

Prohibited substances	<p>Categories of prohibited substances, including the basic positive effects and negative side effects:</p> <ul style="list-style-type: none"><li>• stimulants</li><li>• narcotic analgesics</li><li>• anabolic agents</li><li>• peptide hormones (EPO)</li><li>• diuretics.</li></ul>
Prohibited methods (blood doping)	<p>How blood doping occurs and the effects/side effects of doing it.</p> <p>Blood doping involves the removal of blood a few weeks prior to competition. The blood is frozen and re-injected just before competition.</p> <p>Students should be taught how blood doping leads to increased red blood cell count and be able to evaluate which types of sporting performers this could benefit.</p> <p>Side effects can be:</p> <ul style="list-style-type: none"><li>• thickening of blood (viscosity)</li><li>• potential infection</li><li>• potential for heart attack</li><li>• embolism (blockage of vessel).</li></ul>