

Objective-

To know why athletes take drugs in sport

To know the names & effects of performance enhancing drugs

Drugs

A **drug** is any chemical substance you take that affects the way your body works.



[drugs video](#)

Most drugs are developed for medical purposes. Athletes try to abuse and use the drugs to gain advantage over their opponents

Learning outcomes:

I can: Identify why athletes take performance enhancing drugs and name 6 substances

I can: Identify the names of 6 performance enhancing drugs & explain which sports they are associated with & why

I can: Name 6 performance enhancing drugs & identify why athletes use them. I can explain the risks associated with using these drugs

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To know the names & effects of performance enhancing drugs

To recover from injury more quickly or to mask pain

Desire to be the best at all costs; winning brings financial rewards

Making the most of a short sporting life

Influenced by others

Better results lead to better sponsors and endorsement contracts

Willing to risk cheating for public acclaim

The will to win overrides moral conscience

Desire to meet expectations of others

Natural ability isn't good enough

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To know why athletes take drugs in sport

To know the names & effects of performance enhancing drugs

The I.O.C. attempt to keep sport clean. They produce a list of banned substances. Prohibited drugs are classified in 6 categories.



Remember B.A.N.D.S.P.

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Beta blockers: [Beta blockers in sport](#)

e.g. Atenolol (Alcohol has a similar effect)

The beta-blocker drugs 'sit' on receptors and stop ('block') the receptor from being stimulated.

Effect: slows heart rate, calms and steadies hands

Athletes: Shooting (target sports), Snooker



Side effects: Reduces heart rate so low that heart may stop, low blood pressure and causes tiredness

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Anabolic steroids: <https://www.youtube.com/watch?v=mYGFpt9b3fg>



[Steroids in sport](#) Video

Artificially produced testosterone (MALE HORMONE).

Effect: Repair body tissues after stress, promote muscle growth, ability to train harder with less fatigue

Athletes: Athletics (power events) e.g. 100m, Shot Putt

Side effects: Females develop male features. Liver & heart damage.

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Narcotic Analgesics:

'PAIN KILLERS' - (paracetamol, morphine, methadone, heroin)

Effect: Reduces pain or an injury

Athletes: All events

Side effects:
Nausea, highly
addictive, serious
injury



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Diuretics:

Remove fluid from the body.

Effect: Rapid weight loss

Athletes: Boxers, Jockeys



Side effects: Dehydration, Dizziness or light headed

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Stimulants:

Stimulate the body physically and mentally.

(Tea, Coffee, Cocaine, Ephedrine, Speed)

Effect: Reduces tiredness, increased alertness & endurance

Athletes: Any event with a sprint start, Boxing,

Side effects: Raise blood pressure, hide symptoms of fatigue & addictive



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Peptide Hormones:

Naturally occurring hormones can be synthesised in a laboratory (EPO)

- EPO is a hormone which controls red blood cell production.

Effect: Increase oxygen transport (↑ endurance)

Athletes: Cycling, marathon runners (endurance athletes)

Side effects: blood clots + cardiovascular problems

[EPO VIDEO CLIP](#)



Learning outcomes:

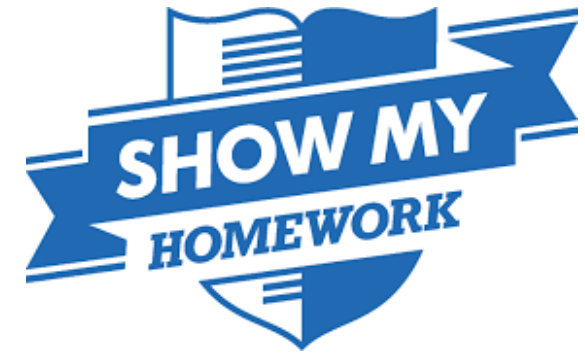
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Objective-To work independently through the three tasks

Task (10 minutes)



DODDLE

Log into doddle and complete the test on Drugs in sport
Complete the two Doddle tests. Anatomy test and Body types test.

Complete any outstanding tests you have not done on doddle to facilitate your revision for the mock exams.

Write down the homework in your planner: