

Source: [KBhBIO101Meiosis](#)

1 | Genetic Variation

There are two main ways by which genetic variation is introduced to a cell cycle. Namely, **crossing over** and **independent assortment**.

1.1 | Crossing over

=> The process by which genetic information between **homologous** (similar) chromosomes are exchanged.

During [KBhBIO101Meiosis](#)'s (critically, ONLY meiosis') metaphase 1, homologous chromosomes pair with each other and exchange like segments of their genetic material.

In this fashion, genetic variation is purposefully introduced into the offspring to enable more competitive variation in downstream gametes.

1.2 | Independent Assortment

During M1 and M2, which chromosomes/chromatids end up