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Average Strength Comparison Between Males and Female in Weight Training

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ABSTRACT

In our research we wanted to look at the comparison in strength between males and females in weight training. In recent research, we were able to look at sex stereotypes when considering sport and exercise. A particular study stated that, "... sport is still viewed as a "male area" in western countries, and recent reports indicate that boys/men still participate more in sports, compared to girls/women" (Boiche 1). So, we took three males and three females from Parkland College to test our hypothesis. Before beginning our research, our hypothesis was that males would be higher in all categories. In other research testing sit-ups and push-ups with male and female subjects, we were able to see that, "... when designing training programs for women strengthening exercises for the upper body" (Augustsson 1). The research population would be our male and female subjects ranging from moderate to athletic subgroups, between the ages of 20 and 30. The materials that we used were gym machines, such as, bench press, leg press, etc. The methods used were to test our hypothesis by comparing leg press and bench press max, alongside crunches and leg lifts to fatigue.

OBJECTIVES

- Compare males and females
- Track body composition
- Use personal information (body composition) to determine factors that effect strength
- Test strength in 3 areas of the body

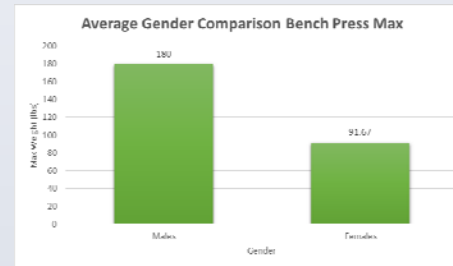
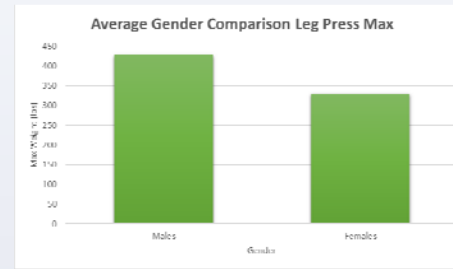
METHODS



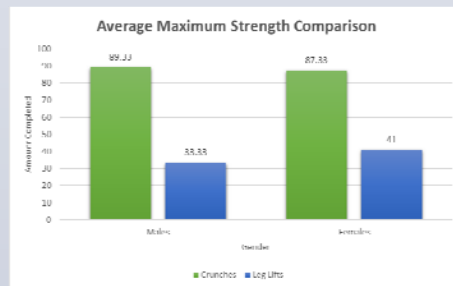
Students from Parkland College began on a research project testing the difference between male and female strength. To do this we took three males and three females and compared their average max with bench and leg press and also how many abs they could do before fatiguing. The males average weight is 150.87 lbs and the females is 144.80 lbs. We took this Individual data and averaged it to test our hypothesis.

Previous studies show and state that, "Sex has been identified as a major determinant of athletic performance through the impact of height, weight, body fat, muscle mass, aerobic capacity, or anaerobic threshold as a result of genetic and hormonal differences" (Thibault 1). Our results showed that through maxing in strength training males would excel on average more than females. With our raw data, we realized that factors such as, weight, height, body fat, etc. had an impact on this as well. On average males will have lower body fat percentages, be taller, and weigh more, giving them the ability to have a higher capacity.

RESULTS



According to our results our hypothesis was mostly correct. Males on average were more successful than females, with the exception of leg lifts.



CONCLUSIONS

In conclusion The data showed that the males on average had the highest maximum strength compared to females. The females were higher in one core activity, which was, leg lifts. The conclusion is that males overall do exceed more in weight training in most categories. This information can apply to moderate to athletic individuals both male and female, meeting the age range of 20-30.



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3. Augustsson, Sofia Ryman, Ellen Bersås, Elin Magnusson Thomas, Margareta Sahlberg, Jesper Augustsson, and Ulla Svantesson. "Gender Differences and Reliability of Selected Physical Performance Tests in Young Women and Men." *Advances in Physiotherapy* 11.2 (2009): 64-70.