



## Genetics Primer for Exercise Science and Health

By Stephen Roth

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Genetics Primer for Exercise Science and Health, Stephen Roth, This new book explains the basics of DNA and genetics in the contexts of health, physical activity and sport. Very practical information is provided, for example the first questions that anyone should ask when preparing to study genetics, how to use online tools to search existing research literature and how to identify and select candidate genes using genome databases. This book will provide updates on current research findings and discussions of how genetics may be incorporated into clinical practice and sport performance training.



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