Men Vs Women and Muscle Mass: Research Says

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It is undeniably true that all humans are the same however, they differ in terms of body structure and body functions. Typically, men are physically stronger as compared to women. This is because on average women have not as much of muscle mass as compared to men in terms of total body mass. The reason why men have greater mass as compared to the women is the hormone testosterone as this hormone induce muscular hypertrophy (Saladin, 2004). Additionally, men also have stronger and denser bones, ligaments and tendons.

Several studies have shown that men usually have greater and stronger muscles as compared to women however the differences tend to be more pronounced especially in the upper limbs. There many factors that influence maximum voluntary strength such as CSA that is the cross-sectional area of the muscle, specific tension or the muscle groups (Miller & Sale, 1993). Additionally, muscle groups are affected by not only the fiber type distribution but also the amount of non-contractile tissues existing in the muscles. In general, it has been observed that when comparing untrained men to untrained women, most of the untrained women tend to have smaller fiber areas of both upper and lower limbs (Miller & Sale, 1993). Similarly, trained women have less body fiber areas of both upper and lower limbs as compared to their male counterparts.

It has been observed that chronic forceful muscular contractions facilitate in escalation of the muscle contractile protein and fiber area. Thus, the smaller muscle fiber in females is due to an innate biological limitation. According to the research conducted by the author A. E.J. Miller and his fellow researchers, the greater strength of men is due to the larger fibers (Miller & Sale, 1993). However, the difference between the upper and lower limb strength is attributed to the fact that women typically have lower proportions of their lean tissues that are distributed in the upper body.

**References**

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