**Supplemental Content 4. Independent-samples *t*-tests comparing variables for those under 30 versus 30 years of age (median-split)**

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| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Age group** | **n** | ***M*** | **SD** | ***t*** | ***p*** |
| PE enjoyment (PACER) | Under 30  Over 30 | 517  511 | 72.6  72.4 | 33.9  36.0 | 0.080 | .937 |
| Level of embarrassment for PE | Under 30  Over 30 | 517  511 | 3.9  4.1 | 2.3  2.3 | -1.541 | .124 |
| Chosen first for teams frequency | Under 30  Over 30 | 517  511 | 3.2  2.9 | 2.0  2.0 | 2.499 | .013 |
| Chosen last for teams frequency | Under 30  Over 30 | 517  511 | 3.8  4.1 | 2.1  2.2 | -2.183 | .029 |
| Adult attitude toward PA | Under 30  Over 30 | 517  511 | 79.3  80.0 | 16.9  17.3 | -.725 | .469 |
| Adult intention for PA | Under 30  Over 30 | 517  511 | 22.5  23.1 | 8.1  8.9 | 1.057 | .291 |