The TRUTH: Athletic Differences Between Men and Women

By Madison Calder

Myth: Men are better than women at sports

Have you ever heard this?

Many times, people will say that someone plays like a girl when they are not doing well.

Differences between men and women:

What are some of our physical differences??

Women♀

Increased insulin sensitivity

More flexible

More body fat

More slow twitch muscle fibers → Work for a long time without getting tired → Better endurance

More agile

More lower body muscle mass → Lower center of gravity

Men♂

Larger heart

Bigger lungs

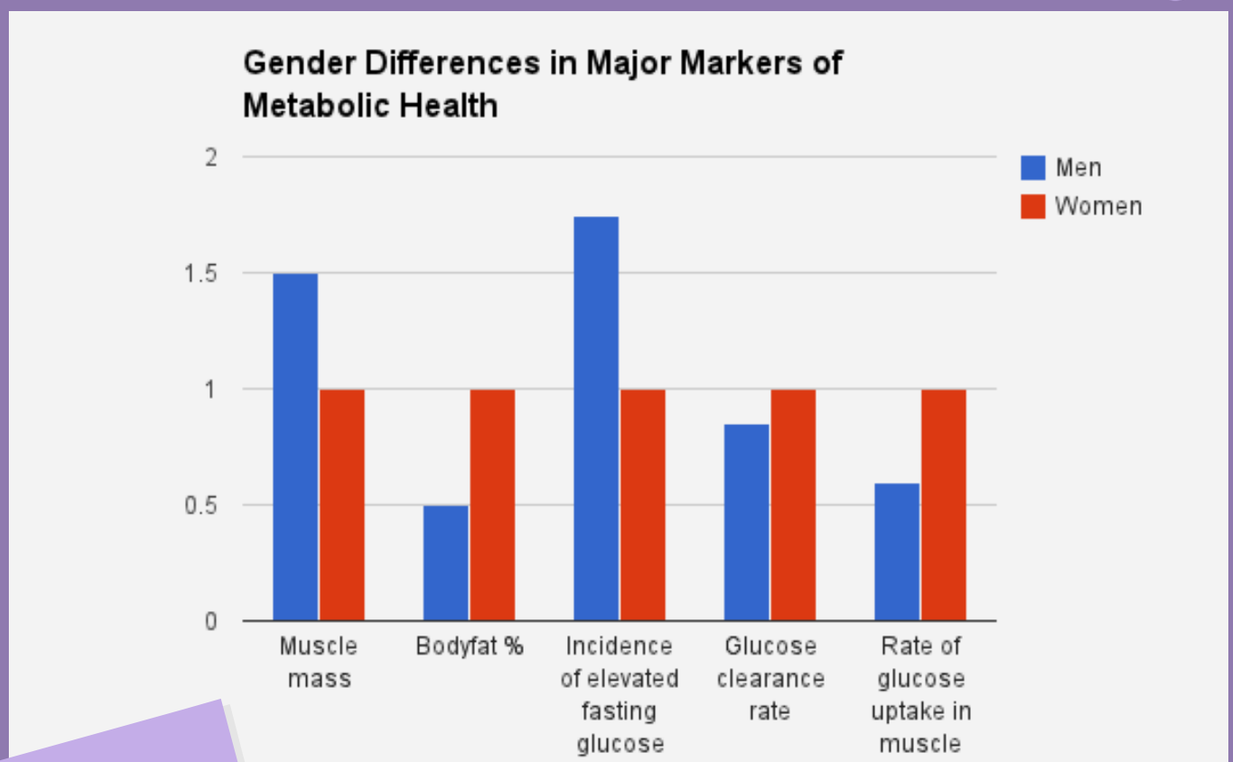
More red blood cells

→ Higher aerobic capacity → Produce and circulate more oxygen through the body

More upper body muscle mass → Stronger necks

More fast twitch muscle fibers → More power / Fatigue quickly

What does the data say?

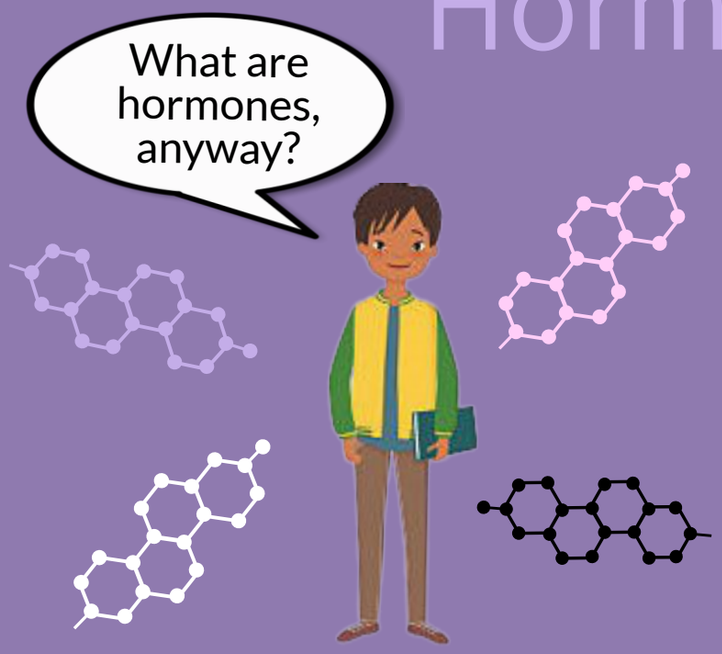


What does this mean??

Women have **two times** as much body fat and **two-thirds** the muscle mass of men, but have **better metabolic health** because they are better at **regulating their blood sugar** and because of **hormone differences**.

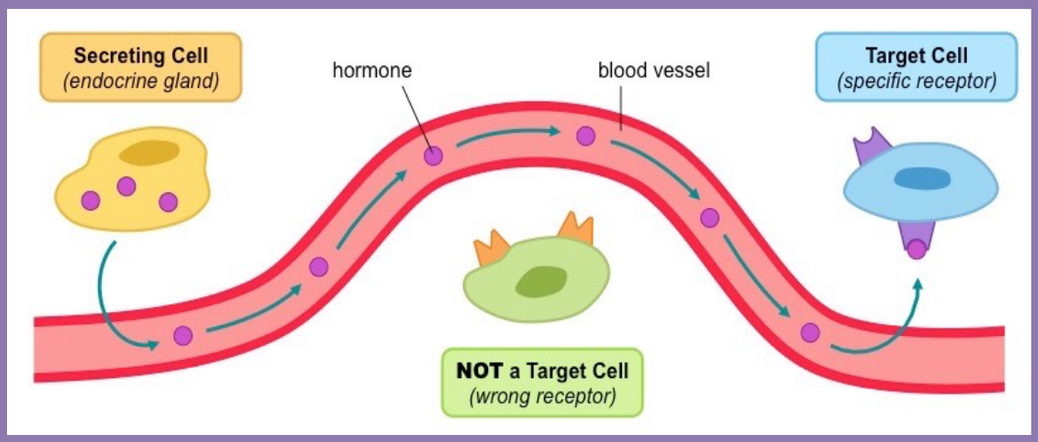
https://www.strongerbyscience.com/gender-differences-in-training-and-diet/

Hormones



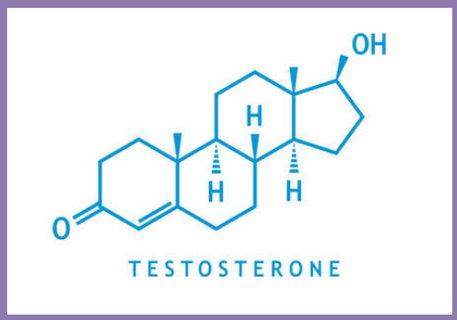
Hormones are special chemicals made by your body to help you do certain things.

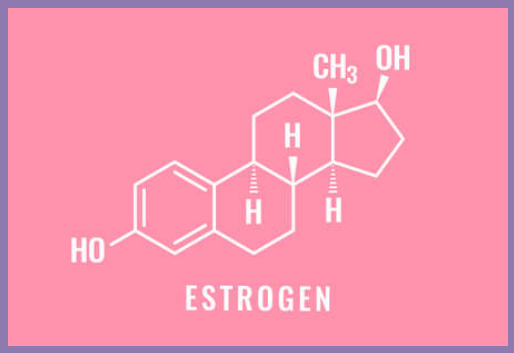
Hormones travel through the blood stream and act on a special cell called a target cell to cause cells to start or stop an activity.



Did you know?

The human body makes over 20 hormones, including testosterone and estrogen.





Men and women have **both** testosterone and estrogen. Estrogen plays a big role in women's puberty, and is likely responsible for women's better **metabolic health** and **athletic performance.**

Higher glycolitic capacity

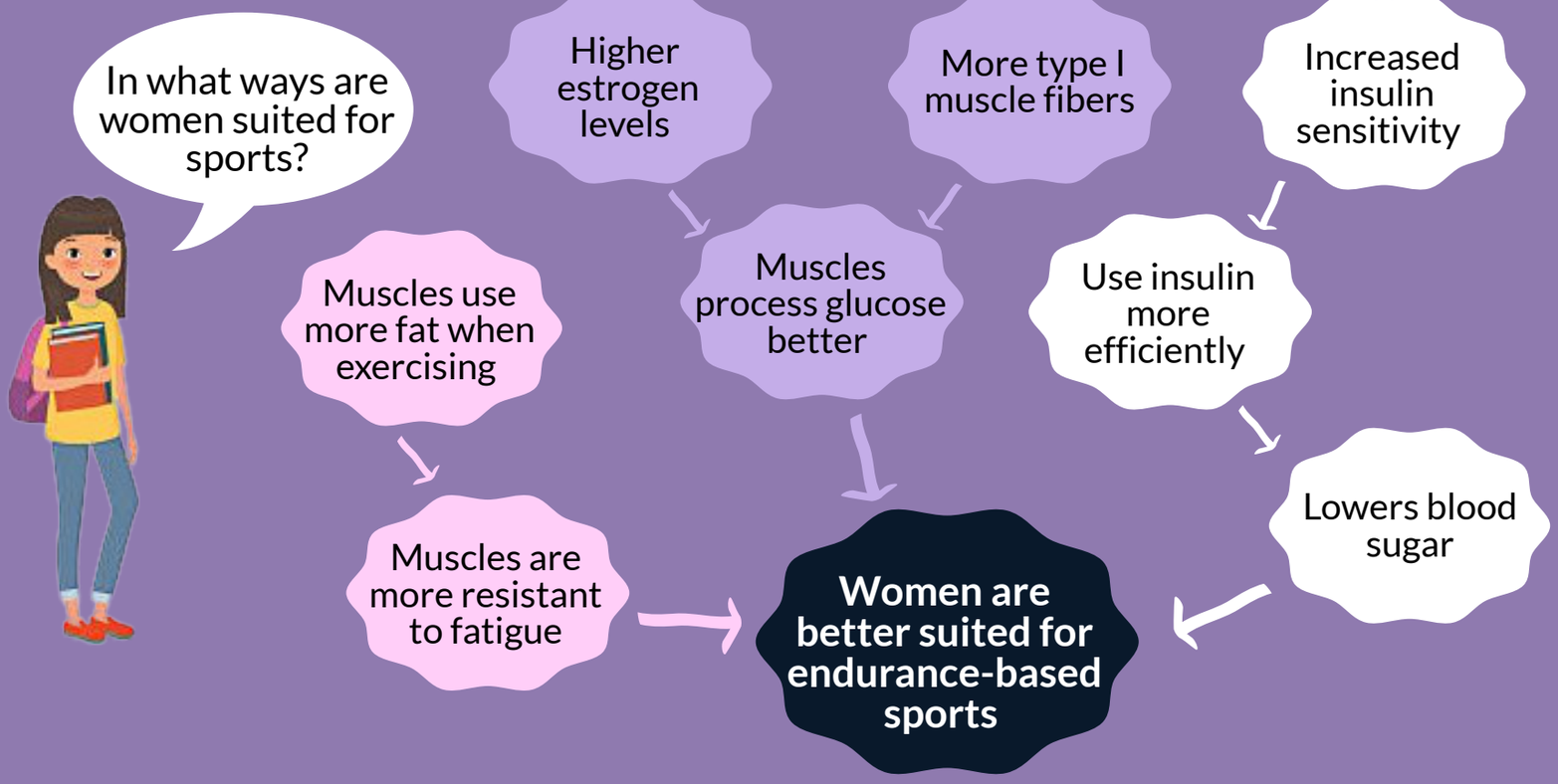
Muscles can burn through more glucose without oxygen

Longer recovery times required

Better performance for short, intense bursts of effort

Men are better suited for sports requiring short, intense bursts

In what ways are men suited for sports?



Truth: **Women are more metabolically suited for everything except sports involving quick, fast power.**

Sources

https://www.sapiens.org/biology/female-male-athletes-differences/
https://www.strongerbyscience.com/gender-differences-in-training-and-diet/

Image Sources

Illustration of Smiling Bodybuilder: https://www.istockphoto.com/vector/smiling-bodybuilder-posing-2-gm894396086-247278316 Molecular Structures of Estrogen and Testosterone: https://www.istockphoto.com/vector/sex-hormones-molecular-formula-gm953533574-260318677 Illustration of Students of Different Genders and Races: https://www.istockphoto.com/vector/international-students-with-books-phones-and-backpacks-gm637644366-113844969 Human Heart Illustration: https://www.clipartmax.com/so/human-heart-clipart/ Personified Red Blood Cell Holding O2 Molecule: https://www.123rf.com/photo_49074612_red-blood-cell-with-oxygen-cartoon.html?vti=o0ywjhhfdjm8yvkvvs-1-22 Different Stretching: http://clipart-library.com/flexibility-cliparts.html Endurance: https://www.vectorstock.com/royalty-free-vector/endurance-icon-simple-flat-element-from-fitness-vector-27963588 Estrogen Molecular Structure: https://www.123rf.com/clipart-vector/oestrogen.html?sti=n2ipr0b0z1wta1htv0| Muscle fibers: https://creazilla.com/nodes/1502618-muscle-clipart Different Illustrations of People Cycling: http://clipart-library.com/cycling-cliparts.html Image of Person Cross Country Skiing: https://www.pinclipart.com/pindetail/bRxhwR_cross-country-skiing-illustration-clipart/ Illustration of Person Running Through Finish Line: http://clipart-library.com/clipart/marathon-running-cliparts_4.htm Illustrations of People Sprinting: https://www.istockphoto.com/search/2/image? mediatype=illustration&phrase=sprinting Image of Football Player:https://creazilla.com/nodes/14915-american-football-player-clipart Image of Weight Lifter: https://creazilla.com/nodes/59865-weight-lifter-clipart Image of Basketbal Player:https://creazilla.com/nodes/70686-basketball-player-clipart