**Analysis Report**

This report is structured as follows.

**Contents**

## Descriptive Statistics

The table below shows means and standard deviations of all measurements segmented by Group and Time. The last column shows the percentage change of the experimental groups compared to the control group.

| Variable | Group | Time | Mean | SD | % Diff to CON |
|---|---|---|---|---|---|
| APHV | CON | Pre | 11.833 | 0.560 | - |
| | CON | Post | 11.840 | 0.556 | - |
| | PLYO | Pre | 11.987 | 0.621 | 1.3% |
| | PLYO | Post | 12.033 | 0.642 | 1.6% |
| | Sprint | Pre | 11.766 | 0.503 | -0.6% |
| | Sprint | Post | 11.740 | 0.667 | -0.8% |
| BBJ | CON | Pre | 148.130 | 19.867 | - |
| | CON | Post | 139.870 | 22.650 | - |
| | PLYO | Pre | 187.973 | 20.415 | 26.9% |
| | PLYO | Post | 184.839 | 18.191 | 32.2% |
| | Sprint | Pre | 156.600 | 22.275 | 5.7% |
| | Sprint | Post | 158.384 | 29.151 | 13.2% |
| BBJ_Rel | CON | Pre | 2.076 | 0.218 | - |
| | CON | Post | 1.956 | 0.253 | - |
| | PLYO | Pre | 2.334 | 0.313 | 12.4% |
| | PLYO | Post | 2.288 | 0.284 | 17.0% |
| | Sprint | Pre | 2.078 | 0.190 | 0.1% |
| | Sprint | Post | 2.078 | 0.302 | 6.2% |
| BF | CON | Pre | 19.600 | 8.048 | - |
| | CON | Post | 19.700 | 7.936 | - |
| | PLYO | Pre | 23.745 | 6.090 | 21.2% |
| | PLYO | Post | 23.750 | 6.133 | 20.6% |
| | Sprint | Pre | 19.913 | 6.644 | 1.6% |
| | Sprint | Post | 19.950 | 6.774 | 1.3% |
| Bil120 | CON | Pre | 16.119 | 6.316 | - |
| | CON | Post | 16.944 | 5.181 | - |
| | PLYO | Pre | 18.956 | 4.397 | 17.6% |
| | PLYO | Post | 20.790 | 5.316 | 22.7% |
| | Sprint | Pre | 14.011 | 3.168 | -13.1% |
| | Sprint | Post | 14.908 | 2.660 | -12.0% |
| Bil120_rel | CON | Pre | 28.682 | 5.594 | - |
| | CON | Post | 30.470 | 3.942 | - |
| | PLYO | Pre | 27.269 | 5.156 | -4.9% |
| | PLYO | Post | 29.351 | 6.190 | -3.7% |
| | Sprint | Pre | 24.871 | 3.159 | -13.3% |
| | Sprint | Post | 26.585 | 4.857 | -12.8% |
| Bil132 | CON | Pre | 19.978 | 7.026 | - |
| | CON | Post | 20.105 | 7.439 | - |
| | PLYO | Pre | 22.793 | 4.907 | 14.1% |
| | PLYO | Post | 24.452 | 5.242 | 21.6% |
| | Sprint | Pre | 17.133 | 4.063 | -14.2% |
| | Sprint | Post | 18.149 | 3.328 | -9.7% |
| Bil132_rel | CON | Pre | 35.674 | 4.794 | - |
| | CON | Post | 35.924 | 6.785 | - |
| | PLYO | Pre | 32.875 | 6.095 | -7.8% |
| | PLYO | Post | 34.610 | 6.296 | -3.7% |
| | Sprint | Pre | 30.426 | 4.562 | -14.7% |

| Variable | Group | Time | Mean | SD | % Diff to CON |
|---|---|---|---|---|---|
| | Sprint | Post | 32.121 | 4.614 | -10.6% |
| BM | CON | Pre | 40.064 | 13.043 | - |
| | CON | Post | 40.136 | 13.013 | - |
| | PLYO | Pre | 56.731 | 10.785 | 41.6% |
| | PLYO | Post | 57.855 | 11.331 | 44.1% |
| | Sprint | Pre | 43.347 | 12.633 | 8.2% |
| | Sprint | Post | 44.267 | 12.445 | 10.3% |
| HWI | CON | Pre | 22.310 | 3.236 | - |
| | CON | Post | 22.310 | 3.236 | - |
| | PLYO | Pre | 27.736 | 2.333 | 24.3% |
| | PLYO | Post | 28.023 | 2.271 | 25.6% |
| | Sprint | Pre | 24.581 | 2.679 | 10.2% |
| | Sprint | Post | 24.438 | 2.609 | 9.5% |
| HWT | CON | Pre | 25.720 | 3.997 | - |
| | CON | Post | 25.740 | 3.995 | - |
| | PLYO | Pre | 31.155 | 2.280 | 21.1% |
| | PLYO | Post | 31.382 | 2.310 | 21.9% |
| | Sprint | Pre | 27.069 | 3.168 | 5.2% |
| | Sprint | Post | 27.156 | 3.346 | 5.5% |
| LL | CON | Pre | 71.390 | 6.769 | - |
| | CON | Post | 71.560 | 6.810 | - |
| | PLYO | Pre | 80.923 | 4.955 | 13.4% |
| | PLYO | Post | 81.155 | 5.112 | 13.4% |
| | Sprint | Pre | 75.263 | 6.687 | 5.4% |
| | Sprint | Post | 76.100 | 6.888 | 6.3% |
| Offset | CON | Pre | -0.932 | 2.014 | - |
| | CON | Post | -0.921 | 2.013 | - |
| | PLYO | Pre | 1.553 | 1.004 | -266.6% |
| | PLYO | Post | 1.683 | 1.003 | -282.7% |
| | Sprint | Pre | -0.255 | 1.857 | -72.7% |
| | Sprint | Post | -0.064 | 1.875 | -93.1% |
| PAH | CON | Pre | 172.731 | 8.115 | - |
| | CON | Post | 172.784 | 8.140 | - |
| | PLYO | Pre | 170.893 | 6.199 | -1.1% |
| | PLYO | Post | 170.735 | 6.556 | -1.2% |
| | Sprint | Pre | 172.258 | 4.726 | -0.3% |
| | Sprint | Post | 171.370 | 4.801 | -0.8% |
| PercPAH | CON | Pre | 84.564 | 7.637 | - |
| | CON | Post | 84.596 | 7.639 | - |
| | PLYO | Pre | 96.492 | 3.226 | 14.1% |
| | PLYO | Post | 96.875 | 3.137 | 14.5% |
| | Sprint | Pre | 88.790 | 8.367 | 5.0% |
| | Sprint | Post | 89.602 | 7.454 | 5.9% |
| SBJL | CON | Pre | 124.530 | 22.042 | - |
| | CON | Post | 123.770 | 25.407 | - |
| | PLYO | Pre | 166.100 | 18.302 | 33.4% |
| | PLYO | Post | 168.816 | 15.605 | 36.4% |
| | Sprint | Pre | 139.181 | 20.069 | 11.8% |
| | Sprint | Post | 145.500 | 22.722 | 17.6% |
| SBJL_Rel | CON | Pre | 1.742 | 0.232 | - |
| | CON | Post | 1.726 | 0.266 | - |
| | PLYO | Pre | 2.060 | 0.262 | 18.3% |
| | PLYO | Post | 2.088 | 0.226 | 21.0% |
| | Sprint | Pre | 1.851 | 0.210 | 6.3% |

| Variable | Group | Time | Mean | SD | % Diff to CON |
|---|---|---|---|---|---|
| | Sprint | Post | 1.910 | 0.218 | 10.7% |
| SBJR | CON | Pre | 124.440 | 23.344 | - |
| | CON | Post | 122.490 | 25.218 | - |
| | PLYO | Pre | 160.977 | 18.395 | 29.4% |
| | PLYO | Post | 163.852 | 13.386 | 33.8% |
| | Sprint | Pre | 139.613 | 23.189 | 12.2% |
| | Sprint | Post | 143.172 | 26.241 | 16.9% |
| SBJR_Rel | CON | Pre | 1.741 | 0.264 | - |
| | CON | Post | 1.704 | 0.244 | - |
| | PLYO | Pre | 1.996 | 0.267 | 14.7% |
| | PLYO | Post | 2.028 | 0.226 | 19.0% |
| | Sprint | Pre | 1.855 | 0.262 | 6.6% |
| | Sprint | Post | 1.876 | 0.249 | 10.0% |
| SH | CON | Pre | 74.620 | 7.755 | - |
| | CON | Post | 74.550 | 7.731 | - |
| | PLYO | Pre | 83.936 | 4.009 | 12.5% |
| | PLYO | Post | 84.209 | 4.152 | 13.0% |
| | Sprint | Pre | 78.094 | 6.980 | 4.7% |
| | Sprint | Post | 78.063 | 6.935 | 4.7% |
| Stature | CON | Pre | 146.010 | 13.982 | - |
| | CON | Post | 146.110 | 14.013 | - |
| | PLYO | Pre | 164.859 | 7.489 | 12.9% |
| | PLYO | Post | 165.364 | 7.681 | 13.2% |
| | Sprint | Pre | 153.356 | 12.940 | 5.0% |
| | Sprint | Post | 154.163 | 12.941 | 5.5% |
| TBJ | CON | Pre | 421.810 | 63.483 | - |
| | CON | Post | 432.860 | 71.790 | - |
| | PLYO | Pre | 568.173 | 56.570 | 34.7% |
| | PLYO | Post | 564.748 | 52.652 | 30.5% |
| | Sprint | Pre | 488.406 | 60.772 | 15.8% |
| | Sprint | Post | 478.109 | 76.030 | 10.5% |
| TBJ_Rel | CON | Pre | 5.921 | 0.792 | - |
| | CON | Post | 6.049 | 0.758 | - |
| | PLYO | Pre | 7.054 | 0.869 | 19.1% |
| | PLYO | Post | 6.988 | 0.816 | 15.5% |
| | Sprint | Pre | 6.491 | 0.573 | 9.6% |
| | Sprint | Post | 6.286 | 0.829 | 3.9% |
| TBJL | CON | Pre | 360.270 | 79.077 | - |
| | CON | Post | 379.460 | 93.755 | - |
| | PLYO | Pre | 484.577 | 56.311 | 34.5% |
| | PLYO | Post | 494.675 | 61.832 | 30.4% |
| | Sprint | Pre | 397.819 | 70.814 | 10.4% |
| | Sprint | Post | 412.772 | 63.236 | 8.8% |
| TBJL_Rel | CON | Pre | 5.034 | 0.868 | - |
| | CON | Post | 5.279 | 1.005 | - |
| | PLYO | Pre | 6.011 | 0.807 | 19.4% |
| | PLYO | Post | 6.118 | 0.856 | 15.9% |
| | Sprint | Pre | 5.274 | 0.705 | 4.8% |
| | Sprint | Post | 5.413 | 0.575 | 2.5% |
| TBJR | CON | Pre | 363.100 | 75.388 | - |
| | CON | Post | 382.150 | 95.969 | - |
| | PLYO | Pre | 484.855 | 58.274 | 33.5% |
| | PLYO | Post | 488.571 | 50.100 | 27.8% |
| | Sprint | Pre | 400.263 | 79.746 | 10.2% |

| Variable | Group | Time | Mean | SD | % Diff to CON |
|---|---|---|---|---|---|
| | Sprint | Post | 420.922 | 73.955 | 10.1% |
| TBJR_Rel | CON | Pre | 5.072 | 0.794 | - |
| | CON | Post | 5.307 | 0.977 | - |
| | PLYO | Pre | 6.024 | 0.894 | 18.8% |
| | PLYO | Post | 6.046 | 0.765 | 13.9% |
| | Sprint | Pre | 5.306 | 0.857 | 4.6% |
| | Sprint | Post | 5.529 | 0.799 | 4.2% |
| UniL150 | CON | Pre | 15.386 | 4.368 | - |
| | CON | Post | 14.772 | 4.833 | - |
| | PLYO | Pre | 18.553 | 3.135 | 20.6% |
| | PLYO | Post | 19.331 | 3.542 | 30.9% |
| | Sprint | Pre | 14.405 | 3.277 | -6.4% |
| | Sprint | Post | 14.599 | 3.169 | -1.2% |
| UniL150_rel | CON | Pre | 27.787 | 2.712 | - |
| | CON | Post | 26.641 | 4.936 | - |
| | PLYO | Pre | 26.699 | 3.482 | -3.9% |
| | PLYO | Post | 27.215 | 2.866 | 2.2% |
| | Sprint | Pre | 25.392 | 1.724 | -8.6% |
| | Sprint | Post | 25.526 | 1.933 | -4.2% |
| UniL180 | CON | Pre | 19.047 | 5.812 | - |
| | CON | Post | 18.393 | 5.981 | - |
| | PLYO | Pre | 23.722 | 4.019 | 24.5% |
| | PLYO | Post | 24.489 | 4.799 | 33.1% |
| | Sprint | Pre | 19.171 | 4.938 | 0.7% |
| | Sprint | Post | 19.477 | 4.512 | 5.9% |
| UniL180_rel | CON | Pre | 34.448 | 6.014 | - |
| | CON | Post | 33.189 | 6.416 | - |
| | PLYO | Pre | 34.193 | 4.988 | -0.7% |
| | PLYO | Post | 34.461 | 4.747 | 3.8% |
| | Sprint | Pre | 33.733 | 4.310 | -2.1% |
| | Sprint | Post | 33.924 | 2.309 | 2.2% |
| UniR150 | CON | Pre | 14.698 | 4.753 | - |
| | CON | Post | 14.931 | 4.799 | - |
| | PLYO | Pre | 18.609 | 2.949 | 26.6% |
| | PLYO | Post | 18.983 | 3.175 | 27.1% |
| | Sprint | Pre | 14.354 | 3.395 | -2.3% |
| | Sprint | Post | 14.463 | 3.024 | -3.1% |
| UniR150_rel | CON | Pre | 26.401 | 3.733 | - |
| | CON | Post | 26.858 | 4.379 | - |
| | PLYO | Pre | 26.803 | 3.419 | 1.5% |
| | PLYO | Post | 26.765 | 2.351 | -0.3% |
| | Sprint | Pre | 25.283 | 1.709 | -4.2% |
| | Sprint | Post | 25.322 | 1.837 | -5.7% |
| UniR180 | CON | Pre | 19.669 | 6.276 | - |
| | CON | Post | 19.567 | 5.702 | - |
| | PLYO | Pre | 23.750 | 3.927 | 20.8% |
| | PLYO | Post | 24.881 | 5.485 | 27.2% |
| | Sprint | Pre | 19.330 | 4.776 | -1.7% |
| | Sprint | Post | 18.776 | 4.236 | -4.0% |
| UniR180_rel | CON | Pre | 35.361 | 5.511 | - |
| | CON | Post | 35.558 | 6.498 | - |
| | PLYO | Pre | 34.256 | 4.872 | -3.1% |
| | PLYO | Post | 34.901 | 4.454 | -1.8% |
| | Sprint | Pre | 34.162 | 4.924 | -3.4% |

| Variable | Group | Time | Mean | SD | % Diff to CON |
|---|---|---|---|---|---|
| | Sprint | Post | 32.856 | 3.295 | -7.6% |

## Normality Assessment

Skewness and Kurtosis were relatively around a normal distribution with values close to 0. The results of Shapiro Wilk's tests are mixed. Some variable obtained results suggesting normal distributions ($p > 0.05$) while other have not ($p < 0.05$).

| Group | Skewness | Kurtosis | Shapiro_Wilk_F | Shapiro_Wilk_p_value |
|---|---|---|---|---|
| Stature | -0.549 | -0.161 | 0.942 | 0.000 |
| SH | -0.481 | -0.836 | 0.926 | 0.000 |
| LL | -0.389 | 0.233 | 0.975 | 0.069 |
| BM | 0.093 | -0.445 | 0.979 | 0.121 |
| BF | 0.308 | -0.585 | 0.964 | 0.009 |
| HWI | -0.243 | -0.693 | 0.974 | 0.054 |
| HWT | -0.439 | -0.760 | 0.960 | 0.005 |
| Age | -0.292 | -1.077 | 0.943 | 0.000 |
| PAH | 0.797 | 0.599 | 0.948 | 0.001 |
| PercPAH | -0.736 | -0.896 | 0.848 | 0.000 |
| Offset | -0.520 | -0.930 | 0.927 | 0.000 |
| APHV | -0.195 | -0.187 | 0.969 | 0.021 |
| Bil120 | 0.881 | 0.614 | 0.943 | 0.000 |
| Bil132 | 0.704 | 0.355 | 0.964 | 0.009 |
| UniR150 | 0.105 | -0.739 | 0.974 | 0.057 |
| UniL150 | 0.187 | -0.670 | 0.981 | 0.172 |
| UniR180 | 0.351 | 0.239 | 0.976 | 0.081 |
| UniL180 | -0.113 | -0.961 | 0.977 | 0.086 |
| BBJ | -0.373 | -0.405 | 0.980 | 0.156 |
| SBJR | -0.495 | -0.405 | 0.968 | 0.020 |
| SBJL | -0.411 | -0.521 | 0.970 | 0.027 |
| TBJ | -0.371 | -0.461 | 0.976 | 0.076 |
| TBJR | -0.491 | -0.239 | 0.972 | 0.040 |
| TBJL | -0.353 | -0.607 | 0.975 | 0.062 |
| Bil120_rel | 0.313 | -0.397 | 0.982 | 0.195 |
| Bil132_rel | 0.234 | -0.160 | 0.991 | 0.786 |
| UniR150_rel | 0.664 | -0.182 | 0.954 | 0.002 |
| UniL150_rel | 0.517 | -0.427 | 0.964 | 0.011 |
| UniR180_rel | 0.275 | -0.613 | 0.976 | 0.079 |
| UniL180_rel | -0.089 | -0.943 | 0.974 | 0.053 |
| BBJ_Rel | -0.129 | 0.140 | 0.987 | 0.450 |
| SBJR_Rel | -0.305 | -0.066 | 0.982 | 0.222 |
| SBJL_Rel | -0.333 | -0.013 | 0.983 | 0.258 |
| TBJ_Rel | -0.143 | -0.105 | 0.995 | 0.987 |
| TBJR_Rel | -0.407 | 0.785 | 0.979 | 0.116 |
| TBJL_Rel | -0.258 | 0.194 | 0.986 | 0.410 |

## Linear Mixed Models

In the field of sports sciences, linear mixed models (LMM) are increasingly applied to investigate the effects of interventions on athletes due to their robustness and flexibility. LMMs can handle data where responses are not independent, such as repeated measures from the same subjects, which is a common scenario in intervention studies. One of the key strengths of LMMs is their robustness to violations of the normality assumption, which allows for more reliable inferences when data may not perfectly follow a Gaussian distribution.

The table below presents the results of an intervention study where LMMs were used to analyze the impact of the intervention across different groups (CON, PLYO, Sprint) and time points (Pre, Post), while also considering the maturation status (MatStatus). Subjects were included as random effects in the models.

| Variable | term | estimate | std.error | statistic | df | p.value |
|---|---|---|---|---|---|---|
| Stature | (Intercept) | 149.603 | 5.240 | 28.549 | 42.021 | 0.000 |
| | TimePost | 0.100 | 0.167 | 0.600 | 45.000 | 0.552 |
| | GroupPLYO | 7.192 | 3.647 | 1.972 | 42.064 | 0.055 |
| | GroupSprint | 2.117 | 3.455 | 0.613 | 42.080 | 0.543 |
| | MatStatusLPUB | 11.097 | 5.367 | 2.068 | 42.000 | 0.045 |
| | MatStatusMPUB | 6.837 | 6.098 | 1.121 | 42.000 | 0.269 |
| | MatStatusPRE | -8.303 | 5.186 | -1.601 | 42.000 | 0.117 |
| | TimePost:GroupPLYO | 0.405 | 0.201 | 2.011 | 45.000 | 0.050 |
| | TimePost:GroupSprint | 0.706 | 0.213 | 3.322 | 45.000 | 0.002 |
| SH | (Intercept) | 74.946 | 2.701 | 27.750 | 42.215 | 0.000 |
| | TimePost | -0.070 | 0.273 | -0.256 | 45.000 | 0.799 |
| | GroupPLYO | 2.537 | 1.884 | 1.347 | 42.647 | 0.185 |
| | GroupSprint | 0.539 | 1.787 | 0.302 | 42.805 | 0.764 |
| | MatStatusLPUB | 8.148 | 2.763 | 2.949 | 42.000 | 0.005 |
| | MatStatusMPUB | 5.921 | 3.139 | 1.886 | 42.000 | 0.066 |
| | MatStatusPRE | -2.794 | 2.670 | -1.046 | 42.000 | 0.301 |
| | TimePost:GroupPLYO | 0.343 | 0.329 | 1.041 | 45.000 | 0.304 |
| | TimePost:GroupSprint | 0.039 | 0.348 | 0.111 | 45.000 | 0.912 |
| LL | (Intercept) | 74.657 | 3.306 | 22.583 | 42.167 | 0.000 |
| | TimePost | 0.170 | 0.294 | 0.577 | 45.000 | 0.567 |
| | GroupPLYO | 4.655 | 2.304 | 2.020 | 42.502 | 0.050 |
| | GroupSprint | 1.578 | 2.185 | 0.722 | 42.625 | 0.474 |
| | MatStatusLPUB | 2.949 | 3.383 | 0.872 | 42.000 | 0.388 |
| | MatStatusMPUB | 0.916 | 3.844 | 0.238 | 42.000 | 0.813 |
| | MatStatusPRE | -5.510 | 3.269 | -1.685 | 42.000 | 0.099 |
| | TimePost:GroupPLYO | 0.062 | 0.355 | 0.174 | 45.000 | 0.863 |
| | TimePost:GroupSprint | 0.667 | 0.375 | 1.778 | 45.000 | 0.082 |
| BM | (Intercept) | 43.136 | 6.317 | 6.828 | 42.048 | 0.000 |
| | TimePost | 0.073 | 0.303 | 0.240 | 45.000 | 0.812 |
| | GroupPLYO | 5.862 | 4.397 | 1.333 | 42.145 | 0.190 |
| | GroupSprint | -1.046 | 4.167 | -0.251 | 42.181 | 0.803 |
| | MatStatusLPUB | 10.920 | 6.469 | 1.688 | 42.000 | 0.099 |
| | MatStatusMPUB | 3.519 | 7.350 | 0.479 | 42.000 | 0.635 |
| | MatStatusPRE | -7.509 | 6.251 | -1.201 | 42.000 | 0.236 |

| Variable | term | estimate | std.error | statistic | df | p.value |
|---|---|---|---|---|---|---|
| | TimePost:GroupPLYO | 1.051 | 0.366 | 2.875 | 45.000 | 0.006 |
| | TimePost:GroupSprint | 0.848 | 0.386 | 2.194 | 45.000 | 0.033 |
| BF | (Intercept) | 20.722 | 4.262 | 4.863 | 42.154 | 0.000 |
| | TimePost | 0.100 | 0.364 | 0.274 | 45.000 | 0.785 |
| | GroupPLYO | 1.526 | 2.970 | 0.514 | 42.462 | 0.610 |
| | GroupSprint | -0.502 | 2.816 | -0.178 | 42.576 | 0.859 |
| | MatStatusLPUB | 2.481 | 4.361 | 0.569 | 42.000 | 0.572 |
| | MatStatusMPUB | -1.154 | 4.955 | -0.233 | 42.000 | 0.817 |
| | MatStatusPRE | -2.312 | 4.214 | -0.549 | 42.000 | 0.586 |
| | TimePost:GroupPLYO | -0.095 | 0.440 | -0.217 | 45.000 | 0.829 |
| | TimePost:GroupSprint | -0.063 | 0.465 | -0.135 | 45.000 | 0.894 |
| HWI | (Intercept) | 22.837 | 1.360 | 16.790 | 43.225 | 0.000 |
| | TimePost | 0.000 | 0.326 | 0.000 | 45.000 | 1.000 |
| | GroupPLYO | 3.009 | 0.960 | 3.135 | 45.680 | 0.003 |
| | GroupSprint | 1.141 | 0.914 | 1.249 | 46.577 | 0.218 |
| | MatStatusLPUB | 2.466 | 1.383 | 1.782 | 42.000 | 0.082 |
| | MatStatusMPUB | 2.020 | 1.572 | 1.286 | 42.000 | 0.206 |
| | MatStatusPRE | -1.457 | 1.337 | -1.090 | 42.000 | 0.282 |
| | TimePost:GroupPLYO | 0.286 | 0.393 | 0.728 | 45.000 | 0.470 |
| | TimePost:GroupSprint | -0.144 | 0.416 | -0.346 | 45.000 | 0.731 |
| HWT | (Intercept) | 26.299 | 1.561 | 16.845 | 42.385 | 0.000 |
| | TimePost | 0.020 | 0.211 | 0.095 | 45.000 | 0.925 |
| | GroupPLYO | 2.556 | 1.091 | 2.343 | 43.156 | 0.024 |
| | GroupSprint | 0.128 | 1.036 | 0.123 | 43.439 | 0.902 |
| | MatStatusLPUB | 3.075 | 1.596 | 1.927 | 42.000 | 0.061 |
| | MatStatusMPUB | 1.710 | 1.813 | 0.943 | 42.000 | 0.351 |
| | MatStatusPRE | -1.706 | 1.542 | -1.106 | 42.000 | 0.275 |
| | TimePost:GroupPLYO | 0.207 | 0.254 | 0.815 | 45.000 | 0.419 |
| | TimePost:GroupSprint | 0.068 | 0.269 | 0.251 | 45.000 | 0.803 |
| Age | (Intercept) | 10.386 | 0.749 | 13.867 | 42.002 | 0.000 |
| | TimePost | 0.017 | 0.008 | 2.188 | 45.000 | 0.034 |
| | GroupPLYO | 0.378 | 0.521 | 0.725 | 42.007 | 0.473 |
| | GroupSprint | -0.193 | 0.494 | -0.390 | 42.009 | 0.698 |
| | MatStatusLPUB | 3.434 | 0.767 | 4.476 | 42.000 | 0.000 |
| | MatStatusMPUB | 1.805 | 0.872 | 2.071 | 42.000 | 0.045 |
| | MatStatusPRE | -0.234 | 0.741 | -0.316 | 42.000 | 0.754 |
| | TimePost:GroupPLYO | 0.159 | 0.010 | 16.705 | 45.000 | 0.000 |
| | TimePost:GroupSprint | 0.159 | 0.010 | 15.785 | 45.000 | 0.000 |
| PAH | (Intercept) | 169.332 | 4.025 | 42.073 | 42.513 | 0.000 |
| | TimePost | 0.053 | 0.627 | 0.084 | 45.000 | 0.933 |
| | GroupPLYO | -0.228 | 2.817 | -0.081 | 43.542 | 0.936 |
| | GroupSprint | 0.307 | 2.675 | 0.115 | 43.919 | 0.909 |
| | MatStatusLPUB | 1.167 | 4.110 | 0.284 | 42.000 | 0.778 |
| | MatStatusMPUB | 2.978 | 4.670 | 0.638 | 42.000 | 0.527 |
| | MatStatusPRE | 4.522 | 3.972 | 1.139 | 42.000 | 0.261 |
| | TimePost:GroupPLYO | -0.210 | 0.756 | -0.278 | 45.000 | 0.782 |
| | TimePost:GroupSprint | -0.941 | 0.799 | -1.177 | 45.000 | 0.245 |
| PercPAH | (Intercept) | 86.528 | 2.137 | 40.483 | 42.332 | 0.000 |
| | TimePost | 0.031 | 0.268 | 0.117 | 45.000 | 0.908 |
| | GroupPLYO | 4.086 | 1.493 | 2.737 | 42.998 | 0.009 |
| | GroupSprint | 0.825 | 1.416 | 0.582 | 43.242 | 0.564 |
| | MatStatusLPUB | 7.969 | 2.185 | 3.647 | 42.000 | 0.001 |
| | MatStatusMPUB | 4.548 | 2.483 | 1.832 | 42.000 | 0.074 |
| | MatStatusPRE | -5.082 | 2.111 | -2.407 | 42.000 | 0.021 |

| Variable | term | estimate | std.error | statistic | df | p.value |
|---|---|---|---|---|---|---|
| | TimePost:GroupPLYO | 0.351 | 0.323 | 1.086 | 45.000 | 0.283 |
| | TimePost:GroupSprint | 0.781 | 0.342 | 2.283 | 45.000 | 0.027 |
| Offset | (Intercept) | -0.855 | 0.612 | -1.397 | 42.148 | 0.170 |
| | TimePost | 0.011 | 0.051 | 0.206 | 45.000 | 0.838 |
| | GroupPLYO | 0.564 | 0.426 | 1.322 | 42.445 | 0.193 |
| | GroupSprint | -0.073 | 0.404 | -0.181 | 42.554 | 0.857 |
| | MatStatusLPUB | 2.385 | 0.626 | 3.808 | 42.000 | 0.000 |
| | MatStatusMPUB | 1.201 | 0.711 | 1.688 | 42.000 | 0.099 |
| | MatStatusPRE | -0.791 | 0.605 | -1.308 | 42.000 | 0.198 |
| | TimePost:GroupPLYO | 0.120 | 0.062 | 1.937 | 45.000 | 0.059 |
| | TimePost:GroupSprint | 0.180 | 0.065 | 2.751 | 45.000 | 0.009 |
| APHV | (Intercept) | 11.234 | 0.356 | 31.577 | 42.424 | 0.000 |
| | TimePost | 0.007 | 0.050 | 0.133 | 45.000 | 0.895 |
| | GroupPLYO | -0.185 | 0.249 | -0.744 | 43.275 | 0.461 |
| | GroupSprint | -0.115 | 0.236 | -0.487 | 43.587 | 0.629 |
| | MatStatusLPUB | 1.045 | 0.364 | 2.876 | 42.000 | 0.006 |
| | MatStatusMPUB | 0.590 | 0.413 | 1.429 | 42.000 | 0.160 |
| | MatStatusPRE | 0.556 | 0.351 | 1.584 | 42.000 | 0.121 |
| | TimePost:GroupPLYO | 0.039 | 0.061 | 0.643 | 45.000 | 0.524 |
| | TimePost:GroupSprint | -0.032 | 0.064 | -0.504 | 45.000 | 0.617 |
| Bil120 | (Intercept) | 16.589 | 2.458 | 6.748 | 45.989 | 0.000 |
| | TimePost | 0.825 | 1.047 | 0.788 | 45.000 | 0.435 |
| | GroupPLYO | -0.515 | 1.786 | -0.288 | 53.827 | 0.774 |
| | GroupSprint | -3.491 | 1.718 | -2.032 | 56.585 | 0.047 |
| | MatStatusLPUB | 3.798 | 2.461 | 1.544 | 42.000 | 0.130 |
| | MatStatusMPUB | 2.051 | 2.796 | 0.734 | 42.000 | 0.467 |
| | MatStatusPRE | -1.757 | 2.378 | -0.739 | 42.000 | 0.464 |
| | TimePost:GroupPLYO | 1.009 | 1.263 | 0.799 | 45.000 | 0.429 |
| | TimePost:GroupSprint | 0.072 | 1.335 | 0.054 | 45.000 | 0.957 |
| Bil132 | (Intercept) | 20.698 | 2.803 | 7.384 | 45.159 | 0.000 |
| | TimePost | 0.127 | 1.067 | 0.119 | 45.000 | 0.906 |
| | GroupPLYO | -1.164 | 2.020 | -0.576 | 51.417 | 0.567 |
| | GroupSprint | -4.373 | 1.937 | -2.257 | 53.655 | 0.028 |
| | MatStatusLPUB | 4.447 | 2.819 | 1.577 | 42.000 | 0.122 |
| | MatStatusMPUB | 1.498 | 3.203 | 0.468 | 42.000 | 0.642 |
| | MatStatusPRE | -2.300 | 2.724 | -0.844 | 42.000 | 0.403 |
| | TimePost:GroupPLYO | 1.531 | 1.287 | 1.190 | 45.000 | 0.240 |
| | TimePost:GroupSprint | 0.888 | 1.361 | 0.653 | 45.000 | 0.517 |
| UniR150 | (Intercept) | 15.196 | 1.653 | 9.190 | 43.698 | 0.000 |
| | TimePost | 0.234 | 0.465 | 0.502 | 45.000 | 0.618 |
| | GroupPLYO | 0.259 | 1.173 | 0.221 | 47.095 | 0.826 |
| | GroupSprint | -1.823 | 1.119 | -1.629 | 48.332 | 0.110 |
| | MatStatusLPUB | 4.171 | 1.677 | 2.487 | 42.000 | 0.017 |
| | MatStatusMPUB | 2.092 | 1.905 | 1.098 | 42.000 | 0.278 |
| | MatStatusPRE | -1.904 | 1.620 | -1.175 | 42.000 | 0.247 |
| | TimePost:GroupPLYO | 0.140 | 0.561 | 0.250 | 45.000 | 0.804 |
| | TimePost:GroupSprint | -0.125 | 0.593 | -0.211 | 45.000 | 0.834 |
| UniL150 | (Intercept) | 15.811 | 1.704 | 9.279 | 43.768 | 0.000 |
| | TimePost | -0.614 | 0.489 | -1.256 | 45.000 | 0.216 |
| | GroupPLYO | -0.515 | 1.210 | -0.426 | 47.304 | 0.672 |
| | GroupSprint | -2.444 | 1.154 | -2.117 | 48.591 | 0.039 |
| | MatStatusLPUB | 4.299 | 1.727 | 2.489 | 42.000 | 0.017 |
| | MatStatusMPUB | 2.041 | 1.963 | 1.040 | 42.000 | 0.304 |
| | MatStatusPRE | -1.835 | 1.669 | -1.099 | 42.000 | 0.278 |

| Variable | term | estimate | std.error | statistic | df | p.value |
|---|---|---|---|---|---|---|
| | TimePost:GroupPLYO | 1.392 | 0.590 | 2.359 | 45.000 | 0.023 |
| | TimePost:GroupSprint | 0.808 | 0.624 | 1.296 | 45.000 | 0.202 |
| | (Intercept) | 20.064 | 2.360 | 8.501 | 45.397 | 0.000 |
| | TimePost | -0.101 | 0.931 | -0.109 | 45.000 | 0.914 |
| | GroupPLYO | -0.792 | 1.705 | -0.464 | 52.111 | 0.644 |
| | GroupSprint | -2.240 | 1.636 | -1.369 | 54.502 | 0.177 |
| UniR180 | MatStatusLPUB | 5.868 | 2.370 | 2.476 | 42.000 | 0.017 |
| | MatStatusMPUB | 2.735 | 2.693 | 1.016 | 42.000 | 0.316 |
| | MatStatusPRE | -2.241 | 2.290 | -0.979 | 42.000 | 0.333 |
| | TimePost:GroupPLYO | 1.233 | 1.122 | 1.098 | 45.000 | 0.278 |
| | TimePost:GroupSprint | -0.452 | 1.186 | -0.381 | 45.000 | 0.705 |
| | (Intercept) | 19.331 | 2.270 | 8.515 | 44.303 | 0.000 |
| | TimePost | -0.654 | 0.742 | -0.882 | 45.000 | 0.382 |
| | GroupPLYO | -0.387 | 1.621 | -0.239 | 48.895 | 0.812 |
| | GroupSprint | -1.979 | 1.550 | -1.276 | 50.557 | 0.208 |
| UniL180 | MatStatusLPUB | 6.114 | 2.294 | 2.665 | 42.000 | 0.011 |
| | MatStatusMPUB | 3.817 | 2.607 | 1.464 | 42.000 | 0.151 |
| | MatStatusPRE | -2.152 | 2.217 | -0.971 | 42.000 | 0.337 |
| | TimePost:GroupPLYO | 1.421 | 0.894 | 1.589 | 45.000 | 0.119 |
| | TimePost:GroupSprint | 0.960 | 0.945 | 1.016 | 45.000 | 0.315 |
| | (Intercept) | 153.762 | 12.549 | 12.252 | 43.991 | 0.000 |
| | TimePost | -8.260 | 3.818 | -2.163 | 45.000 | 0.036 |
| | GroupPLYO | 26.104 | 8.931 | 2.923 | 47.967 | 0.005 |
| | GroupSprint | 4.118 | 8.531 | 0.483 | 49.411 | 0.631 |
| BBJ | MatStatusLPUB | 13.184 | 12.706 | 1.038 | 42.000 | 0.305 |
| | MatStatusMPUB | -5.172 | 14.436 | -0.358 | 42.000 | 0.722 |
| | MatStatusPRE | -11.812 | 12.277 | -0.962 | 42.000 | 0.341 |
| | TimePost:GroupPLYO | 5.126 | 4.605 | 1.113 | 45.000 | 0.272 |
| | TimePost:GroupSprint | 10.044 | 4.867 | 2.064 | 45.000 | 0.045 |
| | (Intercept) | 120.381 | 11.774 | 10.224 | 44.533 | 0.000 |
| | TimePost | -1.950 | 4.029 | -0.484 | 45.000 | 0.631 |
| | GroupPLYO | 22.759 | 8.429 | 2.700 | 49.577 | 0.009 |
| | GroupSprint | 11.674 | 8.067 | 1.447 | 51.397 | 0.154 |
| SBJR | MatStatusLPUB | 22.763 | 11.883 | 1.916 | 42.000 | 0.062 |
| | MatStatusMPUB | 3.778 | 13.502 | 0.280 | 42.000 | 0.781 |
| | MatStatusPRE | -0.705 | 11.483 | -0.061 | 42.000 | 0.951 |
| | TimePost:GroupPLYO | 4.825 | 4.859 | 0.993 | 45.000 | 0.326 |
| | TimePost:GroupSprint | 5.509 | 5.136 | 1.073 | 45.000 | 0.289 |
| | (Intercept) | 121.539 | 11.637 | 10.444 | 43.403 | 0.000 |
| | TimePost | -0.760 | 2.983 | -0.255 | 45.000 | 0.800 |
| | GroupPLYO | 28.508 | 8.228 | 3.465 | 46.212 | 0.001 |
| | GroupSprint | 10.547 | 7.841 | 1.345 | 47.237 | 0.185 |
| SBJL | MatStatusLPUB | 20.193 | 11.822 | 1.708 | 42.000 | 0.095 |
| | MatStatusMPUB | 7.181 | 13.432 | 0.535 | 42.000 | 0.596 |
| | MatStatusPRE | -1.497 | 11.423 | -0.131 | 42.000 | 0.896 |
| | TimePost:GroupPLYO | 3.476 | 3.597 | 0.966 | 45.000 | 0.339 |
| | TimePost:GroupSprint | 7.079 | 3.802 | 1.862 | 45.000 | 0.069 |
| | (Intercept) | 431.761 | 36.430 | 11.852 | 43.391 | 0.000 |
| | TimePost | 11.050 | 9.297 | 1.189 | 45.000 | 0.241 |
| | GroupPLYO | 107.339 | 25.755 | 4.168 | 46.175 | 0.000 |
| TBJ | GroupSprint | 52.383 | 24.543 | 2.134 | 47.191 | 0.038 |
| | MatStatusLPUB | 41.565 | 37.012 | 1.123 | 42.000 | 0.268 |
| | MatStatusMPUB | 5.643 | 42.053 | 0.134 | 42.000 | 0.894 |
| | MatStatusPRE | -26.091 | 35.764 | -0.730 | 42.000 | 0.470 |

| Variable | term | estimate | std.error | statistic | df | p.value |
|---|---|---|---|---|---|---|
| | TimePost:GroupPLYO | -14.475 | 11.212 | -1.291 | 45.000 | 0.203 |
| | TimePost:GroupSprint | -21.347 | 11.851 | -1.801 | 45.000 | 0.078 |
| TBJR | (Intercept) | 342.360 | 37.993 | 9.011 | 43.613 | 0.000 |
| | TimePost | 19.050 | 10.429 | 1.827 | 45.000 | 0.074 |
| | GroupPLYO | 70.332 | 26.926 | 2.612 | 46.841 | 0.012 |
| | GroupSprint | 24.505 | 25.682 | 0.954 | 48.017 | 0.345 |
| | MatStatusLPUB | 90.376 | 38.550 | 2.344 | 42.000 | 0.024 |
| | MatStatusMPUB | 19.878 | 43.800 | 0.454 | 42.000 | 0.652 |
| | MatStatusPRE | 3.807 | 37.249 | 0.102 | 42.000 | 0.919 |
| | TimePost:GroupPLYO | -15.333 | 12.578 | -1.219 | 45.000 | 0.229 |
| | TimePost:GroupSprint | 1.609 | 13.295 | 0.121 | 45.000 | 0.904 |
| TBJL | (Intercept) | 347.165 | 38.412 | 9.038 | 43.385 | 0.000 |
| | TimePost | 19.190 | 9.784 | 1.961 | 45.000 | 0.056 |
| | GroupPLYO | 74.859 | 27.155 | 2.757 | 46.159 | 0.008 |
| | GroupSprint | 22.191 | 25.877 | 0.858 | 47.171 | 0.395 |
| | MatStatusLPUB | 78.214 | 39.028 | 2.004 | 42.000 | 0.052 |
| | MatStatusMPUB | 28.696 | 44.343 | 0.647 | 42.000 | 0.521 |
| | MatStatusPRE | -3.626 | 37.711 | -0.096 | 42.000 | 0.924 |
| | TimePost:GroupPLYO | -9.092 | 11.800 | -0.771 | 45.000 | 0.445 |
| | TimePost:GroupSprint | -4.237 | 12.472 | -0.340 | 45.000 | 0.736 |
| Bil120_rel | (Intercept) | 28.359 | 2.936 | 9.660 | 49.729 | 0.000 |
| | TimePost | 1.788 | 1.708 | 1.047 | 45.000 | 0.301 |
| | GroupPLYO | -2.107 | 2.209 | -0.954 | 63.974 | 0.344 |
| | GroupSprint | -4.251 | 2.148 | -1.979 | 68.432 | 0.052 |
| | MatStatusLPUB | 1.054 | 2.877 | 0.366 | 42.000 | 0.716 |
| | MatStatusMPUB | 1.988 | 3.269 | 0.608 | 42.000 | 0.546 |
| | MatStatusPRE | 0.161 | 2.780 | 0.058 | 42.000 | 0.954 |
| | TimePost:GroupPLYO | 0.294 | 2.060 | 0.143 | 45.000 | 0.887 |
| | TimePost:GroupSprint | -0.074 | 2.177 | -0.034 | 45.000 | 0.973 |
| Bil132_rel | (Intercept) | 35.597 | 3.395 | 10.484 | 47.535 | 0.000 |
| | TimePost | 0.250 | 1.690 | 0.148 | 45.000 | 0.883 |
| | GroupPLYO | -3.596 | 2.505 | -1.436 | 58.180 | 0.156 |
| | GroupSprint | -5.571 | 2.421 | -2.301 | 61.783 | 0.025 |
| | MatStatusLPUB | 1.080 | 3.369 | 0.321 | 42.000 | 0.750 |
| | MatStatusMPUB | 0.727 | 3.827 | 0.190 | 42.000 | 0.850 |
| | MatStatusPRE | -0.200 | 3.255 | -0.061 | 42.000 | 0.951 |
| | TimePost:GroupPLYO | 1.485 | 2.038 | 0.729 | 45.000 | 0.470 |
| | TimePost:GroupSprint | 1.445 | 2.154 | 0.671 | 45.000 | 0.506 |
| UniR150_rel | (Intercept) | 26.702 | 1.694 | 15.761 | 45.443 | 0.000 |
| | TimePost | 0.457 | 0.672 | 0.680 | 45.000 | 0.500 |
| | GroupPLYO | -1.139 | 1.224 | -0.930 | 52.245 | 0.356 |
| | GroupSprint | -1.841 | 1.175 | -1.566 | 54.665 | 0.123 |
| | MatStatusLPUB | 1.601 | 1.701 | 0.941 | 42.000 | 0.352 |
| | MatStatusMPUB | 1.356 | 1.933 | 0.701 | 42.000 | 0.487 |
| | MatStatusPRE | -0.889 | 1.644 | -0.541 | 42.000 | 0.592 |
| | TimePost:GroupPLYO | -0.495 | 0.811 | -0.610 | 45.000 | 0.545 |
| | TimePost:GroupSprint | -0.418 | 0.857 | -0.488 | 45.000 | 0.628 |
| UniL150_rel | (Intercept) | 27.682 | 1.723 | 16.070 | 47.172 | 0.000 |
| | TimePost | -1.147 | 0.830 | -1.381 | 45.000 | 0.174 |
| | GroupPLYO | -2.644 | 1.266 | -2.088 | 57.176 | 0.041 |
| | GroupSprint | -3.073 | 1.222 | -2.513 | 60.597 | 0.015 |
| | MatStatusLPUB | 2.031 | 1.713 | 1.186 | 42.000 | 0.242 |
| | MatStatusMPUB | 1.650 | 1.946 | 0.848 | 42.000 | 0.401 |
| | MatStatusPRE | -0.429 | 1.655 | -0.259 | 42.000 | 0.797 |

| Variable | term | estimate | std.error | statistic | df | p.value |
|---|---|---|---|---|---|---|
| | TimePost:GroupPLYO | 1.662 | 1.001 | 1.660 | 45.000 | 0.104 |
| | TimePost:GroupSprint | 1.281 | 1.058 | 1.210 | 45.000 | 0.232 |
| | (Intercept) | 35.401 | 2.750 | 12.873 | 48.465 | 0.000 |
| | TimePost | 0.197 | 1.472 | 0.134 | 44.999 | 0.894 |
| | GroupPLYO | -3.293 | 2.046 | -1.610 | 60.694 | 0.113 |
| | GroupSprint | -2.170 | 1.983 | -1.095 | 64.711 | 0.278 |
| UniR180_rel | MatStatusLPUB | 2.671 | 2.714 | 0.984 | 42.002 | 0.331 |
| | MatStatusMPUB | 2.155 | 3.084 | 0.699 | 42.002 | 0.489 |
| | MatStatusPRE | -0.822 | 2.623 | -0.313 | 42.002 | 0.756 |
| | TimePost:GroupPLYO | 0.448 | 1.775 | 0.252 | 44.999 | 0.802 |
| | TimePost:GroupSprint | -1.503 | 1.876 | -0.801 | 44.999 | 0.427 |
| | (Intercept) | 34.334 | 2.708 | 12.679 | 46.983 | 0.000 |
| | TimePost | -1.259 | 1.282 | -0.981 | 45.000 | 0.332 |
| | GroupPLYO | -2.895 | 1.987 | -1.457 | 56.650 | 0.151 |
| | GroupSprint | -2.062 | 1.917 | -1.076 | 59.972 | 0.286 |
| UniL180_rel | MatStatusLPUB | 3.237 | 2.695 | 1.201 | 42.000 | 0.236 |
| | MatStatusMPUB | 3.921 | 3.062 | 1.281 | 42.000 | 0.207 |
| | MatStatusPRE | -0.762 | 2.604 | -0.293 | 42.000 | 0.771 |
| | TimePost:GroupPLYO | 1.527 | 1.547 | 0.987 | 45.000 | 0.329 |
| | TimePost:GroupSprint | 1.451 | 1.635 | 0.887 | 45.000 | 0.380 |
| | (Intercept) | 2.055 | 0.170 | 12.072 | 43.884 | 0.000 |
| | TimePost | -0.120 | 0.050 | -2.384 | 45.000 | 0.021 |
| | GroupPLYO | 0.209 | 0.121 | 1.728 | 47.648 | 0.090 |
| | GroupSprint | 0.008 | 0.116 | 0.066 | 49.017 | 0.948 |
| BBJ_Rel | MatStatusLPUB | 0.101 | 0.172 | 0.585 | 42.000 | 0.562 |
| | MatStatusMPUB | -0.091 | 0.196 | -0.463 | 42.000 | 0.646 |
| | MatStatusPRE | 0.002 | 0.167 | 0.012 | 42.000 | 0.990 |
| | TimePost:GroupPLYO | 0.074 | 0.061 | 1.222 | 45.000 | 0.228 |
| | TimePost:GroupSprint | 0.120 | 0.064 | 1.870 | 45.000 | 0.068 |
| | (Intercept) | 1.610 | 0.152 | 10.560 | 44.665 | 0.000 |
| | TimePost | -0.036 | 0.053 | -0.678 | 45.000 | 0.501 |
| | GroupPLYO | 0.195 | 0.109 | 1.784 | 49.967 | 0.080 |
| | GroupSprint | 0.125 | 0.105 | 1.197 | 51.877 | 0.237 |
| SBJR_Rel | MatStatusLPUB | 0.224 | 0.154 | 1.455 | 42.000 | 0.153 |
| | MatStatusMPUB | 0.021 | 0.175 | 0.118 | 42.000 | 0.907 |
| | MatStatusPRE | 0.123 | 0.149 | 0.828 | 42.000 | 0.413 |
| | TimePost:GroupPLYO | 0.068 | 0.064 | 1.049 | 45.000 | 0.300 |
| | TimePost:GroupSprint | 0.057 | 0.068 | 0.834 | 45.000 | 0.408 |
| | (Intercept) | 1.619 | 0.149 | 10.885 | 43.466 | 0.000 |
| | TimePost | -0.016 | 0.039 | -0.412 | 45.000 | 0.682 |
| | GroupPLYO | 0.268 | 0.105 | 2.543 | 46.400 | 0.014 |
| | GroupSprint | 0.113 | 0.100 | 1.122 | 47.471 | 0.267 |
| SBJL_Rel | MatStatusLPUB | 0.196 | 0.151 | 1.295 | 42.000 | 0.202 |
| | MatStatusMPUB | 0.070 | 0.172 | 0.409 | 42.000 | 0.685 |
| | MatStatusPRE | 0.119 | 0.146 | 0.818 | 42.000 | 0.418 |
| | TimePost:GroupPLYO | 0.043 | 0.047 | 0.922 | 45.000 | 0.361 |
| | TimePost:GroupSprint | 0.075 | 0.050 | 1.519 | 45.000 | 0.136 |
| | (Intercept) | 5.748 | 0.506 | 11.368 | 43.293 | 0.000 |
| | TimePost | 0.129 | 0.124 | 1.035 | 45.000 | 0.306 |
| | GroupPLYO | 1.025 | 0.357 | 2.870 | 45.883 | 0.006 |
| TBJ_Rel | GroupSprint | 0.580 | 0.340 | 1.706 | 46.829 | 0.095 |
| | MatStatusLPUB | 0.337 | 0.514 | 0.655 | 42.000 | 0.516 |
| | MatStatusMPUB | 0.005 | 0.584 | 0.008 | 42.000 | 0.993 |
| | MatStatusPRE | 0.151 | 0.497 | 0.304 | 42.000 | 0.763 |

| Variable | term | estimate | std.error | statistic | df | p.value |
|---|---|---|---|---|---|---|
| | TimePost:GroupPLYO | -0.194 | 0.150 | -1.294 | 45.000 | 0.202 |
| | TimePost:GroupSprint | -0.334 | 0.159 | -2.104 | 45.000 | 0.041 |
| TBJR_Rel | (Intercept) | 4.556 | 0.507 | 8.984 | 43.502 | 0.000 |
| | TimePost | 0.234 | 0.134 | 1.744 | 45.000 | 0.088 |
| | GroupPLYO | 0.635 | 0.359 | 1.768 | 46.509 | 0.084 |
| | GroupSprint | 0.238 | 0.342 | 0.697 | 47.605 | 0.489 |
| | MatStatusLPUB | 0.976 | 0.515 | 1.895 | 42.000 | 0.065 |
| | MatStatusMPUB | 0.184 | 0.585 | 0.314 | 42.000 | 0.755 |
| | MatStatusPRE | 0.459 | 0.497 | 0.923 | 42.000 | 0.361 |
| | TimePost:GroupPLYO | -0.212 | 0.162 | -1.306 | 45.000 | 0.198 |
| | TimePost:GroupSprint | -0.011 | 0.171 | -0.066 | 45.000 | 0.948 |
| TBJL_Rel | (Intercept) | 4.609 | 0.491 | 9.390 | 43.473 | 0.000 |
| | TimePost | 0.245 | 0.129 | 1.901 | 45.000 | 0.064 |
| | GroupPLYO | 0.676 | 0.347 | 1.947 | 46.421 | 0.058 |
| | GroupSprint | 0.206 | 0.331 | 0.622 | 47.497 | 0.537 |
| | MatStatusLPUB | 0.838 | 0.498 | 1.681 | 42.000 | 0.100 |
| | MatStatusMPUB | 0.317 | 0.566 | 0.560 | 42.000 | 0.579 |
| | MatStatusPRE | 0.368 | 0.482 | 0.763 | 42.000 | 0.450 |
| | TimePost:GroupPLYO | -0.138 | 0.155 | -0.889 | 45.000 | 0.379 |
| | TimePost:GroupSprint | -0.106 | 0.164 | -0.643 | 45.000 | 0.524 |

In examining the results of the athletic intervention through linear mixed models, several interaction effects between time and group are noteworthy:

For LL, the interaction effect for the Sprint group from pre- to post-intervention was marginally below the threshold of significance (B = 0.667, SE = 0.375, t(45) = 1.778, p = .082), suggesting a potential increase in LL that warrants further investigation.

The interaction term for PercPAH for the Sprint group was significant (B = 0.781, SE = 0.342, t(45) = 2.283, p = .027), indicating a notable increase in PercPAH post-intervention compared to the control.

For Offset, the Sprint group showed a significant interaction effect (B = 0.180, SE = 0.065, t(45) = 2.751, p = .009), suggesting a significant change in offset post-intervention.

In the UniL150, the PLYO group demonstrated a significant interaction effect (B = 1.392, SE = 0.590, t(45) = 2.359, p = .023), which could indicate an improvement in UNiL150 after the intervention.

The BBJ for the Sprint group showed a significant interaction term (B = 10.044, SE = 4.867, t(45) = 2.064, p = .045), suggesting an enhancement in BBJ performance post-intervention.

For the SBJL, the Sprint group showed a trend that was near significance (B = 7.079, SE = 3.802, t(45) = 1.862, p = .069), pointing to a possible improvement that should be examined further.

In the TBJ, the Sprint group showed a trend (B = -21.347, SE = 11.851, t(45) = -1.801, p = .078), where a negative estimate indicates a decrease.

The relative BBJ for the Sprint group was close to the significance threshold (B = 0.120, SE = 0.064, t(45) = 1.870, p = .068), suggesting that the relative improvement in BBJ performance for the Sprint group post-intervention is of potential interest.

Finally, the TBJ_rel for the Sprint group was significant (B = -0.334, SE = 0.159, t(45) = -2.104, p = .041), indicating a significant change in relative performance.

These results, particularly those near or below the p-value threshold of 0.1, indicate potential areas where the intervention had an impact, highlighting the importance of considering both statistical and practical significance in the assessment of athletic interventions.

The boxplots below illustrate the changes in the measurement scores for all significant measures. This enables the visualization of the nature of the differences. Boxplots for all variables were generated and can be find in the delivered zip file.

Q-Q plots and scatterplots of residuals were generated for each LMM to evaluate the assumptions regarding residuals (homoscedasticity, normality, linearity). No substantial violation of residual assumptions were observed.