

# Critical appraisal of sports genetics

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Propositions to accompany the PhD Thesis

## **Critical Appraisal of Sports Genetics With an Emphasis on Endurance Sports**

1. The lack of standardized sport typologies and classification systems decreases the quality of biomolecular research (this thesis).
2. High-level endurance athletes do possess a unique genotype compared to non-athletes (this thesis).
3. Well-defined phenotypes will enhance the accuracy of predictive models in sports (this thesis).
4. Genetic testing provides added value to athletes and coaches with the potential to personalize training strategies (this thesis).
5. Sports genetics is ready for practical applications (this thesis).
6. The potential of DNA for athletic performance may be overestimated.
7. The integration of wearable technology and genetic information will revolutionize personalized training and health monitoring in athletes.
8. Gene modifications in humans and embryos for enhancing sports performance must be prohibited.
9. Public awareness and education on genetic testing should be enhanced.

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Maastricht, 30<sup>th</sup> of October 2024