

Drugs in Sports

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Why do athletes take drug enhancements?

- Strand, B., Brotherson, S. & Tracy, T. (2018) state that many athletes take enhancement drugs to cheat and have the competitive edge over other athletes.
- Huybers, T. & Mazanov, J., (2010) suggest that athletes are normally convinced to take drugs by someone they look up to. The athletes who can be convinced by a coach or senior athlete for the inconsistent immediate gains to performance with little knowledge or no consequences (e.g. low risk of prosecution) are at risk of doping.

The Risks of Drug Enhancements

- **Physiological-** Acne, Male pattern baldness, Liver Damage, Premature closure of the growth centres of long bones (in adolescents) which may result in stunted growth, Stunted growth and disruption of puberty in children.
- **Psychological-** Increased aggressiveness and sexual appetite, sometimes resulting in abnormal sexual and criminal behaviour which is often referred to as “Roid Rage”, Withdrawal from anabolic steroid use can be associated with depression, and in some cases, suicide.
- **Gender Specific:**
 - **Male-** Breast tissue development, Shrinking of the testicles, Impotence and Reduction in sperm production.
 - **Female-** Deepening of the voice, Cessation of breast development, Growth of hair on the face, stomach and upper back, Enlarged clitoris and Abnormal menstrual cycles

Should drugs be allowed in sport?

- The debate:
- Simon, (2018) argues that should performance-enhancing drugs be prohibited because they provide unfair advantages to some of the competitors?
- He also views what justifies prohibition of drugs

Pros of Drugs in Sport

- Performance enhancing drugs help the body build muscle faster.
- This makes the person stronger with less effort. Some performance enhancing drugs increase muscle mass.
- Performance enhancing drugs give athletes more energy and increase endurance.
- Overall, these effects give athletes an advantage over their competitors and allow them to perform beyond their potential without the drugs

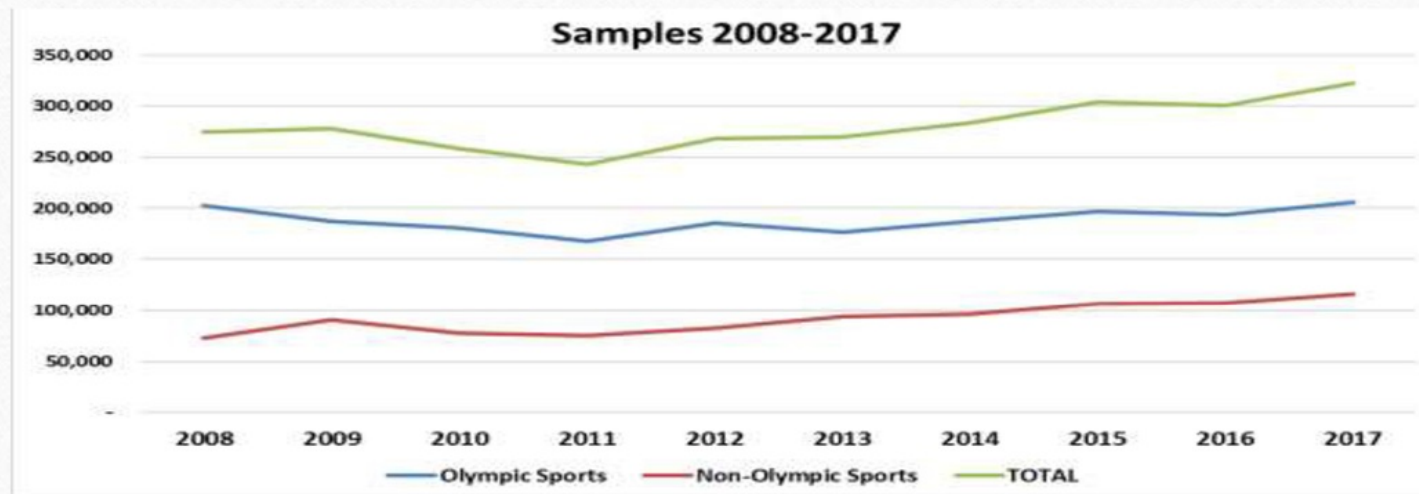
Duzan (2009)

Cons of Drugs in Sport

- Gives an unfair advantage over competition
- Some have negative side effects on the body (vomiting, muscle cramps, dizziness)
- Increased blood pressure
- Heart palpitations
- Increased risk of stroke
- McLaughlin (2011)

Drug Enhancement in Elite Sport

- WADA (2017) "WADA's ADAMS System continues to be a critical data-gathering tool for the anti-doping community. The findings indicate that more and more individuals and organizations are entering testing data directly into ADAMS (from 56% in 2015 to 87% in 2016 and 91% in 2017). The 2017 data shows an increase of 7.1% in the number of overall samples analysed from 300,565 in 2016 to 322,050 in 2017."



Case study - Lance Armstrong

- BBC Sport (2013) "Lance Armstrong came out and ended speculation and has admitted that he used sport enhancing drugs during each of his 7 Tour De France wins between 1999 – 2005."
- Lance Armstrong has admitted that he did not feel as though it was cheating, He seen it as levelling the playing field. And was stripped of his 7 Tour De France titles as stated by BBC Sport (2013) "Last year Armstrong was stripped of his Tour De France titles after being labelled a "serial cheat" by USADA."



The Reasons for Drug Taking in Low Level Sports.

- There are many reasons that people take drugs in sport.
- Coming back from an injury e.g. painkillers.
- They could be taking them outside of sport for recreational or private use e.g. weed.
- to enhance their sport in the hope of getting spotted or getting a pro contract.

Rugby Players Caught Taking Drugs

- Between 2016 and 2018 eight players who were playing in the Welsh leagues were banned from rugby for taking prohibited substances. The eight players banned were **KYLE PERRY, TODD JAMES, MILES NORMANDALE, DANIEL MATTHEWS, MAREDYDD FRANCIS, THOMAS CURRY, DREW PRIDAY** and **KURT CLABBY**. All these players were banned by the WRU (Welsh Rugby Union). (Doel, 2019)
- One Welsh player speaking to Wales Online spoke about how he was told to “put on weight” and “how there are many ways to increase his weight” he also said that it was being pushed on him by the club (James, 2019)

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Drugs in Sports

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GENERAL COMMENTS

Instructor

PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7

PAGE 8

PAGE 9

PAGE 10

PAGE 11