



The Sports Gene

WHAT MAKES
THE PERFECT
ATHLETE

David Epstein

The Sports Gene Epub

Ellen Casey, Monica Rho, Joel Press

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The Sports Gene David Epstein, 2014-04-29 The New York Times bestseller with a new afterword about early specialization in youth sports from the author of *Range: Why Generalists Triumph in a Specialized World* The debate is as old as physical competition Are stars like Usain Bolt Michael Phelps and Serena Williams genetic freaks put on Earth to dominate their respective sports Or are they simply normal people who overcame their biological limits through sheer force of will and obsessive training In this controversial and engaging exploration of athletic success and the so called 10 000 hour rule David Epstein tackles the great nature vs nurture debate and traces how far science has come in solving it Through on the ground reporting from below the equator and above the Arctic Circle revealing conversations with leading scientists and Olympic champions and interviews with athletes who have rare genetic mutations or physical traits Epstein forces us to rethink the very nature of athleticism

Equine Sports Medicine and Surgery E-Book Kenneth W Hinchcliff, Andris J. Kaneps, Raymond J. Geor, 2013-07-01 Equine Sports Medicine and Surgery provides the most up to date in depth coverage of the basic and clinical sciences required for management of the equine athlete The unique treatment of exercise physiology and training within a clinical context together with detailed review of all diseases affecting athletic horses makes this the most comprehensive text available The book will provide a thorough grounding in the basic physiology of each body system and in particular the responses of each body system to exercise and training that will be separate but highly relevant to the succeeding sections on clinical disorders of each body system The highly respected editors have brought together an internationally renowned team of 50 contributors producing the ultimate reference for veterinarians students horse owners and all those involved in the world of equine athletics High quality artwork including relevant radiographic ultrasonographic CAT scan and MRI images aid understanding and diagnosis Provides a truly international perspective including guidelines pertinent to different geographic areas and racing jurisdictions In depth coverage of the role of the veterinarian in the management of athletic horses Explores the use of complementary therapies

The Encyclopaedia of Sports Medicine, Genetic and Molecular Aspects of Sports Performance Claude Bouchard, Eric P. Hoffman, 2011-08-02 This is the latest volume in the IOC Encyclopaedia of Sports Medicine series summarizing the evidence from all relevant sources on the genetic and molecular basis of sports and other human physical performance The initial chapters address the basic science of genomics and genetics and the regulation of gene expression Additional chapters provide authoritative information on the genetics of complex performance phenotypes the contributions of small animal research family and twin studies and ethnic comparisons A final section addresses the issue of the contribution of specific genes and molecular markers as related to endurance strength and power and responsiveness to specific conditioning programs This latest volume in the Encyclopaedia of Sports Medicine Series from the Medical Commission of the International Olympic Committee is a must for sports and exercise scientists who require a thorough guide to the most cutting edge science in this expanding field

Pathology -

E-Book Catherine Cavallaro Kellogg, Kenda S. Fuller, 2014-11-05 Full color interior design photos and illustrations Chapter on Behavioral Social and Environmental Factors Contributing to Disease and Dysfunction includes clinical models of health variations in client populations and lifestyle factors that are important to consider when treating a patient A Therapist s Thoughts offers personal and clinical insights from experienced therapists specializing in cystic fibrosis lymphedema and psychological problems Now covers the World Health Organization s International Classification of Functioning Disability and Health ICF a model that includes the level of participation in desired activities as a criterion for establishing status and goals UPDATED Evidence based content with over 6 000 references EXPANDED chapter on the lymphatic system features additional sections on lymphatic diseases plus exercise guidelines education and a home program for patients with a compromised lymphatic system UPDATED chapter on lab values features new information on potassium levels and exercise albumin levels related to nutrition and wound healing and coagulation studies in relation to exercise EXPANDED chapter on Psychosocial Spiritual Impact on Health Care offers new information on fear avoidance behaviors substance abuse malingering personality disorders abuse eating disorders and the impact of nonphysical trauma to health and disease as well as combat trauma torture and the effects of war Appendix B Guidelines for Activity and Exercise includes updated information on aquatic physical therapy from leaders in the field emphasizing precautions and contraindications for this modality Epigenetics, Energy Balance, and Cancer Nathan A. Berger, 2016-09-23 This volume of Energy Balance and Cancer provides state of the art descriptions of the rapidly evolving science of epigenetics and how it may explain mechanisms by which alterations in energy balance such as obesity and physical activity may impact cancer In addition to chapters explaining the processes mediating epigenetic regulation the volume contains a series of chapters explaining how environmental influences including early life events nutrition exercise and microbiota may induce epigenetic changes that can affect carcinogenesis The following chapters describe epigenetic relations of energy balance to cancer in distinct organ systems including esophagus colon prostate and breast Epigenetics Energy Balance and Cancer provides a valuable resource for students research investigators and clinicians seeking to better understand these processes as well as a basis for novel translational and transdisciplinary approaches to further elucidate these processes and develop preventive and therapeutic strategies **Towards a New 3Rs Era in Experimental Research** Christopher R. Cederroth, Marta L. Alves Da Silva, Annemarie Lang, Armand Mensen, Peter Bollen, Benjamin Victor Ineichen, Doris Wilflingseder, Jenny Stina-Maria Sandström, Serban Morosan, 2024-04-29 With the persisting need of animal experimentation for fundamental and applied research the relevance and importance of the 3Rs Principle cannot be ignored The 3Rs Principle was put forward over 50 years ago providing an essential framework for more humane animal experimentation in research In this half century the research landscape within which this principle is applied has dramatically changed and evolved with ever more emerging venues to explore for 3Rs advancement and implementation **Sex Differences in Sports Medicine** Ellen Casey, Monica

Rho, Joel Press, 2016-05-28 This is the first book dedicated to the musculoskeletal physiological hormonal and other differences between the sexes as they manifest in sports medicine Organized anatomically from head to toe this unique reference focuses on the sex specific differences of men and women to inform clinical care and the management of common sports injuries Other chapters cover nutrition hormones concussion pain sports cardiology and pulmonology and the particular care of adolescent and geriatric patients The editors have assembled a world class team of specialists to collaborate on each chapter and specially commissioned illustrations and tables help visualize the data and findings While some books focus on the female athlete as a discrete category this book discusses how the many physical stresses of athletics affect both sexes based on the inherent biological differences The goal is to foster a more comprehensive understanding of the latest research and practice in sports medicine as it applies to all patients As the field of sports medicine has grown exponentially over the last few decades this book will serve as an essential resource for physicians trainers coaches and anyone involved in athletics and medicine Key Features Provides an evidence based review of how sex differences affect the risk of injury presentation and clinical course of sports related injuries Anatomically based chapters highlight differences in static structures dynamic movement and pathology between the sexes Authors summarize key differences at the end of each chapter Includes special chapters on running and throwing sports cardiology sports pulmonology nutrition and unique athlete populations

Rotator Cuff Disorders Nicola Maffulli, John P Furia, 2012-04-11 Highlights latest best practice in the management of rotator cuff and associated pathologies and includes comprehensive basic science and clinical chapters authored by some of the world's most experienced and expert shoulder surgeons

Introductory Psychology in Modules Brett Pelham, David Boninger, 2020-11-09 Introductory Psychology in Modules Understanding Our Heads Hearts and Hands is a unique and comprehensive introduction to psychology It consists of 36 short modules that keep students engaged with humor a narrative style and hands on activities that facilitate interactive learning and critical thinking Each stand alone module focuses on a major topic in psychology from the brain sensation memory and cognition to human development personality social psychology and clinical psychology The modular format also allows a deep dive into important topics that have less coverage in other introductory psychology textbooks This includes cross cultural psychology stereotypes and discrimination evolutionary psychology sex and gender climate change health psychology and sport psychology This truly modular format ideal for both face to face and virtual learning makes it easy for instructors to customize their readings and assign exactly what they wish to emphasize The book also contains an abundance of pedagogical features including numerous hands on activities and or group discussion activities multiple choice practice quizzes and an instructor exam bank written by the authors By covering both classic and contemporary topics this book will delight students and instructors alike The modular format also makes this a useful supplementary text for classes in nursing medicine social work policing and sociology

Development, metabolism, senescence and mechanotransduction of bone Airong Qian, Cory J.

Xian,Lifang Hu,Changqi Zhu,2023-01-09 **Anterior Cruciate Ligament Injuries Throughout the Life Span** Mustafa Karahan,Sachin R. Tapasvi,Annunziato Amendola,Can Doruk Basa,João Espregueira-Mendes,Jonathan D. Hughes,2025-04-28 This book uniquely addresses anterior cruciate ligament ACL injury one of the leading issues in orthopedic sports medicine throughout the lifespan with a focus on differences depending on age and activity levels It provides readers with fundamental knowledge such as anatomy histology and biomechanics as well as with diagnostic criteria specific for each age group and activity level from pediatrics through adolescents to adults and high level athletes Furthermore international experts present diverse prevention and injury management criteria as well as state of the art surgical techniques based on the expectations of each age and lifestyle group Designed to be an easy to read reference guide this book presents fundamental concepts in the management of ACL injuries It appeals to a broad readership ranging from orthopedic surgeons residents and sports physicians to athletic trainers and all professionals involved in rehabilitation following ACL injuries **Mitochondria in Obesity and Type 2 Diabetes** Beatrice Morio,Luc Penicaud,Michel Rigoulet,2019-04-13 Mitochondria in Obesity and Type 2 Diabetes Comprehensive Review on Mitochondrial Functioning and Involvement in Metabolic Diseases synthesizes discoveries from laboratories around the world enhancing our understanding of the involvement of mitochondria in the etiology of diseases such as obesity and type 2 diabetes Chapters illustrate and provide an overview of key concepts on topics such as the role of mitochondria in adipose tissue cancer cardiovascular comorbidities skeletal muscle the liver kidney and more This book is a must have reference for students and educational teams in biology physiology and medicine and researchers Synthesizes actual knowledge on mitochondrial function Provides an integrated vision of each tissue in the etiology of obesity and type 2 diabetes Identifies the interactive networks that involve alteration in mitochondrial mass and function in disease progression Highlights the role played by mitochondria in the prevention and treatment of obesity and type 2 diabetes **Sports Gene: Inside the Science of Extraordinary Athletic Performance** David Epstein,2014-04-29 Explores the roles of both genetics and training in athletic success arguing that both are equally necessary components of athletic achievement while considering such topics as race gender and genetic testing Pathologic Myopia Richard F. Spaide,Kyoko Ohno-Matsui,Lawrence A. Yannuzzi,2021-07-28 Pathologic Myopia is a major cause of severe vision loss worldwide The mechanisms for vision loss include cataract glaucoma retinal detachment and above all myopic maculopathy within the posterior staphyloma The first edition of Pathologic Myopia is one of the only current books to specifically address this disease and discusses recent developments in imaging technologies and various approaches to treatments such as laser photocoagulation photodynamic therapy pharmacologic therapeutic injections in the vitreous and surgery This new edition is a timely update to the standard reference in the field with new chapters on advanced refractive error correction genetics developing a classification system and special surgical approaches for pathologic myopia Complete with even more high quality color images and informative tables this book is written and edited by leaders in the field and is geared towards

ophthalmologists including residents and fellows in training glaucoma and cataract specialists and vitreoretinal macula experts

Lifestyle Medicine James M. Rippe, 2013-03-15 There is no doubt that daily habits and actions exert a profound health impact The fact that nutritional practices level of physical activity weight management and other behaviors play key roles both in the prevention and treatment of most metabolic diseases has been recognized by their incorporation into virtually every evidence based medical

Arthroscopy Carlos Suarez-Ahedo, 2022-03-16 This book covers a physical examination imaging differential diagnoses and treatment of articular pathologies For each diagnosis the book sets out the typical presentation options for non operative and operative management and expected outcomes Practical and user friendly Arthroscopy is a useful resource for medical students and practitioners seeking fast facts on diagnosis and management Its format makes it a perfect quick reference and its content breadth covers commonly encountered orthopedic problems in practice

Leg Pain in the Running Athlete, An Issue of Clinics in Sports Medicine Alexander Meininger, 2012-04-28 This issue of Clinics in Sports Medicine Guest Edited by Alexander K Meininger MD is devoted to Leg Pain in Athletes Leg pain is a common manifestation of many ailments for which the athlete is vulnerable In this issue authors will discuss the most common causes of leg pain including tibial stress syndrome stress fractures and exertional compartment syndrome Attention will also be given to the evaluation of the injured runner risk factors such as the female athlete triad and useful imaging adjuncts will be discussed

Exercise Genomics Linda S. Pescatello, Stephen M. Roth, 2011-03-23 Exercise Genomics encompasses the translation of exercise genomics into preventive medicine by presenting a broad overview of the rapidly expanding research examining the role of genetics and genomics within the areas of exercise performance and health related physical activity Leading researchers from a number of the key exercise genomics research groups around the world have been brought together to provide updates and analysis on the key discoveries of the past decade as well as lend insights and opinion about the future of exercise genomics especially within the contexts of translational and personalized medicine Clinicians researchers and health fitness professionals will gain up to date background on the key findings and critical unanswered questions across several areas of exercise genomics including performance body composition metabolism and cardiovascular disease risk factors Importantly basic information on genomics research methods and statistics are presented within the context of exercise science to provide students and professionals with the foundation from which to fully engage with the more detailed chapters covering specific traits Exercise Genomics will be of great value to health fitness professionals and graduate students in kinesiology public health and sports medicine desiring to learn more about the translation of exercise genomics into preventive medicine

Nutrition and Skeletal Muscle Stéphane Walrand, 2018-10-24 Nutrition and Skeletal Muscle provides coverage of the evidence of dietary components that have proven beneficial for bettering adverse changes in skeletal muscle from disuse and aging Skeletal muscle is the largest tissue in the body providing elements of contraction and locomotion and acting as an important contributor to whole body protein and amino

metabolism glucose disposal and lipid metabolism However muscle loss atrophy or weakness can occur when there are metabolic imbalances disuse or aging This book addresses the topic by providing insight and research from international leaders making it the go to reference for those in skeletal muscle physiology Provides an understanding of the crucial role of skeletal muscle in global metabolic homeostasis regulation Delivers the information needed to understand the utilization of crucial supplements for the preservation of skeletal muscle Presents insights on research from international leaders in the field

The Coagulation Consult Alan Lichtin, John Bartholomew, 2014-02-06 There have been many changes in the field of coagulation during the past decade New concepts of epidemiology of risk factors for thrombosis now help clinicians predict who is more likely to form clots after surgery or after being placed on oral contraceptives New anticoagulants have the potential to redefine how patients with atrial fibrillation and venous thrombosis are managed There are new forms of recombinant clotting factors which have changed our approach to hypofibrinogenemia and von Willebrand s disease Newer antiplatelet agents are available and their use in patients receiving cardiac stents has mushroomed The management of thrombosis in the setting of pregnancy has changed over the past decade as well as the way clinicians approach women with multiple miscarriages An entire new class of compounds the thrombopoietins are available to treat individuals with immune thrombocytopenic purpura ITP The Coagulation Consult covers major topics of interest to hematologists who are asked to consult on individuals with coagulation related diseases and encompasses the field s most recent developments This case directed book describes state of the art approaches to patients with bleeding and clotting disorders as well as laboratory tests for coagulation Chapters include different vignettes focus on typical clinical consult questions and lay out specific types of treatment Practicing clinicians being confronted with coagulation consult students residents fellows and attending physicians will find this unique text an invaluable resource for some of the newer areas of coagulation science therapy and pharmacology

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