

Exploration of drug in a specific sport springing from why should allow performan...

[Linguistics](#), [English](#)



Proposal Working Performance enhancing drugs: why should they be allowed in sports Working Thesis: Certain drugs also termed as ergogenic aids(Thein, Thein, and Landry) enhance performance of athletes. Ergogenic aids may be categorized into mechanical, pharmacological, and nutritional aids among others (“ Ergogenic aids”). Some of these drugs including steroids have negative side effects. The negative side effects of performance enhancing drugs cannot be generalized for all, so the scientifically approved drugs should be allowed in sports as they lend many physiological and psychological benefits.

Use of performance enhancing drugs lends a range of benefits in sports including increased strength, fat loss, and improved performance (“ Hartgens and Kuipers). I plan to explore the need to use performance enhancing drugs in sports. Performance enhancing drugs have been used by athletes for a long time. Among these drugs are steroids whose use has attracted a lot of controversy and criticism (“ Position Statement”). Steroids decrease the level of high-density lipoprotein (HDL) while increasing the level of lower-density lipoprotein (LDL) (“ Anabolic Steroid Abuse”).

Excessive use of steroids causes physiological feminization of male athletes and physiological masculinization of female athletes (“ Steroids Vs Human”). There is lack of sufficient research regarding what are the safe levels of consumption of performance enhancing drugs in sports. For this research, I shall choose a particular sports i. e. swimming and find out the benefits of using performance enhancing drugs for the swimmers. This research will also identify safe levels of consumption of performance enhancing drugs for

swimmers. Another outcome of this research will be testing the reliability and validity of information in the literature regarding the medical disadvantages of drug use in sports.

Works Cited:

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