



**Women's Sports Policy  
Working Group**

## **FREQUENTLY ASKED QUESTIONS – ABOUT SCIENCE AND SEX**

*WomensSportsPolicy.org*

**Q5. If a boy and a girl are the same height, weight, and body build, aren't they likely to be essentially the same athletically?**

A5. No. Testosterone-driven sex differentiation at puberty results in males developing larger hearts and higher capacity for oxygen transport and carbohydrate processing, as well as different skeletal and muscular composition. All of these characteristics provide males with superior strength, speed, power, and endurance.