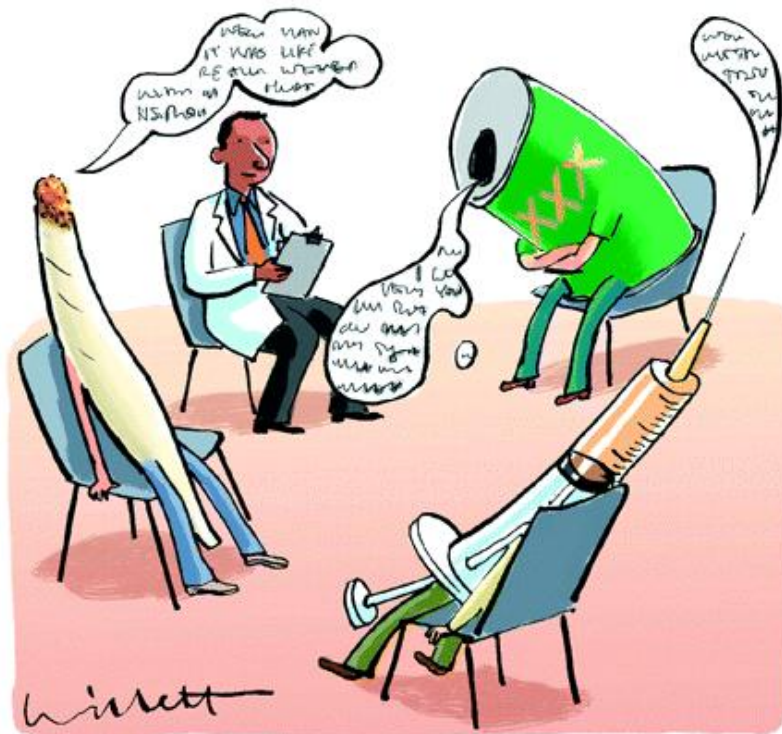




DRUGS AND SPORT

OBJECTIVES

- Be able to name different types of drugs
- Be able to discuss the different effects that these drugs have on the body



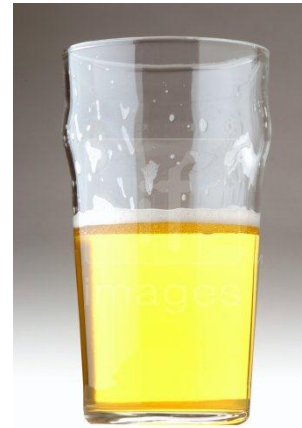
DRUGS

- A drug is a chemical substance that affects the way your body works



ALCOHOL

- All alcoholic drinks contain the chemical **ethanol** which makes people 'drunk'
- It takes at least 1 hour for the body to recover from the effects of 1 unit of alcohol
- After heavy drinking there is still alcohol in the blood the next day



1 unit

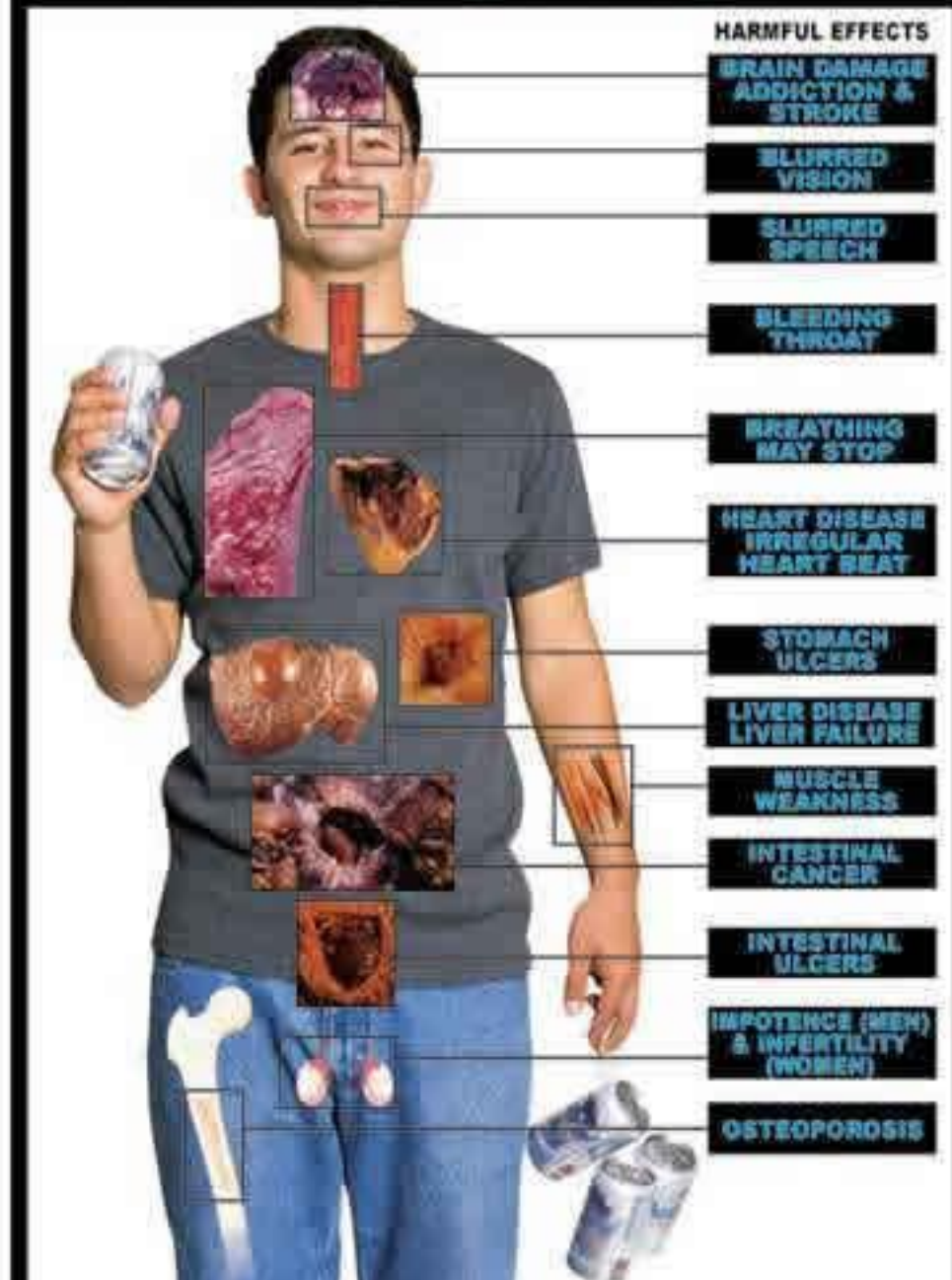


EFFECTS OF ALCOHOL ON THE BODY

- Affects co-ordination, judgement, balance, speech and hearing
- Lowers the level of glycogen in the muscles (can't work as hard for so long)
- Leaves a 'hangover' = dehydration
- Athletes who drink too much lose their drive to train and competet



ALCOHOL

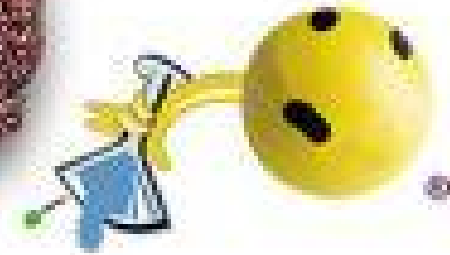




Healthy



Cirrhosis





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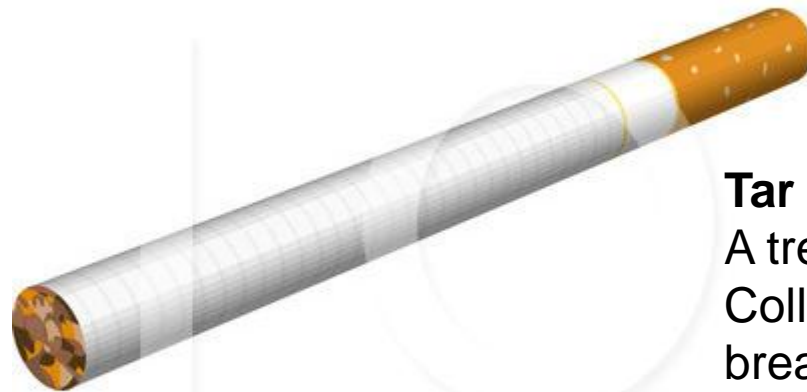
SMOKING

Carbon monoxide

A poisonous gas
Red blood cells
take it instead of
O₂. Less O₂ to
the muscles

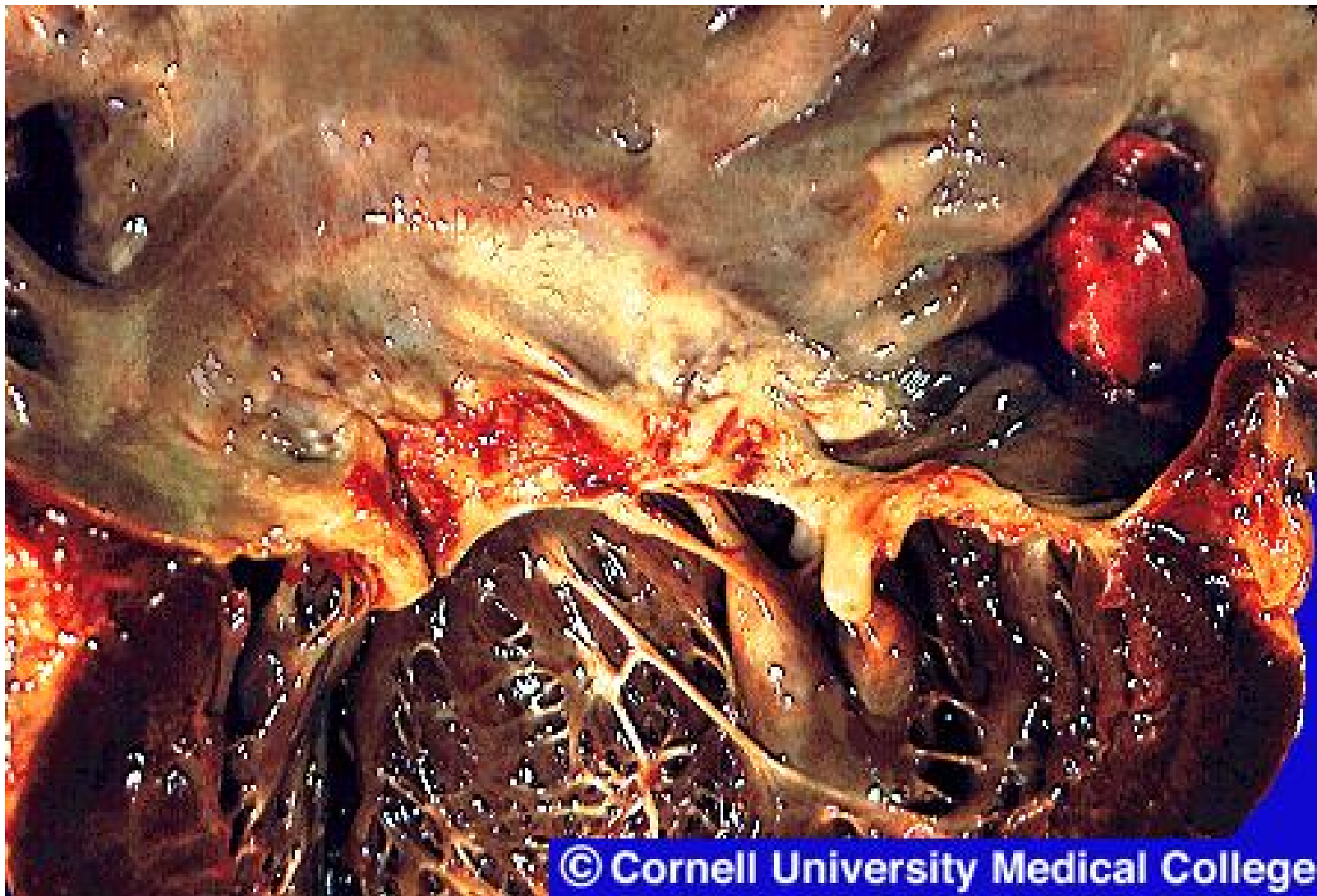
Nicotine

An addictive poison.
Makes heart rate and blood
pressure rise. Makes you
dizzy and causes heart
disease.



Tar

A treacly brown substance.
Collects in the lungs and
breathing tubes. Clogs them
and stops you breathing
properly. This will affect
sports performance. Cause
lung cancer and bronchitis



© Cornell University Medical College



Smoking
causes fatal lung cancer

DOPING

- Taking drugs to improve sporting performance.
- To pep up performance
- To kill pain
- To build muscles faster than trainingç
- To calm themselves before big event
- An athlete who dopes is cheating



SNAPD CARD SORT

- Sort out the cards so that the name of the drug fits the effects



SNAPD

- Stimulants
 - Narcotic Analgesics
 - Anabolic Agents
 - Polypeptide hormones
 - Diuretics
-
- These are the drugs that are banned by the IOC



STARTER

- Name the drugs that athletes in these sports take and explain how they enhance performance
- Sprinter
- Rugby Player
- Shot Putter
- Gymnast
- Tennis player
- Clue SNAPD



B CALM RESTRICTED DRUGS

- Beta Blockers
- Corticosteroids
- Alcohol
- Local Anaesthetics
- Marijuana



BLOOD DOPING

- Blood doping is used to simulate high altitude training without actually going to high altitude
 - Red blood cells are taken out of the athlete
 - Their body makes more red blood cells to replace them
 - Before competition the red blood cells are injected back so that more oxygen can be carried around the body



DISCUSSION FOR AND AGAINST

- Should drugs be banned in sport?
- Why?
- <http://www.smh.com.au/olympics/beijing-2008/news/drugs/>
- <http://www.thepunch.com.au/articles/let-them-entertain-us-drugs-and-sport-performance/>







SUPERSTAR JONES' BOMBSHELL



**I TOOK DRUGS FOR
SYDNEY OLYMPICS**









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Steroids

Sometimes you can just tell

