Supplementary notes:

To determine whether the outlier influenced results for a t-test and correlation analysis on pre-activation of the ST:VL, this statistical test was conducted twice, with outliers (i.e., the entire sample) and without outliers. Results were nearly identical. Both analyses concluded there was no significant difference between genders in pre-activation of the ST:VL. Both p-values were above a significance level of .05 ($p = .512$ without outliers and $p = .22$ with outliers). There was a significant correlation between the peak knee flexion angle within 100 ms after initial contact and pre-activation of the ST:VL ($R^2 = 0.331$, $p<0.001$ without the outlier and $R^2 = 0.351$, $p<0.001$ with the outlier).