

Correlations

		Endurance	AgeC	ExerciseC	AgeCxExerciseC
Pearson Correlation	Endurance	1.000	-.126	.337	.154
	AgeC	-.126	1.000	.283	-.013
	ExerciseC	.337	.283	1.000	-.117
	AgeCxExerciseC	.154	-.013	-.117	1.000
Sig. (1-tailed)	Endurance	.	.025	.000	.008
	AgeC	.025	.	.000	.421
	ExerciseC	.000	.000	.	.033
	AgeCxExerciseC	.008	.421	.033	.
N	Endurance	245	245	245	245
	AgeC	245	245	245	245
	ExerciseC	245	245	245	245
	AgeCxExerciseC	245	245	245	245

Model Summary^c

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.408 ^a	.166	.159	9.919	.166	24.142	2	242	.000
2	.454 ^b	.206	.196	9.700	.040	12.080	1	241	.001

a. Predictors: (Constant), ExerciseC, AgeC

b. Predictors: (Constant), ExerciseC, AgeC, AgeCxExerciseC

c. Dependent Variable: Endurance

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	4750.686	2	2375.343	24.142	.000 ^b
	Residual	23810.334	242	98.390		
	Total	28561.020	244			
2	Regression	5887.234	3	1962.411	20.858	.000 ^c
	Residual	22673.786	241	94.082		
	Total	28561.020	244			

a. Dependent Variable: Endurance

b. Predictors: (Constant), ExerciseC, AgeC

c. Predictors: (Constant), ExerciseC, AgeC, AgeCxExerciseC

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Correlations	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial
1	(Constant)	26.528	.634		41.862	.000	25.280	27.777		
	AgeC	-.257	.066	-.240	-3.925	.000	-.386	-.128	-.126	-.245
	ExerciseC	.916	.139	.404	6.610	.000	.643	1.189	.337	.391
2	(Constant)	25.886	.647		40.032	.000	24.613	27.160		
	AgeC	-.262	.064	-.245	-4.087	.000	-.388	-.136	-.126	-.255
	ExerciseC	.973	.137	.429	7.123	.000	.704	1.241	.337	.417
	AgeCxExerciseC	.047	.014	.201	3.476	.001	.020	.074	.154	.218

Coefficients^a

Model	Correlations	Collinearity Statistics	
	Part	Tolerance	VIF
1	(Constant)		
	AgeC	-.230	.920
	ExerciseC	.388	.920
2	(Constant)		
	AgeC	-.235	.920
	ExerciseC	.409	.907
	AgeCxExerciseC	.199	.986

a. Dependent Variable: Endurance