**Starter (Who and Why?)**

1) 2) 3)

4) 5) 6)

7) 8) 9)

10) 11)

**What is a drug?**

A ………………………. that can be taken in a …………………….. of ways to produce …………………………. and/or ……………………. effects on the person taking it.

There are sociable acceptable and socially unacceptable drugs. Sociable acceptable drugs are those that may be ……………………………… by a doctor or bought over the counter (e.g. ………………………………, ………………………………, …………………….). Socially unacceptable drugs are ………………………………. . They all have negative effects and can be …………………………….., in some cases leading to severe illness or death.

Performance enhancing drugs are used in sport because: ……………………………………………………………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………

There are 6 main performance enhancing drugs.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Drug** | **Reason for use** | **Example** | **Sport** | **Side effects** |
| **Anabolic Steroids**  |  |  |  |  |
| **Beta Blockers**  |  |  |  |  |
| **Diuretics**  |  |  |  |  |
| **Narcotic Analgesics** |  |  |  |  |
| **Stimulants**  |  |  |  |  |
| **Peptide Hormones – Including Erythropoietin (EPO)** |  |  |  |  |

**What is blood doping?**

Blood doping is a …………………………. method which ………………………… athletes use to increase the amount of …………………… in their blood. This means they can work ………………………, for ……………………..

BANNED ENDURANCE OXYGEN

HARDER LONGER Four stages of blood doping

 1)

 2)

 3)

**Performer**  4)

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**Sport itself**

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