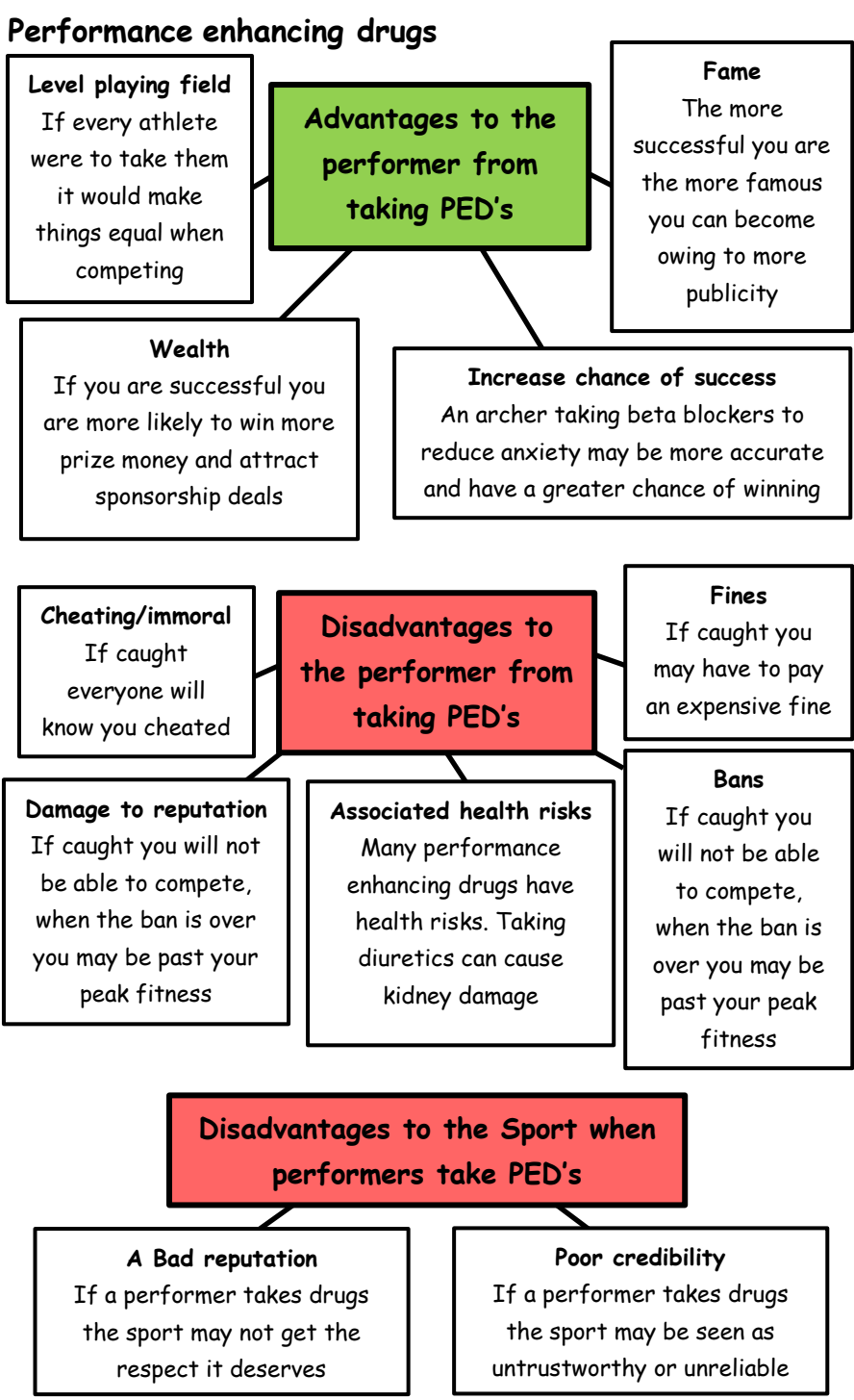


Paper 2: Performance enhancing drugs



Drug	Effect on Performance		Health Risks	Which Sports
Anabolic Agents	allows performers to train longer and harder It increases protein synthesis helping develop lean muscle mass and speeds up recovery time		<ul style="list-style-type: none">Liver damage/CHDTesticular atrophyInfertilitySkin problemsMood swingsAggressionBaldness	Activities that require power: <ul style="list-style-type: none">SprintersRugby playersWeightliftingBoxersBaseball
Beta Blockers	Beta blockers improve fine motor control by slowing heart rate and reducing anxiety which allow the performer to remain calm and controlled		<ul style="list-style-type: none">NauseaSleep disturbanceTiredness/weaknessLower blood pressureSlow heart rate	Activities that require precision: <ul style="list-style-type: none">Archery/shootingSnookerGymnastics
Diuretics	Diuretics achieve quick weight loss (fluids). They also mask other drugs making them harder to detect		<ul style="list-style-type: none">DehydrationNauseaheadachesHeart/kidney failure	Drug cheats and sports with weight categories: <ul style="list-style-type: none">BoxingJockey
Narcotic Analgesics	Narcotic analgesics increases the performers pain threshold so can mask injuries, also give a feeling of invincibility		<ul style="list-style-type: none">Nausea/vomitingAnxiety/depressionKidney/liver damageAddictionRisk further injury	Any sport that a performer is injured: <ul style="list-style-type: none">BoxersSprintersFootball
Peptide Hormones	EPO	Erythropoietin (EPO) Can increase red blood cell production increasing O ₂ delivery	<ul style="list-style-type: none">Thickening of bloodBlood clotsStrokesHeart attack	Aerobic events e.g. long distance: <ul style="list-style-type: none">RunningCycling
	HGH	Human Growth Hormone Helps muscle mass and burns fat	<ul style="list-style-type: none">ArthritisHeart failureAbnormal feet/hands	Strength events: <ul style="list-style-type: none">WeightliftingSprintingRugby
Stimulants	Stimulants increase alertness, reduce tiredness and increase heart rate (therefore oxygen delivery)		<ul style="list-style-type: none">InsomniaAnxietyAggressionIrregular heart rate	Alert/aggressive sports: <ul style="list-style-type: none">RugbyBoxingIce hockey
Blood Doping	Blood doping involves the removal of blood a few weeks prior to competition. The blood is frozen and re-injected just before competition. (increase red blood cells)		<ul style="list-style-type: none">InfectionThickening of blood (viscosity)Heart attackEmbolism (blockage of vessel)	Aerobic events e.g. long distance: <ul style="list-style-type: none">Running/cyclingCyclingSwimmingGames players