Contents

1		Technical Problems in Comparing Data for Male and Female Subjects
2	@	Physical Activity Patterns, Assessment, and Motivation in Older Adults
3		Constitution or Environment? The Basis of Regional and Ethnic Differences in the Interactions among Gender, Age, and Functional Capacity
4	9	Limitations to Oxygen Transport with Aging
5	ø	Physical Activity, Fitness, and Gender in Relation to Morbidity, Survival, Quality of Life, and Independence in Older Age
6		Aging of the Neuromuscular System: Influences of Gender and Physical Activity
7		Aging and Sarcopenia: Influences of Gender and Physical Activity
8	0	Aging, Gender, and Susceptibility to Muscle Damage and Overtraining
9	9	Aging of Joints and Skeletal System: Influence of Gender and Physical Activity

IV Aging, Obecity, and Metabolic Regulation:

10	Aging, Obesity, and Metabolic Regulation: Influence of Gender and Physical Activity Wendy M. Kohrt	. 217
11 Aging of Immune and Hormonal Responses: Influences of Gender and Physical Activity		
12	Conclusions: Implications for Health and Society	. 265
Ind	ex	. 283
	ring mountain. House, wit then Principal of a School Department of South Carolina, Columbia, SC	

Peter M. Tildus

and Physical Activity

Clarifotte F. Sanborn and Maureen I. Simutonds