

Content	Additional information
<p>Drugs subject to certain restrictions (beta blockers)</p>	<p>Beta blockers are taken to:</p> <ul style="list-style-type: none"> <li>• reduce heart rate, muscle tension and blood pressure</li> <li>• reduce the effects of adrenaline</li> <li>• improve fine control/preciseness.</li> </ul> <p>Side effects can lead to:</p> <ul style="list-style-type: none"> <li>• nausea</li> <li>• weakness</li> <li>• heart problems.</li> </ul> <p>Beta blockers should be prescribed by a medical professional.</p>
<p>Which type of performers may use different types of performance enhancing drugs (PEDs) with sporting examples</p>	<p>Stimulants – alertness</p> <p>Narcotic analgesics – pain killers from over training</p> <p>Anabolic agents – muscle mass</p> <p>Diuretics – lose weight</p> <p>Peptide hormones – oxygen carrying capacity</p> <p>Blood doping – oxygen carrying capacity</p> <p>Beta blockers – for fine motor control</p> <p>Students should be taught to understand in which sports performers may decide to use PEDs, with examples.</p>