

Performance enhancing drugs in sports



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Performance-Enhancing Drugs in Sports University of Phoenix COM

120 Maryann Lamer June 3, 2007 Those athletes who win are those with the greatest strength, speed or endurance in most professional sports. The mark for an elite player is consistently performing with extraordinary strength, speed or endurance. Strength is determined by two factors: amount of muscle and the ability of nerves to stimulate muscle contraction. Most young athletes can tell you that the competitive drive can be fierce, to win.

For a number of growing athletes, winning at all costs includes taking performance-enhancing drugs. If they would take the time to learn about the benefits, risks and many unknowns regarding so called performance-enhancing drugs, they may decide the benefits are not worth the risks. The Illinois High School Association has approved a list of banned performance-enhancing substances, has made it against association rules for coaches, boosters or school officials to distribute these substances and is considering a plan in which it will conduct random drug tests at finals in various sports. I agree with the IHSA to eliminate performance-enhancing drugs in our playing fields. Unfortunately, they have quite some work to do to achieve this.

If you are a college bound athlete on an average team, you have little to worry, other than the risks you're taking by taking these potentially life threatening substances. As a prep athlete your worries in this instance are very few. An international athlete can count on being tested, it is also possible to try to cheat and beat random testing. At \$175 per test, it is impossible to test everyone or to test more frequently. It all comes down to economy, I am sure the IHSA would do a widespread testing in all sports if it had the money.

So, that definitely weekends the overall impact. In conjunction with this, the IHSA is increasing its educational profile on steroids, human growth hormones, designer drugs or supplements. In the National Basketball Association, random tests are conducted four times per season. A first offense for steroids or performance-enhancing drugs results in a 10 game suspension, followed by a 25 game suspension on the second offense, a one year suspension for a third offense, and a lifetime ban for a fourth offense. As for how the National Football League's policy compares with those adopted by other leagues, no other North American sports league tests for erythropoietin. The NFL suspends players four games for a failed steroids test. A second offense results in a year's suspension. Dolphins defensive end Jason Taylor, expressed frustration with those who violate the policy and offered one solution to clean up the game: lifetime bans to those who use performance-enhancing drugs.

Now the NFL players will be tested more often and face harsher financial penalties as a result of changes made. These changes show what sports leagues and their players associations can accomplish when they set their minds to eradicating steroids from their sports, said Davis, who, as chairman of the Government Reform Committee in the last Congress, led three hearings on steroid use among pro athletes. I especially want to commend the NFL which, out of all the sports leagues, has been the most consistent in its approach to testing and taking other steps to end steroid use among its athletes. Don Davis also believed the changes were a positive step. Some athletes take a form of steroids known as anabolic steroids to increase their muscle mass and strength. The main anabolic

steroid hormone produced by your body is testosterone. Testosterone has two main effects on your body: ??? Anabolic effects promote muscle building.

??? Androgenic effects are responsible for male traits, such as facial hair and a deeper voice. Anabolic steroids may cause men to develop prominent breast, baldness, shrunken testicles, a higher voice, and infertility. Women may develop a deeper voice, an enlarged clitoris, increased body hair, baldness and increased appetite. There is no politics in steroids.

Performance enhancing drugs destroy the bodies of athletes and undermine the integrity of the sports they play and so often heartbreakingly, claim to love (McDonnell, 2006). Athletes face enormous pressure to excel in competition. They also know that winning can reap them more than a gold medal. A star athlete can earn a lot of money and a lot of fame, path to victory, but they also get the message that some drugs and other practices can boost their efforts and give them a shortcut, even as they risk their health and their athletic careers. As far as ancient Greece, athletes have often been willing to take any preparation that would improve their performance.

Drug use increased in the 1960s. Athletes may also misuse drugs to relax, cope with stress or boost their own confidence. A new test devised by researchers at the University of Illinois uses a litmus-like paper strip to test saliva, urine or blood for molecules unique to cocaine (Mika, 2007). Are you the parent of a student athlete If you are, your life is probably as hectic as your child??™s. But in your daily rounds of carpools, practices and games, have you taken the time to talk to your child about the dangers of

performance enhancing drugs Olympic athletes are not the only ones lured into the shortcut to increased strength and stamina.

Kids in high school and middle school are using these products, too. And your child could be among them. Signs your son may be taking anabolic steroids include increased acne and male pattern baldness. Does your teen plan to compete for athletic scholarships? If so, he/she is under considerable pressure and besides the pressure from coaches, parents and peers, teens place a lot of pressure on themselves. Surprisingly, the pressure may force them to consider using performance enhancing drugs. Reassure your teen of your love and support even when your child does not perform well in competition. You're worried that your teen may be using performance enhancing drugs or supplements, here is what you can do as parents: ??? Be clear about your expectations as parents. Tell your teen that unless the long term effects of enhancing drugs on young athletes are known to be safe, you expect him or her to avoid them. ??? Discuss ethics and proper training. Athletes should compete fairly.

Remind your son or daughter that using performance enhancing drug is similar to cheating, also could lead to serious problems or even death. ??? Talk with your teenager's coach. Let the coach know you've talked with your teen and that you do not approve of performance enhancing drugs. ??? Monitor your teen's purchases. Take a close look at the over the counter preparations your teenager buys. Pay attention to what your teen purchases on the internet.

Most steroids, for example, are purchased over the internet. All children have health education in school, but ultimately it is up to you to talk to your kids about performance enhancing drugs. Teens are tough but do your best to get the message across. References McDonnell, Terry. (2006, February). A Special Mission.

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