

SUPPLEMENTARY TABLES

Supplementary Table 1. Results of the Kolmogorov-Smirnov normality test.

Age groups	Kolmogorov-Smirnov normality test			
	Grip strength	50m dash speed	Sit-ups	PACER
20~24	D (1065) = 0.070, p < 0.001	D (1065) = 0.053, p < 0.001	D (1065) = 0.034, p = 0.005	D (1065) = 0.109, p < 0.001
25~29	D (768) = 0.083, p < 0.001	D (768) = 0.073, p < 0.001	D (768) = 0.039, p = 0.006	D (768) = 0.112, p < 0.001
30~34	D (904) = 0.081, p < 0.001	D (904) = 0.066, p < 0.001	D (904) = 0.034, p = 0.017	D (904) = 0.091, p < 0.001
35~39	D (957) = 0.082, p < 0.001	D (957) = 0.053, p < 0.001	D (957) = 0.039, p = 0.001	D (957) = 0.097, p < 0.001
40~44	D (833) = 0.082, p < 0.001	D (833) = 0.034, p = 0.021	D (833) = 0.045, p < 0.001	D (833) = 0.081, p < 0.001
45~49	D (909) = 0.084, p < 0.001	D (909) = 0.046, p < 0.001	D (909) = 0.052, p < 0.001	D (909) = 0.120, p < 0.001
50~54	D (891) = 0.068, p < 0.001	D (891) = 0.041, p = 0.001	D (891) = 0.048, p < 0.001	D (891) = 0.106, p < 0.001
55~59	D (668) = 0.091, p < 0.001	D (668) = 0.062, p < 0.001	D (668) = 0.065, p < 0.001	D (668) = 0.124, p < 0.001
60~64	D (407) = 0.071, p < 0.001	D (407) = 0.062, p = 0.001	D (407) = 0.093, p < 0.001	D (407) = 0.087, p < 0.001

Supplementary Table 2. Results of the kaiser-mayer-olkin (KMO) test of sample adequacy and bartley's test of sphericity.

Age groups	Kaiser-mayer-olkin (KMO) test	Bartley's test of sphericity
20~24	KMO = 0.789	$\chi^2(6) = 1569.079, p < 0.001$
25~29	KMO = 0.785	$\chi^2(6) = 1059.622, p < 0.001$
30~34	KMO = 0.760	$\chi^2(6) = 1039.701, p < 0.001$
35~39	KMO = 0.774	$\chi^2(6) = 1239.683, p < 0.001$
40~44	KMO = 0.759	$\chi^2(6) = 785.269, p < 0.001$
45~49	KMO = 0.740	$\chi^2(6) = 939.941, p < 0.001$
50~54	KMO = 0.749	$\chi^2(6) = 968.833, p < 0.001$
55~59	KMO = 0.765	$\chi^2(6) = 749.943, p < 0.001$
60~64	KMO = 0.696	$\chi^2(6) = 337.933, p < 0.001$