

muscle physiology lecture 24

introduction to anabolic steroids

anaerobic sport athlete wants more testosterone, endurance exercise counters

use facts to challenge preconceived notions that we may have on steroids.

people adored anastasia (like an influencer) and anderson refused DNA testing

but it eventually happened after she died and it showed she was not anastasia.

people have emotional positions in relation to steroids that may not be factual.

bob goldman - death in the locker room. the "goldman dilemma" - asked athletes

if they would take a drug that guaranteed a gold medal but death in ~5 years.

and if athletes would take a banned drug if they knew they wouldn't be caught.

ergogenic aid - something that helps an athlete perform better. classes -

mechanical - better cleats, alloy bat, etc. psychological aids - positive self talk,

hypnosis, etc. physiological aids - caffeine, steroids, water, vitamins, etc.

nutritional aids and performance enhancing drugs are sometimes seen as

separate classes of aids but they are not. there are legal differences in

different physiological aids, unregulated (ex: vitamins), conditionally regulated

(ex: inhalers, prescription medication), schedule III controlled substances like

steroids can get you up to a year in prison if you are found possessing it.

steroids and hormones are ergogenic aids. "steroids" usually means "anabolic

androgenic steroids" are steroids ethical to use in sports? primary concerns -

steroids are not natural, they make sports unfair, they cause health problems.

athlete's health may be compromised, not worth benefits. unnecessary risk for

harm, undue social coercion (have to keep up with others taking steroids)

unfair to natural athletes, engender an un-level playing field, strip the

soul from the sport (not its pure form), alter natural course of life, feels

unwholesome winning something through unnatural undertakings. taking

steroids is against the rules of the event you want to participate in. harm to

other athletes if someone is going up against a steroid user, esp in contact sports.