

# 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