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Translational Medicine. Provide updates and expert analysis of key discoveries of the past decade. Covers important areas of exercise genomics including performance, body composition, metabolism, and cardiovascular disease risk factors. Offers insights on the future of exercise genomics, especially within the contexts of translational and personalized medicine.

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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.

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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

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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

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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.

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

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Molecular Aspects of Exercise Biology and Exercise Genomics, the latest volume in the Progress in Molecular Biology and Translational Science series includes a comprehensive summary of the evidence accumulated thus far on the molecular and cellular regulation of the various adaptations taking place in response to exercise. Changes in the cellular machinery are described for multiple tissues and organs in terms of signaling pathways, gene expression, and protein abundance. Adaptations to acute exercise as well as exposure to regular exercise are also discussed and considered. Includes a comprehensive summary of the evidence accumulated thus far on the molecular and cellular regulation of the various adaptations taking place in response to exercise Contains contributions from leading authorities Informs and updates on all

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the latest developments in the field of exercise biology and exercise genomics

Sports, Exercise, and Nutritional Genomics: Current Status and Future Directions is the first reference volume to offer a holistic examination of omics-driven advances across different aspects of exercise and sports physiology, biochemistry, sports medicine, psychology, anthropology, and sports nutrition; and highlighting the opportunities towards advance personalized training and athlete health management. More than 70 international experts from 14 countries have discussed key exercise and sport-related themes through the prism of genomics, epigenomics, transcriptomics, proteomics, metabolomics, telomere biology, talent in sport, individual differences in response to regular physical activity, that

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in the future may empower coaches, sports physicians, fitness experts, genetic counselors, and translational scientists to employ various omics data and approaches in improving health and physical performance of people participating in sports and exercise activities. Contributors address current knowledge of genetic influence on athletic performance, individual responses to exercise training, as well as the genetics of musculoskeletal phenotypes, exercise-related injuries, flexibility, and neurodegenerative disorders in athletes. Finally, performance-related and psychological traits associated with epigenetic, transcriptomic and metagenomic biomarkers are also considered, along with nutritional and pharmacogenomic aids in sports medicine and personalized nutrition. Effectively synthesizes key themes across molecular aspects of exercise and sports sciences Provides a knowledge base for future translation of

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omics solutions to talent identification, individualized training, and nutrition Features contributions from international experts (researchers and clinicians) in the subject area

Molecular Aspects of Exercise Biology and Exercise Genomics, the latest volume in the Progress in Molecular Biology and Translational Science series includes a comprehensive summary of the evidence accumulated thus far on the molecular and cellular regulation of the various adaptations taking place in response to exercise. Changes in the cellular machinery are described for multiple tissues and organs in terms of signaling pathways, gene expression, and protein abundance. Adaptations to acute exercise as well as exposure to regular exercise are also discussed and considered. Includes a comprehensive summary of the evidence

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accumulated thus far on the molecular and cellular regulation of the various adaptations taking place in response to exercise Contains contributions from leading authorities Informs and updates on all the latest developments in the field of exercise biology and exercise genomics

As the first primer on the effects of exercise on human hypertension, *Effects of Exercise on Hypertension: From Cells to Physiological Systems* provides the state-of-the-art effects of exercise on the many possible mechanisms underlying essential hypertension in humans. The book contains chapters by distinguished experts on the effects of exercise on physiological systems known to be involved in hypertension development and maintenance as well as less well known aspects of hypertension

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such as 24-hour ambulatory blood pressure profile and oxidative stress. An emerging area, the effects of resistance exercise training on blood pressure is also covered. A unique aspect of the book is that it covers the effects of exercise mimetics on vascular cell adaptations in order to begin to elucidate some of the cellular mechanisms that may underlie blood pressure reductions with exercise training. Lastly, the book will end with a chapter on the interactive effects of genes and exercise on blood pressure. Chapters are grouped by physiological system or mechanism. The text begins with two overview chapters; one on the general effects of aerobic exercise training and the second on the general effects of resistance exercise training on blood pressure. Each chapter begins with a bulleted list of key points. *Effects of Exercise on Hypertension: From Cells to Physiological Systems* will be of great value to

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professional individuals in cardiovascular medicine, the cardiovascular sciences, allied health care professionals, and medical and graduate students in the cardiovascular sciences and medicine.

Epigenetics of Exercise and Sports: Concepts, Methods, and Current Research explains fundamental epigenetic processes and how these are altered by exercise and sports. After a brief review of fundamental epigenetic biology, this all-new volume in the **Translational Epigenetics** series offers step-by-step instruction in how epigenetic factors are investigated for their influence over exercise related traits of human physiology, disease, and injury. The current state of knowledge in the field and recent findings are discussed in-depth, illuminating how exercise and sports

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performance may epigenetically modify our physiology, disease and injury risks, and how this knowledge can be applied in personalized exercise approaches, diagnostics, and treatment. This book also explores the shortcomings of explaining exercise related phenomena using only genomics and traditional biochemical techniques, setting the scene for a paradigm shift in exercise biology. In addition, over a dozen international specialists contribute chapters on exercise and sports epigenetics, and their influence over metabolism, obesity, aging, immunity, and neurological disease, as well as the epigenetic impacts of concussions and sports doping. A concluding chapter discusses ongoing themes in the field and outlooks for future research. Thoroughly examines fundamental concepts in exercise and sports epigenetics, methods for new research, and known impacts for

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human physiology, disease, and clinical outcomes Discusses exercise and sports epigenetics in relation to metabolism, obesity, aging, immunity, and neurological disease, concussion, and sports doping, among other topics Includes preliminary information on exercise epigenetics and covid-19 infection Features chapter contributions from international experts in the field

This volume of Progress in Molecular Biology and Translational Science covers the recent advances in the expanding fields of nutrigenetics and nutrigenomics. Forty authors from eight countries have contributed to the publication, representing the most cutting-edge research available. Covers recent advances in nutrigenetics and nutrigenomics Distinguished panel of 40 authors from eight different countries

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Coffee is one of the most popular drinks in the world but what are the health advantages or disadvantages from consuming it? This book covers how health is influenced by the consumption of coffee from protective effects and potential contributions of bioactive compounds to health to potential risks involved. Written by an international collection of contributors in the field who concentrate on coffee research, it is edited expertly to ensure quality of content, consistency and organization across the chapters. Aimed at advanced undergraduates, postgraduates and researchers and accompanied by a sister volume covering how production and chemistry influence the quality of coffee, these titles provide an impactful and accessible guide to the current research in the field and information on the health aspects for nutritionists and other

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health professionals.

Molecular Exercise Physiology: An Introduction is the first student-friendly textbook to be published on this key topic in contemporary sport and exercise science. It introduces sport and exercise genetics and the molecular mechanisms by which exercise causes adaptation. The text is linked to real life sport and exercise science situations such as "what makes people good at distance running?", "what DNA sequence variations code for a high muscle mass?" or "by what mechanisms does exercise improve type2 diabetes?" The book includes a full range of useful features, such as summaries, definitions of key terms, guides to further reading, review questions, personal comments by molecular exercise pioneers (Booth, Bouchard) and leading research in the field, as well as descriptions

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of research methods. A companion website offers interactive and downloadable resources for both student and lecturers. Structured around central themes in sport and exercise science, such as nutrition, endurance training, resistance training, exercise & chronic disease and ageing, this book is the perfect foundation around which to build a complete upper-level undergraduate or postgraduate course on molecular exercise physiology.

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