Testosterone and cortisol: Hormones, status, and human performance in (mostly) athletic settings

In this talk I will show how levels of cortisol and testosterone, considered in the context of athletic competition, have bearing on status with teammates and competitive will. I will also show how levels of cortisol and testosterone change in connection with athletic competition and how differences in hormone reactivity are related to a heretofore little studied connection (or lack thereof) between these two hormones. I will argue that the data presented in this talk, collected mostly in competitive sport settings, compel re-thinking current views about the hormonal correlates of stress, coping, and human performance in sports and probably non-sport settings as well.