

Table S1. Associations between mode of commuting with physical activity, sedentarism, and fitness of participants by gender.

	Mode of Commuting to University *			
	Men		Women	
	Active	Public	Active	Public
	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)
Physical Activity and Sedentarism				
<i>PA Levels</i>				
<i>Light</i>	Ref.	Ref.	Ref.	Ref.
<i>Moderate</i>	3.206 (1.33, 7.69)	2.405 (1.04, 5.56)	1.278 (0.63, 2.58)	0.973 (0.52, 1.73)
<i>Vigorous</i>	2.674 (1.18, 6.04)	2.583 (1.20, 5.53)	2.729 (1.10, 6.74)	2.020 (0.90, 4.51)
<i>MVPA recommendations</i>				
<i>Not meeting</i>	Ref.	Ref.	Ref.	Ref.
<i>Meeting</i>	2.298 (1.16, 4.54)	2.071 (1.08, 3.96)	2.073 (1.02, 4.18)	1.580 (0.85, 2.93)
<i>Total physical activity</i>	1.000 (0.99, 1.01)	1.000 (0.99, 1.00)	1.002 (1.00, 1.03)	1.484 (0.98, 2.23)
<i>Sedentary behaviour</i>	0.610 (0.32, 1.13)	0.746 (0.41, 1.33)	0.294 (0.15, 0.54)	0.436 (0.25, 0.73)
Fitness				
<i>General Physical Condition</i>	1.174 (0.85, 1.62)	1.344 (0.98, 1.83)	0.817 (0.59, 1.12)	0.857 (0.65, 1.12)
<i>Cardio-respiratory Fitness</i>	1.238 (0.92, 1.66)	1.320 (0.99, 1.75)	0.845 (0.63, 1.12)	0.899 (0.70, 1.15)
<i>Muscular Strength</i>	1.914 (1.36, 2.69)	1.777 (1.28, 2.46)	1.391 (1.02, 1.88)	1.287 (0.99, 1.66)
<i>Speed and Agility</i>	1.301 (0.94, 1.79)	1.417 (1.04, 1.92)	1.136 (0.83, 1.55)	1.081 (0.82, 1.41)
<i>Flexibility</i>	1.172 (0.88, 1.55)	1.291 (0.98, 1.68)	1.331 (1.00, 1.75)	1.346 (1.06, 1.70)
<i>General Health</i>	1.312 (0.92, 1.86)	1.515 (1.08, 2.12)	0.996 (0.71, 1.39)	1.223 (0.92, 1.62)

Analysis were adjusted for physical activity recommendations and Fitness self-reported (except in the analysis when that variable was the predictor variable). Notes: OR = Odd Ratio; 95% CI = 95% Confidence Intervals; Ref = reference; PA = Physical Activity; MVPA = Moderate to Vigorous Physical Activity; bold = Significant association with $p < 0.05$; and * = Private commuting was established as reference.

Table S2. Associations between PA recommendations and fitness by gender.

	PA Recommendations *	
	Men	Women
	OR (95% CI)	OR (95% CI)
Fitness		
<i>General physical condition</i>	2.540 ** (2.06, 3.11)	2.103 ** (1.73, 2.54)
<i>Cardio-respiratory fitness</i>	1.996 ** (1.67, 2.38)	1.820 ** (1.53, 2.15)
<i>Muscular strength</i>	2.230 ** (1.82, 2.72)	1.675 ** (1.40, 2.00)
<i>Speed and agility</i>	2.030 ** (1.68, 2.44)	1.416 ** (1.18, 1.69)
<i>Flexibility</i>	1.460 ** (1.24, 1.71)	1.385 ** (1.18, 1.62)
<i>General health</i>	2.020 ** (1.65, 2.46)	1.495 ** (1.23, 1.80)

Notes: OR = Odd Ratio; 95% CI = 95% Confidence Intervals; PA = Physical Activity; MVPA = Moderate to Vigorous Physical Activity; bold = Significant association with $p < 0.05$; ** = $p < 0.001$; * = not meeting MVPA was established as reference.