

Contents

Preface xi

Acknowledgments xiii

Part I Basics of Genetics 1

CHAPTER 1 Individual Differences: The Role of Genetics in Exercise Science and Health 3

Hidden Aspect of Average Values	3
Why Do We See Variation in a Physical Trait?	6
Summary	7
Learning Aids	7

CHAPTER 2 DNA, RNA, and Protein 9

Basic Cell Biology	9
DNA	10
Our Genetic Material as Chromosomes	11
<i>Special Focus: The Human Genome Project</i>	12
RNA	13
Amino Acids and Proteins	14
Structure of Genes	15
Summary	17
Learning Aids	18

CHAPTER 3 Transcription, Translation, and the Genetic Code 19

Moving from DNA to RNA: Transcription	19
Posttranscriptional Modifications of RNA	20
Moving from RNA to Protein: Translation	21
Posttranslational Modifications of Proteins	22
Genetic Code	22
Summary	23
Learning Aids	23

CHAPTER 4	Moving Genetic Material to the Next Generation	25
	Basic Reproduction	25
	Sex Cell Production and Meiosis	26
	<i>Special Focus: Mitosis Versus Meiosis</i>	26
	Chromosomal Recombination	28
	Mendelian Inheritance Patterns	30
	Summary	32
	Learning Aids	33
CHAPTER 5	Heritability and the Basics of Genetic Variation	35
	Familial Resemblance: Genes and Environment	35
	Heritability as a Measure of Genetic Contribution	36
	Genetic Variation	38
	<i>Special Focus: Twin and Family Studies</i>	39
	Types of Genetic Variation	40
	<i>Special Focus: Labeling Polymorphisms</i>	42
	How Genetic Variation Can Influence Physical Traits	44
	How Do Polymorphisms Arise? Genetic Variation and Evolution	47
	Summary	48
	Learning Aids	49
CHAPTER 6	Genetic Variation and Disease	51
	Mendelian Disease Genetics	51
	<i>Special Focus: Muscular Dystrophy</i>	53
	Complex Disease	54
	Gene \times Environment Interactions	56
	<i>Special Focus: Obesity as a Complex Trait</i>	57
	Gene \times Gene Interactions	58
	Summary	59
	Learning Aids	59

CHAPTER 7	Linkage Disequilibrium, Haplotype, and Environmental Interaction	61
	Recombination Revisited	61
	Linkage Disequilibrium	63
	Linkage Analysis in Families	65
	Haplotype: Combinations of Neighboring Alleles	67
	Special Focus: The International HapMap Project	69
	DiploTYPE: Combinations of Haplotypes	70
	Gene \times Environment Interaction Revisited	72
	An Introduction to Epigenetics.	72
	Summary	74
	Learning Aids	74
Part II	Research Design and Methods . . .	75
CHAPTER 8	Getting Started: Basic Skills for Genetics Research	77
	Is Genetic Variation Important for My Trait of Interest?	77
	Using PubMed	79
	Interpreting Existing Literature	79
	Identifying and Selecting Candidate Genes and Polymorphisms	80
	Using Genome Databases.	82
	Summary	84
	Learning Aids	84
CHAPTER 9	Issues in Study Design and Analysis	85
	How Genetics Necessarily Alters Study Design	85
	Typical Study Designs	87
	Subject Recruitment	89
	Geographic Ancestry	90
	Special Focus: Race in Genetics	92
	Prospective Versus Retrospective	93
	Statistical Approaches	94
	Interpretation of Results: Association Versus Cause and Effect	95

	Summary	96
	Learning Aids	96
CHAPTER 10	Basic Laboratory Methods in Genetics	99
	DNA From Blood or Cheek Cells	99
	Polymerase Chain Reaction (PCR)	100
	Genotyping With Restriction Enzymes	103
	Genotyping With Fluorescent Tags	105
	DNA Sequencing	106
	<i>Special Focus: DNA Microarrays</i>	107
	Summary	110
	Learning Aids	110
Part III	Current Findings and Extensions of Genetics Research	111
CHAPTER 11	Current Research Findings in the Genetics of Exercise Science and Health . . .	113
	Overview of Current Findings	113
	<i>Special Focus: The Human Gene Map for Performance and Health-Related Fitness Phenotypes</i>	114
	ACTN3 and Muscle Performance	116
	ApoE and Cognitive Impairment	118
	ACE and Sport Performance	121
	Myostatin and Muscle Mass	124
	Summary	127
	Learning Aids	128
CHAPTER 12	Personalized Medicine	129
	Genetics and Complex Disease Revisited	129
	Promise and Limitations of Personalized Medicine	130
	<i>Special Focus: Pharmacogenomics</i>	131
	Genetics in Nutrition and Exercise Prescription	132
	Genetics in Disease Prevention	134
	Summary	135
	Learning Aids	135

CHAPTER 13 Ethical Challenges in Genetics and Society . .	137
Ethical, Legal, and Social Implications of Genomics	137
Gene Therapy for Disease Treatment	140
Special Focus: Stem Cells	142
Genetics in Sport: Genetic Testing and Gene Doping for Performance	143
Summary	145
Learnings Aids	145
Appendix A Answers to Review Questions	147
Appendix B Evolution and Hardy-Weinberg Equilibrium	153
Glossary	157
Bibliography	165
Index	169
About the Author	177