

# Sex differences in human running performance: smaller gaps at shorter distances?

## Literature Consensus



## Performance Determinants

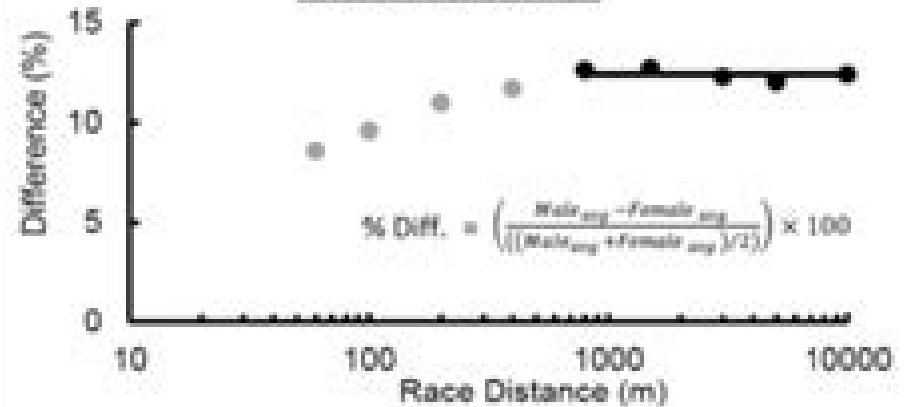


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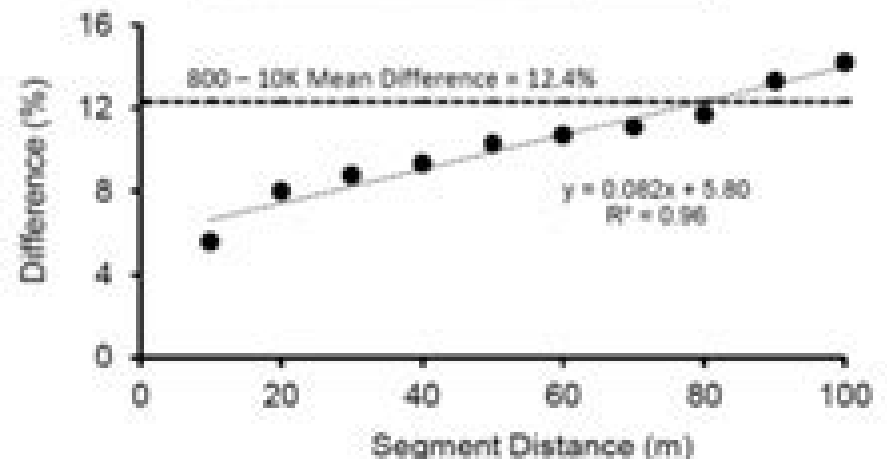
World Athletics (top lists & biomechanical reports)

- Standard race times (60 - 10K m)  
*n* = 40 male & female per event
- 100 m (10-meter segment times)  
*n* = 14 male, *n* = 12 female

## Standard Races



## 100 Meter Race Segments



## Conclusion

Sex differences in sprint running performance are relatively small and increase with running distance.

# Sex Differences In Human Performance

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## **Sex Differences In Human Performance:**

Sex Differences in Human Performance Mary Anne Baker, 1987-02-24 The book brings together for the first time research on sex differences that affect human performance The first section of the book reviews basic research in the areas of sensation learning response to stress and social factors as they provide a basis for observed sex differences The next section contains more specific information about response differences and anthropometric factors The contributors many of whom are international authorities in their field offer a wide but selective review across psychology and fields related to human performance such as ergonomics education and personnel work with objective and information based chapters supported by extensive and valuable bibliographies

Human Performance D. Roy Davies, Gerald Matthews, Rob B. Stammers, Steve J. Westerman, 2013-10-23 Human Performance provides the student and researcher with a comprehensive and accessible review of performance in the real world and essential cognitive science theory Four main sections cover both theoretical and practical issues Section One outlines the perspectives on performance offered by contemporary cognitive science including information processing and neuroscience perspectives Section Two presents a multi level view of the performer as biological organism information processor and intentional agent It reviews the development of the cognitive theory of performance through experimental studies and also looks at practical issues such as human error Section Three reviews the impact of stress factors such as noise fatigue and illness on performance Section Four assesses individual and group differences in performance with accounts of ability personality and aging

*Cognition and Sex Differences* Colin Hamilton, 2008-04-04 This text provides a fascinating approach to the widely studied area of individual differences and in particular sex differences The book looks at perception attention memory language and other cognitive domains with each chapter outlining the processes involved before explaining the relationship between each sex and cognitive performance

**Sex Differences in Sports Medicine** Ellen Casey, Monica Rho, Joel Press, 2016-05-28 This is the first book dedicated to the musculoskeletal physiological hormonal and other differences between the sexes as they manifest in sports medicine Organized anatomically from head to toe this unique reference focuses on the sex specific differences of men and women to inform clinical care and the management of common sports injuries Other chapters cover nutrition hormones concussion pain sports cardiology and pulmonology and the particular care of adolescent and geriatric patients The editors have assembled a world class team of specialists to collaborate on each chapter and specially commissioned illustrations and tables help visualize the data and findings While some books focus on the female athlete as a discrete category this book discusses how the many physical stresses of athletics affect both sexes based on the inherent biological differences The goal is to foster a more comprehensive understanding of the latest research and practice in sports medicine as it applies to all patients As the field of sports medicine has grown exponentially over the last few decades this book will serve as an essential resource for physicians trainers coaches and anyone involved in athletics and medicine

**Key Features** Provides an evidence based review of how sex

differences affect the risk of injury presentation and clinical course of sports related injuries Anatomically based chapters highlight differences in static structures dynamic movement and pathology between the sexes Authors summarize key differences at the end of each chapter Includes special chapters on running and throwing sports cardiology sports pulmonology nutrition and unique athlete populations

**Handbook of Human Performance** Dylan M. Jones, Andrew P. Smith, 1992 This volume covers such issues as sound and vibration the thermal environment and the visual environment It contains commentaries from the leading authorities in the field

*Stress and Performance Effectiveness* Earl A. Alluisi, Edwin A. Fleishman, 2013-10-28 First published in 1982 This is Volume III of a three volume series and focuses on stress and performance effectiveness This series of volumes reviews the state of the art in several areas of human performance research These areas are human capability assessment information processing and decision making and job stress It was recognized that these have been active research areas but work in these areas has not previously been linked directly to national concerns about productivity The focus is on implications for improving productivity and for recommending research in these areas that should have impact on productivity

**Handbook of Neuropsychological Assessment** Antonio E. Puente, Robert J. McCaffrey, 2013-11-11 The growth of clinical neuropsychology has been unprecedented This growth has been oriented more toward the provision of than toward the foundation for services Thus while a greater number of psychologists are performing a greater number of neuropsychological procedures there seems to us an uneven parallel growth between these services and the empirical foundations for them It should come to no one's surprise that increasingly aggressive attacks on the field have been leveled Despite these attacks clinical neuropsychology continues to enjoy exceptional growth within psychology and acceptance by other health practitioners insurance companies legislators judges juries and above all consumers of our services Growth without self reflection is a dangerous enterprise as is growth without directions We find it disconcerting that existing and limited self analysis has assumed that neuropsychological dysfunction is immune to the same variables that affect psychological dysfunction Some attention has been paid to the most obvious ones such as age but all others have been ignored and or misunderstood This neglect has spawned a body of knowledge replete with questionable data and unfounded conclusions Hence it is surprising that clinical neuropsychologists consider themselves to be more scientifically sound than their regular clinical counterparts

*Sex Differences in Cognitive Abilities* Diane F. Halpern, 1992 This is a comprehensive and up to date synthesis of the theories research and research methods designed to explore how why when and to what extent females and males differ in intellectual abilities Halpern's lively and highly accessible writing conveys complex ideas and interrelationships among variables in an engrossing and understandable manner Providing a thought provoking perspective on a controversial and politically explosive topic her treatment bridges the gap between the sensationalized often shoddy pop literature and highly technical scientific publications

**Space Physiology** Jay C. Buckey Jr., M.D., 2006-02-09 The success of any space flight

mission depends not only on advanced technology but also on the health and well being of crew members This book written by an astronaut physician is the first practical guide to maintaining crew members health in space It combines research results with practical advice on such problems as bone loss kidney stones muscle wasting motion sickness loss of balance orthostatic intolerance weight loss and excessive radiation exposure Additional topics include pre flight preparation relevant gender differences long duration medical planning post flight rehabilitation and the physiology of extra vehicular activity Designed as a handbook for space crews this text is also an invaluable tool for all the engineers medical personnel and scientists who plan and execute space missions      **Scientific and Technical Aerospace Reports** ,1980      **Current**

**Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70      Fatigability and Motor Performance in Special and Clinical Populations Allison Hyngstrom,Sandra K. Hunter,Inge Zijdewind,2021-03-16

**Auditory Cognition and Human Performance** Carryl L. Baldwin,2016-04-21 Hearing and understanding sound auditory processing greatly enriches everyday life and enhances our ability to perform many tasks essential to survival The complex soundscape in which we live influences where we direct our attention how we communicate with each other and how we interact with technological systems Auditory Cognition and Human      State and Trait A. R. Smith,D. M. Jones,2013-10-22 This third volume of Handbook of Human Performance addresses individual differences in human performance The book considers both effects related to stable characteristics and those which are a product of either endogenous changes in state or induced by task performance itself It includes chapters on intelligence demographic factors extra version and fatigue Although a wide range of topics is covered all contributions are linked in a consistent manner to human performance      National Library of Medicine Current Catalog National Library of Medicine (U.S.),1987

*Conditioning for Strength and Human Performance* T. Jeff Chandler, Lee E. Brown,2018-08-31 Fully revised and updated the third edition of *Conditioning for Strength and Human Performance* provides strength and conditioning students with the clearest and most accessible introduction to the scientific principles underpinning the discipline Covering bioenergetics and nutrition a systematic approach to physiological and endocrinological adaptations to training and the biomechanics of resistance training no other book provides such a thorough grounding in the science of strength and conditioning or better prepares students for evidence based practice      *Studying Brain Activity in Sports Performance* Stéphane Perrey,2021-03-30 The improvement of exercise performance in sports not only involves the enhancement of physical strength but also includes the development of psychological and cognitive functions There is an increasing body of evidence to show that physical exercise is a powerful way to improve a number of aspects of cognition and brain function at the systemic and behavioral levels Yet several questions remain What type of exercise program is optimal for improving cognitive functions What are the real effects of certain innovative exercise protocols on the relationship between behavior and the brain To what extent do ergogenic aids boost cognitive function How efficient are neuromodulation techniques in relation to

behavioral performance The answers to these questions likely require multidisciplinary insights not only from physiologists and sports scientists but also from neuroscientists and psychologists The manuscripts published 16 research papers and one perspective article from various academic fields in this Special Issue Book Exercise A Gate That Primes the Brain to Perform bring together current knowledge and novel directions in human exercise cognition research dealing with performance This book showcases the various relationships between cognitive function brain activity and behavioral performance with applications in sports and exercise science     *Routledge International Encyclopedia of Women* Cheris Kramarae, Dale Spender, 2004-04-16 For a full list of entries and contributors sample entries and more visit the Routledge International Encyclopedia of Women website Featuring comprehensive global coverage of women s issues and concerns from violence and sexuality to feminist theory the Routledge International Encyclopedia of Women brings the field into the new millennium In over 900 signed A Z entries from US and Europe Asia the Americas Oceania and the Middle East the women who pioneered the field from its inception collaborate with the new scholars who are shaping the future of women s studies to create the new standard work for anyone who needs information on women related subjects     **Fundamentals of Human Performance and Training** Victor C.X. Wang, Kathleen P. King, 2008-11-01 Fundamentals of Human Performance and Training was developed to help researchers and practitioners select measures to be used in the evaluation of human performance and helps them seek better more efficient and effective ways to close performance gaps in this global economy The book is bursting with innovative ideas that will help readers create powerful solutions in their organization their country their region and their continent Fundamentals of Human Performance and Training should be of value to anyone interested in matching the right solutions to the right problems addressing causes by providing a range of solutions to improve human performance in any organizations in the global economy The volume provides foundational chapters for the field and human performance to guide development or improvement of HR management strategies training and management which will prove to be dynamic efficient responsive to changes encompassing organizations and grounded in vision and excellence Critical issues facing organizations today include how to build intellectual capital establish and maintain a highperformance workplace enhance profitability and encourage productivity These needs require practitioners to go beyond a competencybased approach to training From the theory of andragogy to the practical examples and recommendations provided by our highly respected authors human capital developers and managers will be equipped with knowledge and skills to identify solve and anticipate human performance problems in their respective organizations Nonmanagers will also benefit from the book through identifying and solving day to day human performance problems because these problems are applicable to their work Finally for researchers administrators and students who are looking forward to improving their research skills our authors provide exemplary scholarly work in terms of how to conduct meaningful research in the area of human performance and training Also such a volume rich in identifying and seizing human performance improvement

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