

**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)

4)

**Performer**

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**Sport itself**

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