)	1.606

a. Dependent Variable: 66R-SSI

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity. Tolerance
1	Relative Grip Strength (N/kg)	.233[b]	2.716	.007	.227	.633
	Peak Power (W)	.537[b]	7.075	.000	.519	.623
2	Peak Power (W)	.545[c]	7.459	.000	.540	.623

Excluded Variables[a]

Model		Collinearity Statistics VIF	Minimum Tolerance
1	Relative Grip Strength (N/kg)	1.579	.633
	Peak Power (W)	1.604	.623
2	Peak Power (W)	1.606	.450

a. Dependent Variable: 66R-SSI

b. Predictors in the Model: (Constant), Gender

c. Predictors in the Model: (Constant), Gender, Relative Grip Strength (N/kg)

Collinearity Diagnostics[a]

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions		
				(Constant)	Gender	Relative Grip Strength (N/kg)
1	1	1.945	1.000	.03	.03	
	2	.055	5.967	.97	.97	
2	1	2.917	1.000	.01	.01	.00
	2	.055	7.304	.57	.64	.00
	3	.029	10.099	.42	.35	.99
3	1	3.876	1.000	.00	.00	.00
	2	.055	8.378	.43	.39	.02
	3	.046	9.138	.02	.05	.39
	4	.022	13.301	.54	.56	.59

Collinearity Diagnostics[a]

Model	Dimension	Variance …
		Peak Power (W)
1	1	
	2	
2	1	
	2	
	3	
3	1	.00
	2	.03
	3	.53
	4	.44

a. Dependent Variable: 66R-SSI

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	160.35226	449.11447	284.87472	60.263995	139
Residual	-122.44609	188.897964	.000000	54.425679	139
Std. Predicted Value	-2.066	2.725	.000	1.000	139
Std. Residual	-2.225	3.433	.000	.989	139

a. Dependent Variable: 66R-SSI

```
 GET
  FILE='/Users/vanessa/Dropbox/CSUEB-Athletes/MuscleBoneProject/DataforMuscleB
onePhase2/Ath-NA-FinalDatabase-HG-PP.sav'.
DATASET NAME DataSet1 WINDOW=FRONT.
```