

Performance Enhancing Drugs (PEDs)

The rewards that come with winning are so great that athletes are increasingly tempted to cheat. Fame, money and pressure are commonly cited despite the health risks or even death.

DRUG	EFFECTS ON PERFORMANCE	IMPACTS ON PERFORMERS	SPORTING EXAMPLE (WHO MIGHT USE IT)
Beta Blockers	<ul style="list-style-type: none"> • Reduces effects of adrenaline • Reduces blood pressure • Can reduce anxiety • Relaxes muscle function 	<ul style="list-style-type: none"> • Severely altered blood sugar levels • Heart failure • Weight gain • Extreme fatigue • Reduced endurance 	Target Sports e.g. Shooting e.g. Kim Jong-Su
Anabolic Steroids	<ul style="list-style-type: none"> • Increase muscle mass • Increase strength • Increase speed 	<ul style="list-style-type: none"> • Behaviour change • Increased acne • Heart/liver damage • Men: testicles shrink • Women: facial hair 	Power Events e.g. Sprinters e.g. Marion Jones
Stimulants	<ul style="list-style-type: none"> • Increase muscle mass • Resisting fatigue • Increase alertness/concentration • Increase speed/power/endurance 	<ul style="list-style-type: none"> • Behaviour change • Addiction • Confusion/paranoia/delirium • Hypertension/Angina • Vomiting/Abdominal Pain 	Boxer/100m Sprinter e.g. Asafa Powell



Blood doping – a method of artificially increasing red blood cell count – increases endurance

