Table 1) Comparison between Anthropometric Characteristics in Active (n=10) and Inactive (n=10) Male Person Groups using Independent T Test

	Active	Inactive	P Value
Age (year)	21.01±1.63	21.50±1.58	0.496
Height (cm)	174.10±4.17	177.03±5.18	0.185
Weight (kg)	68.10±8.58	73.07±6.68	0.031
BMI (kg/m²)	21.58±2.31	23.44±1.59	0.05
Body Fat (%)	11.98±3.80	15.76±3.23	0.028
Visceral Fat (%)	3.04±1.17	5.60±1.83	0.01

Table 2) Comparison between Mean Pretest and Posttest Results in Active and Inactive Male Persons Groups using Correlated T Test (degrees of freedom=9) and Variance Analysis with Repeated Measures (degrees of freedom=1)

Group	Pretest	Posttest	P Value	P Value
TC (mg/dl)				
Active	153.9±14.7	191.8±10.5	0.0001	
Inactive	164.2±15.3	194.8±19.7	0.0001	0.115
TG (mg/dl)				
Active	91.6±12.9	121.2±15.7	0.0001	
Inactive	132.9±17.5	190.2±30.2	0.0001	0.0001
LDL-C (mg/dl)				
Active	85.6±10.0	95.8±17.3	0.005	
Inactive	102.8±8.1	123.3±12.3	0.0001	0.022
HDL-C (mg/dl)				
Active	48.5±4.5	49.2±6.0	0.475	
Inactive	40.0±3.9	40.6±4.8	0.572	0.946
LDL-C/HDL-C Ratio				
Active	1.8 ±0.4	1.9±0.6	0.079	
Inactive	2.6±0.5	3.1±0.7	0.007	0.087