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Learning Objectives



- Recall the types of performance enhancing drugs in sport.
- Explain how PEDs can be used to improve performance.
- Research PEDs and summarise the effects of PEDs.

5.3 Ethical Issues	
Start of the lesson	End of the lesson
1. What are performance enhancing drugs?	
<p>Drugs athletes sometimes take to boost their performance</p>	
2. Name three types of PEDs	
<p>NE</p>	
3. Describe the effects three drugs on performance.	
<p>Increase speed, strength</p>	
4. Using the drugs you have identified above, explain how they could improve sports performance.	
<p>NE</p>	
<p>Start of the lesson:</p> <p>DOWNLOAD BAR</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>0% 25% 50% 75% 100%</p> <div style="background-color: #00b050; width: 20%; height: 15px; margin: 5px 0;"></div> </div>	<p>End of the lesson (Actual %):</p> <p>DOWNLOAD BAR</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>0% 25% 50% 75% 100%</p> <div style="background-color: #ccc; width: 100%; height: 15px; margin: 5px 0;"></div> </div>

Name:



Watch this introductory video on performance enhancing drugs.

<https://www.youtube.com/watch?v=K0DIY-UDwXA>

Task 1 AO1: Describe 3 reasons athletes may use substances when taking part in sport.

1. gain muscle mass / power
 2. Increase endurance / speed
 3. match others performance if other people around them are taking it (peer pressure)
- ④ Help recover from injury better

Task 2 AO2: Having watched the video, identify three sports whereby the use of PEDs would be beneficial and explain why.

1. weight ~~lift~~ lifting - with an increased muscle mass they're able to lift heavier weights
2. 100m sprint - make them go faster with increased power
3. Marathon - use drug to increase stamina

Task 3 A01: Read the paragraph below and fill in the missing words from the list provided.

Any prohibited substance that is taken by the athletes or

introduced into the body is considered to be a prohibited

substance or a performance enhancing drug. These

substances are taken with the aim of producing a biological imbalance

so that some athletes have an advantage over other performers in their

sport. biological substances include: **stimulants, narcotic**

analgesics, anabolic agents, peptide hormones and diuretics. Prohibited

methods include: **blood doping.** legally prescribed

drugs can also be restricted for athletes, including **beta blockers.**

Prohibited, Introduced, chemical, legally, biological, advantage,
substance,
performance, methods

Performance Enhancing Drugs

- ✓ When studying the effects of PED's it is important that you know the name of the drug
- ✓ You are able to highlight the effects of each drug i.e. the possible improvements to performance in a sport.
- ✓ E.g. The use of anabolic agents will increase the **muscle mass** of a performer. This will in turn benefit the performance of an athlete who takes part in a sport that requires **power** and **strength** such as **Olympic Weightlifting.**

Task 5: A01/A02: Using pp 127 – 130, produce a Mind Map of performance enhancing drugs.

There is a short video on how to produce a mind map below. Please follow the guidance.



https://www.google.com/search?q=how+to+produce+a+mind+map&rlz=1C1GCEV_enGB839GB839&og=how+to+produce+a+min&aqs=chrome.0.0j69i57j0l6.5863j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=OFOxXruHF9iz1fAPvuOEwA054

For your Mind Map you need to include:

Step 1: Central image relating to PEDs.

Step 2: Main Branches: Stimulants, narcotic analgesics, anabolic agents, peptide hormones, diuretic drugs, blood doping and beta blockers.

Step 3: detailed branches: effects of drug and the side effects.

Step 4: Use pictures and key words throughout and you use a different colour on each of the branches.

Please ensure your Mind Map is very detailed as you will need this working for the next lesson on PED's.



This link can also be used as part of your research.

http://www.bbc.co.uk/ethics/sport/debate/types_1.shtml

