Chapter 18

Gender and Exercise

This is difficult to do, as many men and women differ to representative averages. However, there are differences between genders in features such as:

- Body composition
- Hematology
- Maximal cardiorespiratory capacity (VO₂ max)
- Pulmonary function
- Endocrinology
- Substrate use during exercise

A General Comparison of Male and Female Structure and Function

Female vs Male
(age 20-30 years)

- %Fat: 27% 15%
- LBM 49 kg 61 kg
- Hb 120-140 g/L 140-160 g/L
- Blood Volume 4.5-5L 5-6L
- VO₂ max 3-3.5 L/min 3.5-4 L/min
- VC 4-5 L 5-6 L
- Testosterone <500 pg/mL 500-10000 pg/mL