**Appendix C FAMuSS Study Data Set Variable Description**

|  |  |
| --- | --- |
| **Variable Name** | **Description** |
| Id | subject ID number |
| Status | status of subject (0=complete; 1=dropout; 2=active/incomplete) |
| Center | study site |
| Term | term of recruitment (year-term where 1=spring; 2=summer; 3=fall) |
| Gender | gender |
| Age | age |
| Race | race |
| Racedicot | dichotomous race (0=Caucasian; 1=Non-Caucasian) |
| Bi-ND-PRE | pre biceps cross-sectional area (CSA) of non-dominant arm |
| Bi-ND-POST | post biceps cross-sectional area of non-dominant arm |
| Bi\_ND\_Diff | Difference in non-dominant arm biceps CSA |
| Bi\_ND%CH | % change in non-dominant arm biceps CSA |
| Bi-D-PRE | pre biceps cross-sectional area of dominant arm |
| Bi-D-POST | post biceps cross-sectional area of dominant arm |
| Bi\_D\_Diff | Difference in dominant arm biceps CSA |
| Bi\_D%CH | % change in dominant arm biceps CSA |
| Hum-ND-PRE | pre humerus cross-sectional area of non-dominant arm |
| Hum-ND-POST | post humerus cross-sectional area of non-dominant arm |
| Hum\_ND\_Diff | Difference in non-dominant arm humerus CSA |
| Hum\_ND%CH | % change in non-dominant arm humerus CSA |
| Hum-D-PRE | pre humerus cross-sectional area of dominant arm |
| Hum-D-POST | post humerus cross-sectional area of dominant arm |
| Hum\_D\_Diff | Difference in dominant arm humerus CSA |
| Hum\_D%CH | % change in dominant arm humerus CSA |
| SF-ND-PRE | pre sub-cutaneous fat cross-sectional area of non-dominant arm |
| SF-ND-POST | post sub-cutaneous fat cross-sectional area of non-dominant arm |
| SF\_ND\_Diff | Difference in non-dominant arm sub. fat CSA |
| SF\_ND%CH | % change in non-dominant arm sub. fat CSA |
| SF-D-PRE | pre sub-cutaneous fat cross-sectional area of dominant arm |
| SF-D-POST | post sub-cutaneous fat cross-sectional area of dominant arm |
| SF\_D\_Diff | Difference in dominant arm sub. fat CSA |
| SF\_D%CH | % change in dominant arm sub. fat CSA |
| Tri-ND-PRE | pre triceps cross-sectional area of non-dominant arm |
| Tri-ND-POST | post triceps cross-sectional area of non-dominant arm |
| Tri\_ND\_Diff | Difference in non-dominant arm triceps CSA |
| Tri\_ND%CH | % change in non-dominant arm triceps CSA |
| Tri-D-PRE | pre triceps cross-sectional area of dominant arm |
| Tri-D-POST | post triceps cross-sectional area of dominant arm |
| Tri\_D\_Diff | Difference in dominant arm triceps CSA |
| Tri\_D%CH | % change in dominant arm triceps CSA |
| WA-ND-PRE | pre whole arm cross-sectional area of non-dominant arm |
| WA-ND-POST | post whole arm cross-sectional area of non-dominant arm |
| WA\_ND\_Diff | Difference in non-dominant arm whole arm CSA |
| WA\_ND%CH | % change in non-dominant arm whole arm CSA |
| WA-D-PRE | pre whole arm cross-sectional area of dominant arm |
| WA-D-POST | post whole arm cross-sectional area of dominant arm |
| WA\_D\_Diff | Difference in dominant arm whole arm CSA |
| WA\_D%CH | % change in dominant arm whole arm CSA |
| Pre-NDRM-Max | pre one repetition (1-RM) max of non-dominant arm |
| Post-NDRM-Max | post 1-RM max of non-dominant arm |
| NDRM-DIFF | Difference in 1-RM strength on non-dominant arm |
| NDRM%CH | % change in 1-RM strength of non-dominant arm |
| Pre-DRM-Max | pre 1-RM max of dominant arm |
| Post-DRM-Max | post 1-RM max of dominant arm |
| DRM-DIFF | Difference in 1-RM strength on dominant arm |
| DRM%CH | % change in 1-RM strength of dominant arm |
| Pre weight | pre weight |
| Pre height | pre height |
| Pre BMI | pre body mass index |
| Pre BP | pre blood pressure |
| Pre HR | pre heart rate |
| Pre-SF-RBi1 | pre exercise skin fold of right biceps – measurement #1 |
| Pre-SF-RBi2 | pre exercise skin fold of right biceps – measurement #2 |
| Pre-SF-RBi3 | pre exercise skin fold of right biceps – measurement #3 |
| Pre-RBi-AVG | average of 3 pre right biceps skin fold measurements |
| Pre-SF-RTri1 | pre exercise skin fold of right triceps – measurement #1 |
| Pre-SF-RTri2 | pre exercise skin fold of right triceps – measurement #2 |
| Pre-SF-RTri3 | pre exercise skin fold of right triceps – measurement #3 |
| Pre-RTri-AVG | average of 3 pre right triceps skin fold measurements |
| Pre-SF-LBi1 | pre exercise skin fold of left biceps – measurement #1 |
| Pre-SF-LBi2 | pre exercise skin fold of left biceps – measurement #2 |
| Pre-SF-LBi3 | pre exercise skin fold of left biceps – measurement #3 |
| Pre-LBi-AVG | average of 3 pre left biceps skin fold measurements |
| Pre-SF-LTri1 | pre exercise skin fold of left triceps – measurement #1 |
| Pre-SF-LTri2 | pre exercise skin fold of left triceps – measurement #2 |
| Pre-SF-LTri3 | pre exercise skin fold of left triceps – measurement #3 |
| Pre-LTri-AVG | average of 3 pre left triceps skin fold measurements |
| Dom Arm | dominant arm (R=right / L=left) |
| Post weight | post weight |
| Post height | post height |
| Post BMI | post body mass index |
| Post-SF-RBi1 | Post exercise skin fold of right biceps – measurement #1 |
| Post-SF-RBi2 | Post exercise skin fold of right biceps – measurement #2 |
| Post-SF-RBi3 | Post exercise skin fold of right biceps – measurement #3 |
| Post-RBi-AVG | average of 3 post right biceps skin fold measurements |
| Post-SF-RTri1 | Post exercise skin fold of right triceps – measurement #1 |
| Post-SF-RTri2 | Post exercise skin fold of right triceps – measurement #2 |
| Post-SF-RTri3 | Post exercise skin fold of right triceps – measurement #3 |
| Post-RTri-AVG | average of 3 post right triceps skin fold measurements |
| Post-SF-LBi1 | Post exercise skin fold of left biceps – measurement #1 |
| Post-SF-LBi2 | Post exercise skin fold of left biceps – measurement #2 |
| Post-SF-LBi3 | Post exercise skin fold of left biceps – measurement #3 |
| Post-LBi-AVG | average of 3 post left biceps skin fold measurements |
| Post-SF-LTri1 | Post exercise skin fold of left triceps – measurement #1 |
| Post-SF-LTri2 | Post exercise skin fold of left triceps – measurement #2 |
| Post-SF-LTri3 | Post exercise skin fold of left triceps – measurement #3 |
| Post-LTri-AVG | average of 3 post left triceps skin fold measurements |
| V1-ND1 | visit 1 isometric strength of non-dominant arm – measurement #1 |
| V1-ND2 | visit 1 isometric strength of non-dominant arm – measurement #2 |
| V1-ND3 | visit 1 isometric strength of non-dominant arm – measurement #3 |
| V1-ND-AVG | visit 1 average isometric strength of non-dominant arm |
| V2-ND1 | visit 2 isometric strength of non-dominant arm – measurement #1 |
| V2-ND2 | visit 2 isometric strength of non-dominant arm – measurement #2 |
| V2-ND3 | visit 2 isometric strength of non-dominant arm – measurement #3 |
| V2-ND-AVG | visit 2 average isometric strength of non-dominant arm |
| V3-ND1 | visit 3 isometric strength of non-dominant arm – measurement #1 |
| V3-ND2 | visit 3 isometric strength of non-dominant arm – measurement #2 |
| V3-ND3 | visit 3 isometric strength of non-dominant arm – measurement #3 |
| V3-ND-AVG | visit 3 average isometric strength of non-dominant arm |
| V23\_ND\_AVG | average of isometric strength of non-dominant arm from visits #2 and #3 |
| V123\_ND\_AVG | average of isometric strength of non-dominant arm from visits #1, #2 and #3 |
| Post-ND1 | post isometric strength of non-dominant arm – measurement #1 |
| Post-ND2 | post isometric strength of non-dominant arm – measurement #2 |
| Post-ND3 | post isometric strength of non-dominant arm – measurement #3 |
| Post-ND-AVG | average of post isometric strength measurements for non-dominant arm |
| Post2-ND1 | 2nd post isometric strength of non-dominant arm – measurement #1 |
| Post2-ND2 | 2nd post isometric strength of non-dominant arm – measurement #2 |
| Post2-ND3 | 2nd post isometric strength of non-dominant arm – measurement #3 |
| Post2-ND-AVG | average of 2nd post isometric strength measurements for non-dominant arm |
| Post-ND-AVG | average of 1st and 2nd post isometric measures |
| ND23DIFF | Difference in isometric strength of non-dominant arm (post average – pre average from visits 2 &3) |
| ND23%CH | % change in isometric strength of non-dominant arm |
| V1-D1 | visit 1 isometric strength of dominant arm – measurement #1 |
| V1-D2 | visit 1 isometric strength of dominant arm – measurement #2 |
| V1-D3 | visit 1 isometric strength of dominant arm – measurement #3 |
| V1-D-AVG | visit 1 average isometric strength of dominant arm |
| V2-D1 | visit 2 isometric strength of dominant arm – measurement #1 |
| V2-D2 | visit 2 isometric strength of dominant arm – measurement #2 |
| V2-D3 | visit 2 isometric strength of dominant arm – measurement #3 |
| V2-D-AVG | visit 2 average isometric strength of dominant arm |
| V3-D1 | visit 3 isometric strength of dominant arm – measurement #1 |
| V3-D2 | visit 3 isometric strength of dominant arm – measurement #2 |
| V3-D3 | visit 3 isometric strength of dominant arm – measurement #3 |
| V3-D-AVG | visit 3 average isometric strength of dominant arm |
| V23\_D\_AVG | average of isometric strength of dominant arm from visits #2 and #3 |
| V123\_D\_AVG | average of isometric strength of dominant arm from visits #1, #2 and #3 |
| Post-D1 | post isometric strength of dominant arm – measurement #1 |
| Post-D2 | post isometric strength of dominant arm – measurement #2 |
| Post-D3 | post isometric strength of dominant arm – measurement #3 |
| Post-D-AVG | average of post isometric strength measurements for dominant arm |
| Post2-D1 | 2D post isometric strength of dominant arm – measurement #1 |
| Post2-D2 | 2D post isometric strength of dominant arm – measurement #2 |
| Post2-D3 | 2D post isometric strength of dominant arm – measurement #3 |
| Post2-D-AVG | average of 2D post isometric strength measurements for dominant arm |
| Post-D-AVG | average of 1st and 2nd post isometric measures |
| D23DIFF | Difference in isometric strength of dominant arm (post average – pre average from visits 2 &3) |
| D23%CH | % change in isometric strength of dominant arm |