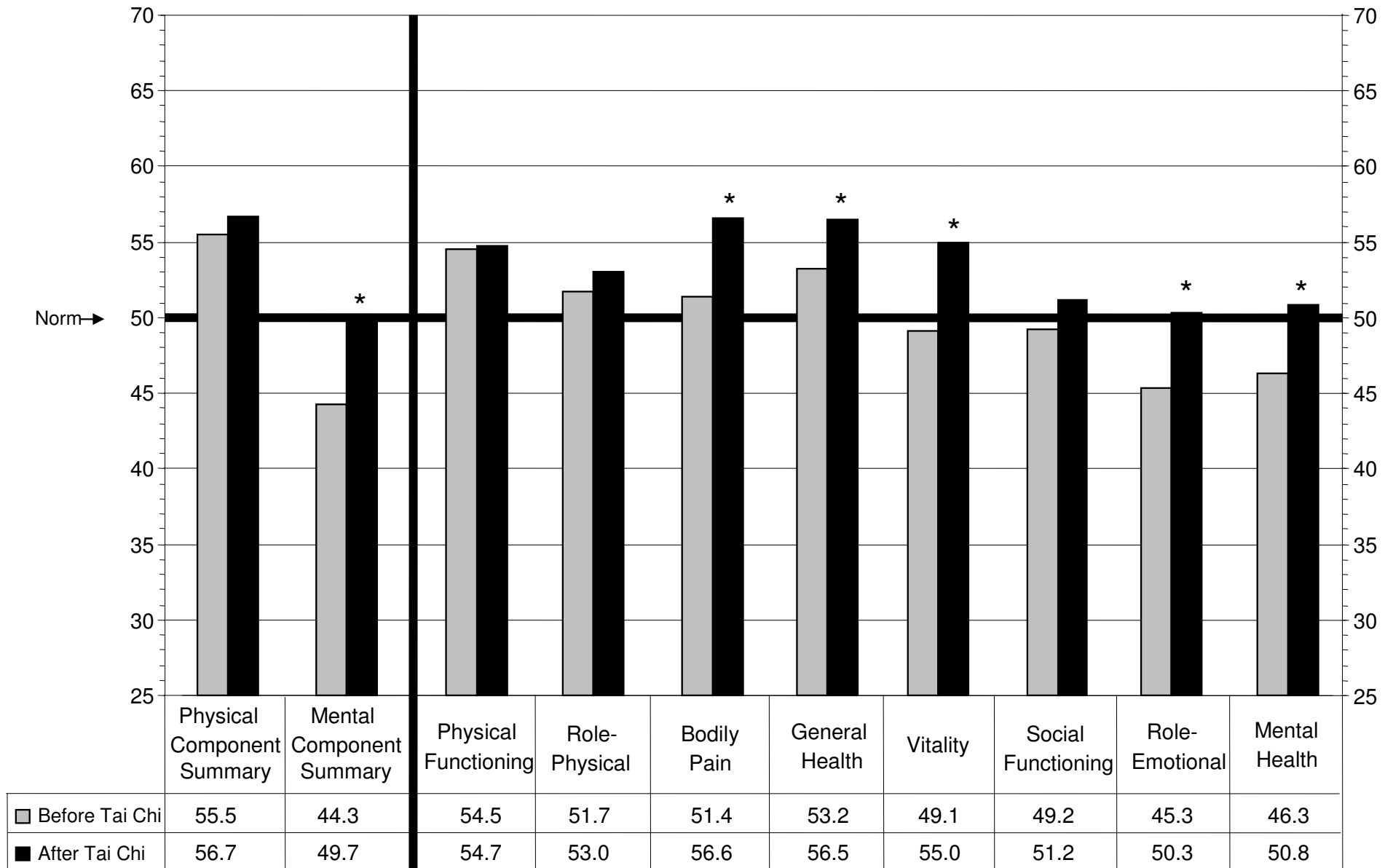


Effects of Tai Chi Exercise on Physical and Mental Health of College Students



\* $p < 0.05$

Figure 11.3 An excerpt from the User's Manual for the SF-36v2 Health Survey