My Virtual PE Teacher
Making your classroom virtual
AQA
Realising potential
Ergogenic Aids
Stimulants
EOA = Enhance alertness and reduce reation time
Highley addictive, high blood pressure and increased riskof strokes
Narcotic analgestic
EOA = Painkillers, mask pain from injury
Constipation and low blood pressure
Anabolic agents
EOA = Increased rate of muscle growth
High blood pressure, damage to the liver, kidney and heart
Peptide hormones (EPO)
EOA = Increased muscle growth and increased production of red blood cells
Increased risk of strokes and heart attacks
Diuretics
EOA = Remove excess water, in order to lose weight rapidly, masking drug use
Low blood pressure and increased muscle cramps
Blood doping
EOA = Increase a performers red blood cell count
Increase viscosity of blood and risk of heart attacls
Beta blockers
EOA = Reduce heart rate and muscle tension which increase fine motor skills
Poor circulation and can lead to heart problems