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| **Tabla 1.**  Análisis descriptivo y de varianza de las diferentes variables analizadas que analizan la condición física según género y nivel de actividad física. |
|  | **FACTORES ESCALA** | **VARIABLE** | **DESCRIPTIVOS**  |  | **ANOVA**  |
|  |  |  | **Media** | **Desviación Típica**  | **Error Típico** | **Suma de Cuadrados** | **gl** | **Media Cuadrática** | **f** | **sig.** |
| **GÉNERO** | MI Conocer | H | 22.318 | 5.0434 | .4025 |  | Inter: 273.254 | 1. 313 | 273.254 | 9.755 | **.002** |
| M | 20.456 | 5.5288 | .4399 |  | Intra: 8767.266 |
| MI Experimentar Estimulación | H | 20.535 | 4.7603 | .3799 |  | Inter: 124.339 | 1. 313 | 124.339 | 5.122 | **.024** |
| M | 19.278 | 5.0876 | .4047 |  | Intra: 7598.804 |
| MI conseguir cosas | H | 16.764 | 3.6129 | .2883 |  | Inter: 101.939 | 1. 313 | 101.939 | 6.623 | **.011** |
| M | 15.627 | 4.2087 | .3348 |  | Intra: 4817.249 |
| ME Introyectada | H | 18.051 | 5.2303 | .4174 |  | Inter: 50.122 | 1. 313 | 50.122 | 1.864 | .173 |
| M | 17.253 | 5.1400 | .4089 |  | Intra: 8415.466 |
| ME Identificada | H | 19.675 | 5.3842 | .4297 |  | Inter: 464.365 | 1. 313 | 464.365 | 16.547 | **.000** |
| M | 17.247 | 5.2098 | .4145 |  | Intra: 8783.807 |
| ME Externa | H | 16.981 | 5.7306 | .4573 |  | Inter: 337.269 | 1. 313 | 337.269 | 10.856 | **.001** |
| M | 14.911 | 5.4133 | .4307 |  | Intra: 9723.702 |
| No Motivación | H | 8.541 | 4.1052 | .3276 |  | Inter: 2.866 | 1. 313 | 2.866 | .157 | .692 |
| M | 8.732 | 4.4309 | .3536 |  | Intra: 5691.745 |
| **ACTIVIDAD FÍSICA** | MI Conocer | EF | 17.644 | 5.3070 | .6909 |  | Inter: 1015.499 | 1. 313 | 1015.499 | 39.608 | **.000** |
| EF + D | 22.246 | 5.0065 | .3129 |  | Intra: 8025.022 |
| MI Experimentar Estimulación | EF | 16.085 | 5.4084 | .7041 |  | Inter: 1059.383 | 1. 313 | 1059.383 | 49.760 | **.000** |
| EF + D | 20.785 | 4.4135 | .2758 |  | Intra: 6663.760 |
| MI conseguir cosas | EF | 13.508 | 4.3485 | .5661 |  | Inter: 523.442 | 1. 313 | 523.442 | 37.272 | **.000** |
| EF + D | 16.813 | 3.5968 | .2248 |  | Intra: 4395.746 |
| ME Introyectada | EF | 15.763 | 5.3509 | .6966 |  | Inter: 258.800 | 1. 313 | 258.800 | 9.870 | **.002** |
| EF + D | 18.086 | 5.0667 | .3167 |  | Intra: 8206.787 |
| ME Identificada | EF | 15.915 | 5.1101 | .6653 |  | Inter: 469.068 | 1. 313 | 469.068 | 16.724 | **.000** |
| EF + D | 19.043 | 5.3374 | .3336 |  | Intra: 8779.104 |
| ME Externa | EF | 14.017 | 5.3963 | .7025 |  | Inter: 269.274 | 1. 313 | 269.274 | 8.608 | **.004** |
| EF + D | 16.387 | 5.6370 | .3523 |  | Intra: 9791.698 |
| No Motivación | EF | 10.707 | 4.2011 | .5516 |  | Inter: 304.817 | 1. 313 | 304.817 | 17.645 | **.000** |
| EF + D | 8.168 | 4.1462 | .2591 |  | Intra: 5389,795 |
| H: Hombre; M: Mujer; EF: Educación Física; D: Deporte |