1] One Sample T-Test:

Hα μ = 50

The one with 50

Reject Ho at significant level a = 0.05

The sample of 46 individuals provides enough evidence to conclude that Age mean is not equal to 50

In fact, it is less than 50

2] Independent Sample T-Test:

Ho : μ1= μ2

Ha : μ1 != μ2

Reject Ho at significant level a = 0.05

The sample of 46 individuals provides enough evidence to conclude that Age mean of males is not equal to that of females

In fact, Age mean for males is greater than that of females

3) Paired Sample T-Test:

Ho: μ1 - μ2= 0

Ha : μ1 - μ2 != 0

Not Reject Ho at significant level a = 0.05

The sample of 46 individuals doesn't provide enough evidence to conclude that Difference mean between BMI before and BMI after doesn't equal zero

In fact, Difference mean between BMI before and BMI after =zero