

## Introduction to Anabolic Steroids

“Goldman Dilemma”

>”Medal above all”

Athletes are willing to compromise ethical moral for a championship or medal

>More specifically; performance-enhancing drugs

What is an ergogenic aid?

>Something that aids in performance

Drug vs. supplement

>Drugs are designed to treat disease and disorder

3 types:

1. Mechanical: Shoes, glasses

2. Psychological: Cheering, music

3. Physiological: Caffeine, steroids

Androgens

Endogenous

>Testosterone

>Dihydrotestosterone

>Androstendione

>DHEA

Exogenous

>Nandrolone

>Oxandrolone

>Stanozolol (Most common)

Are steroid in sports fair? (discussed in lecture 25 and 26)

Positions against

1. The athlete's health

2. Unnecessary risk for harm; social coercion

3. Steroids are unfair

4. Degrades the sport

5. Natural vs unnatural

6. Rules

7. Harm to other people

8. They don't work