



Genetics and Molecular Biology of Muscle Adaptation: Advances in Sport and Exercise Science series, 1e

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This title is directed primarily towards health care professionals outside of the United States. It starts with the origin of life and ends with the mechanisms that make muscles adapt to different forms of training. In between, it considers how evidence has been obtained about the extent of genetic influence on human capacities, how muscles and their fibres are studied for general properties and individual differences, and how molecular biological techniques have been combined with physiological ones to produce the new discipline of molecular exercise physiology. This is the first book on such topics written specifically for modules in exercise and sport science at final year Hons BSc and taught MSc levels.

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