

Appendix (for review only)

Table A1: Estimation of the cardiopulmonary fitness equations with BMI.

Variable	Male		Female	
	Coefficient	SE	Coefficient	SE
BMI	-0.316 ***	0.017	-0.368 ***	0.019
Junior	-1.567 ***	0.512	-2.085 ***	0.463
Senior	-1.882 ***	0.449	-3.932 ***	0.401
College	-3.093 ***	0.445	-6.200 ***	0.410
Graduate	-3.321 ***	0.491	-4.813 ***	0.511
Age_1820	5.957 ***	0.271	17.805 ***	0.270
Age_2130	1.202 ***	0.227	7.365 ***	0.236
Age_3140	-0.251	0.224	4.661 ***	0.235
Age_4150	0.719 ***	0.227	4.285 ***	0.236
Income 1	-2.504 ***	0.297	-4.249 ***	0.428
Income 2	-2.249 ***	0.258	-3.051 ***	0.408
Income 3	-1.055 ***	0.255	-1.796 ***	0.419
Job 1	-0.399	0.362	-2.558 ***	0.314
Job 2	-2.331 ***	0.516	-3.403 ***	0.502
Job 3	1.716 ***	0.567	1.596 *	0.866
Job 4	-1.377 ***	0.259	-4.231 ***	0.230

Job 5	-4.838 ***	0.269	-12.417 ***	0.279
Job 6	-2.176 ***	0.376	-7.839 ***	0.474
Job 7	-2.450 ***	0.237	-3.607 ***	0.271
Job 8	-0.108	1.213	-3.981 **	1.569
Job 9	-1.509 ***	0.388	-2.531 ***	0.411
Job 10	1.258 ***	0.420	-3.497 ***	0.293
Job 11	-2.054 ***	0.280	-5.141 ***	0.379
City	0.713 ***	0.147	0.636 ***	0.152
Center	0.687 ***	0.192	3.160 ***	0.202
South	0.241	0.155	-0.148	0.156
East	-0.823 ***	0.234	-1.515 ***	0.256
Constant	69.940 ***	0.664	70.001 ***	0.728

***, **, * indicate significance at the 1%, 5% and 10% levels, respectively.

Table A2: Estimation of the cardiovascular fitness by body weight status.

Variable	Male		Female	
	Coefficient	SE	Coefficient	SE
Underweight	-1.287 ***	0.304	-0.411 *	0.221
Overweight	-0.845 ***	0.154	-1.088 ***	0.188
Obese	-3.353 ***	0.170	-4.645 ***	0.224
Junior	-1.525 ***	0.512	-2.181 ***	0.463
Senior	-1.836 ***	0.449	-3.999 ***	0.401
College	-3.063 ***	0.444	-6.205 ***	0.410
Graduate	-3.336 ***	0.491	-4.839 ***	0.511
Age_1820	6.140 ***	0.271	18.106 ***	0.270
Age_2130	1.245 ***	0.228	7.658 ***	0.237
Age_3140	-0.211	0.224	4.785 ***	0.235
Age_4150	0.774 ***	0.227	4.309 ***	0.236
Income 1	-2.392 ***	0.298	-4.145 ***	0.428
Income 2	-2.168 ***	0.258	-2.988 ***	0.408
Income 3	-1.014 ***	0.255	-1.767 ***	0.419
Job 1	-0.370	0.362	-2.531 ***	0.314
Job 2	-2.319 ***	0.515	-3.409 ***	0.502
Job 3	1.685 ***	0.567	1.629 *	0.866

Job 4	-1.327 ***	0.259	-4.224 ***	0.230
Job 5	-4.705 ***	0.269	-12.347 ***	0.279
Job 6	-2.123 ***	0.376	-7.765 ***	0.474
Job 7	-2.424 ***	0.237	-3.632 ***	0.271
Job 8	-0.029	1.213	-3.776 **	1.569
Job 9	-1.479 ***	0.388	-2.527 ***	0.411
Job 10	1.229 ***	0.420	-3.465 ***	0.293
Job 11	-1.993 ***	0.280	-5.097 ***	0.379
City	0.677 ***	0.147	0.657 ***	0.152
Center	0.699 ***	0.192	3.145 ***	0.202
South	0.274 *	0.155	-0.136	0.156
East	-0.736 ***	0.234	-1.454 ***	0.257
Constant	63.036 ***	0.512	62.206 ***	0.568
Adjusted R ²	0.05		0.17	

***, **, * indicate significance at the 1%, 5%, and 10% levels, respectively.