

Lecture 24

Saturday, July 17, 2021 05:00

Starting Steroids

- Science and ethics - anabolic steroids
- [no amount of evidence that can be presented to change a person's emotions]
- Ergogenic aid - something to assist with performance
 - o 3 classes
 - 1) Mechanical aid - better cleats, pre-bent fiberglass vaulting pole, alloy bat
 - 2) Psychological aids - positive self talk, hypnosis, cheering, music
 - 3) Physiological aids - Tylenol, caffeine (prevents adenosine binding - #teamnosleep), steroids, creatine, water, vitamins
 - i. Some are totally unregulated (vitamins)
 - ii. Some are conditionally regulated (inhalers, prescription meds)
 - iii. Some are Schedule III controlled substances, in which possession on a first offense can earn you up to a year in prison (e.g. steroids)
- Androgens
 - o Endogenous:
 - Testosterone
 - Dihydrotestosterone
 - Androstenediol
 - Androstenedione
 - Dehydroepiandrosterone (DHEA)
 - o Exogenous (>40):
 - Nandrolone
 - 10-norandrostenedione
 - Oxandrolone
 - Stanozolol
- Major arguments against steroids (holy trinity of opposition)
 - o Steroids aren't natural
 - o They make sports unfair

- Cause health problems