

Supplementary Material

Table S2. Mean values, standard deviation, and bivariate correlations of the relevant variables.

		N	M	SD	1	2	3	4	5	6	7	8
1	Cognitive attitudes towards the health effects of PA	832	4.65	0.44	-							
2	Affective attitudes towards the health effects of PA	832	3.84	0.75	0.48**	-						
3	Interest in training, physical fitness, and health	830	3.36	0.86	0.37**	0.54**	-					
4	Health-related fitness knowledge	834	0.00	1.26	0.14**	0.08*	0.19**	-				
5	Control competence for physical training	831	3.47	0.71	0.32**	0.44**	0.48**	0.10**	-			
6	Sport activity	811	4.92	4.06	0.24**	0.40**	0.29**	0.05	0.40**	-		
7	Cardiorespiratory fitness	782	0.39	0.83	0.21**	0.34**	0.26**	0.23**	0.27**	0.34**	-	
8	Muscular fitness	786	-0.56	0.85	0.19**	0.27**	0.23**	0.23**	0.26**	0.34**	0.51**	-

Note. N = sample size; M = Mean; SD = Standard Deviation.

* $p < 0.05$, ** $p < 0.001$.