

Commercial gene tests can't predict sports performance

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Commercial genetic testing designed to reveal athletic potential for sports is being called meaningless by a group of experts, who also warn about confidentiality risks.

The 22 experts from the fields of genomics, sports and exercise looked at direct-to-consumer genetic tests marketed online related to athletic talent and the published scientific evidence on the tests.

The tests are aimed at individuals, coaches, parents, athletes and sports teams. Anyone who pays the cost and sends a sample of saliva, for example, can request a test.

Independent studies have identified issues relating to quality control, including different results being reported from samples from the same individual, the experts said.

The science around genetic testing is an emerging field, but the ability to interpret the meaning of test results is at a relatively early stage, the experts said.

The statement emphasizes that the speed of change in gene sequencing technology has far outpaced regulation or universally accepted guidelines. Legislation in the field varies widely among countries.

The authors also point to the importance of counseling before genetic tests, particularly since there may be [implications for health or life insurance](#). Counseling is not part of the services offered with the consumer tests.

Read full, original post: [Genetic tests for sports performance 'virtually meaningless,' experts say](#)