

Age and sex difference in relation
to physical activities and sports

Anatomical and physiological differences between male and female

Male

1. Before adolescence- growth is slow and after 14-16 yrs. it becomes fast.
2. Generally tall, more height, delayed maturity.
3. Torso is short, legs are long, CG is high
4. Small nipples- easy in running .
5. Wide chest and strong shoulder
6. Bones and cartilage are strong

Female

1. Before adolescence- growth is fast and after 14-16 yrs. it becomes slow.
2. Generally short in height, matures early.
3. Torso is long, legs are short, CG is low
4. Large nipples- difficult in running
5. short chest and weak shoulder
6. Bones and cartilage are weak

male

7. Height increases upto 20-23 yrs.
8. Muscular strength is more
9. Heart size is large and pulse rate is less.
10. Reaction and movement time is fast
11. Mentally and Emotionally strong
12. No biological cycle or period
13. Deep breathing

female

7. Height stops increasing by 18-20 yrs.
8. Muscular strength is less
9. Heart size is small and pulse rate is less.
10. Reaction and movement time is slow
11. Mentally and Emotionally weak
12. Menstrual cycle or periods reduces physical activity participation
13. Sallow and small breathing