

Why black people are good at sports

The following is an excerpt.

We have all noticed it when watching NFL, NBA, or track and field, the lion's share of athletes are of African origin. In contrast, Asians are almost absent in the world of sports. *Popular Social Science* has taken a closer look at why this is the case.

The facts show that East Africans own every distance running record. In most of the sports people of African descendant dominate. Why have black people dominated sports? Are they somehow physically better? Research shows that it is not just being black that matters. Where in Africa your ancestors come from makes the huge difference.

Read the full article here: [Why Black People Are Good at Sports](#)