

The Sports Gene: Athleticism as a complex trait

Sports Illustrated writer David Epstein has a new book out, *The Sports Gene: Inside the Science of Extraordinary Athletic Performance*. The title strikes me as coarse and reductive, but I am aware that authors do not always have control over such things.

I haven't had time to read the book, but judging from the interview I listened to on *NPR* it's data rich and theory subtle. Though the title seems to imply that athleticism is a single gene trait where most of the variation in the population is due to genetic variation, Epstein denies this and instead presents the reality that athleticism is a complex trait with many dimensions, subject to numerous genetic and environment variables, and, interactions across those variables.

Read the full, original story here: *The Sports Gene*, not as reductive as the title