



Box 1: Keywords

Word	Definition
Stimulants	Drugs that have an effect on the central nervous system - they increase mental and/or physical alertness. Important to sports where reaction time is essential e.g. sprinters
Narcotic analgesics	Drugs that can be used to reduce the feeling of pain. May mask injury or allow for longer training periods.
Peptide hormones	Drugs that stimulate the production of naturally occurring hormones (e.g. EPO), which increase red blood cell count/oxygen carrying capacity. Erythropoietin (EPO): A type of peptide hormone that increases the red blood cell count.
Diuretics	Drugs that remove fluid from the body, elevating the rate of bodily urine excretion. Used to lose weight. May be used by athletes in sports that have weight categories. May also be used to flush the body of other substances.
Anabolic steroids	Artificially produced male hormones mimicking testosterone. They promote muscle mass and bone growth, and reduce recovery time. Misused by power athletes, e.g. sprinters.
WADA	World anti doping agency

World Anti-Doping Agency (WADA)

Prohibited substances:

- Stimulants,
- Narcotic analgesics,
- Anabolic agents/steroids,
- Peptide hormones (EPO),
- Diuretics.

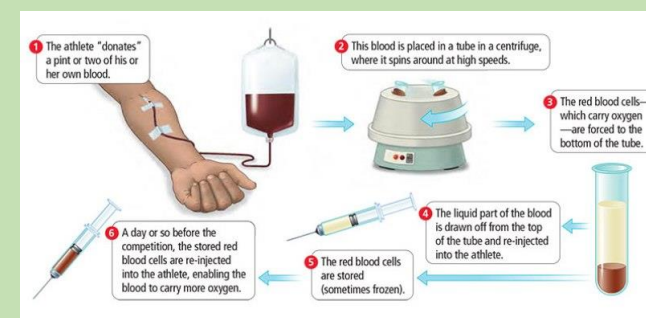


Blood doping

Defined by World Anti-Doping Agency (WADA) as the misuse of techniques and/or substances to increase one's red blood cell count.

Involves the removal of blood a few weeks prior to competition. The blood is frozen and re-injected just before competition.

Blood doping could benefit endurance activities as they improve the body's oxygen carrying capacity.



Side effects of blood doping:

- Thickening of blood (viscosity)
- Potential infection
- Potential for heart attack
- Embolism (blockage of vessel)

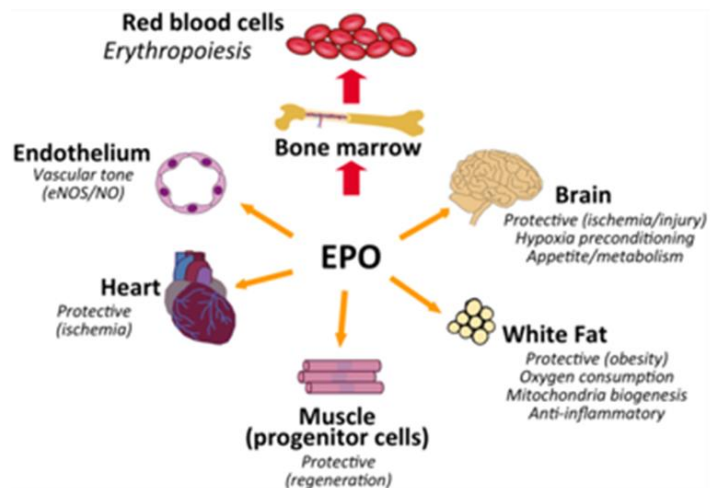


Beta blockers

Used to steady nerves by controlling heart rate. They have a calming and relaxing effect by reducing the effects of adrenaline which may improve fine control/preciseness.



Side effects of beta blockers:
Nausea, weakness, heart problems.



EPO

stimulates the production of red blood cells in bone marrow and regulates the concentration of red blood cells and haemoglobin in the blood. This is useful for athletes, since red blood cells shuttle oxygen to the cells, including muscle cells, enabling them to operate more effectively

Advantages for the performer of taking PEDs:

- Increased chances of success
- Fame
- Wealth
- Level playing field (Same for all competitors)

Disadvantages for the performer of taking PEDs:

- Cheating/immoral
- Associated health risks
- Fines
- Bans
- Reputational damage
- Loss of sponsorship

Box 6: Pathway

Previous knowledge: from teaching sequence

Future links: from teaching sequence

Careers: from curriculum narratives

Box 7: Cross curricular links