

**Table 1 Anthropometric characteristics of the participants**

| Parameter                | Males<br>(n = 152) |     | Females<br>(n = 150) |        |
|--------------------------|--------------------|-----|----------------------|--------|
|                          | Mean               | SD  | Mean                 | SD     |
| Age (years)              | 20.4               | 1.3 | 20.5                 | 1.2    |
| Height (cm)              | 172.3              | 6.5 | 164.4                | 8.1*** |
| Weight (kg)              | 65.3               | 8.6 | 60.1                 | 8.8*** |
| BMI (kg/m <sup>2</sup> ) | 21.9               | 2.7 | 22.2                 | 2.7    |
| Thorax (cm)              | 88.8               | 7.0 | 79.5                 | 7.1    |

*n* = total number of participants.

*SD* = standard deviation.

\*\*\**P* < 0.001.

*BMI* = body mass index.