**A3 Non-Nutritional Ergogenic Aids**

**Resources:**

**Sproule, J (2012)  *Sport, Exercise and Health Science.* PP. 191-195**

\*Note: Definitions need to be from your syllabus.

**A3.1 Define the term *ergogenic aid***

* **Work with a partner to brainstorm anything you use to enhance your sports performance (think about nutrition, clothes, equipment…) in the space below:**
* **Define the term *Ergogenic Aid:***

.………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………………………

* **List all the ergogenic aids you use that would be ethical by the IOC under the headings below:**

*mechanical aids*:

.………………………………………………………………………………………………………………………………………………

*pharmacological*:

.………………………………………………………………………………………………………………………………………………

*physiological aids*:

.………………………………………………………………………………………………………………………………………………

*psychological aids*:

.………………………………………………………………………………………………………………………………………………

*nutritional aids*:

.………………………………………………………………………………………………………………………………………………

**A3.1 Past Paper Question Practice**

(May 2012)

**List two ergogenic aids that would be considered ethical by the International Olympic Committee (IOC) for an athlete to use (1).**

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**A3.2 Describe, with reference to an appropriate example, the placebo effect.**

**Resources:**

**Sproule, J (2012)  *Sport, Exercise and Health Science.* PP. 193-195**

* **Describe the placebo effect. Give an appropriate example:**

.……………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………..

* **Think of an ergogenic aid that you use to enhance your performance. Discuss with a partner the possibility of this aid having a ‘real’ vs ‘placebo’ effect on your performance. Consider whether you can prove its enhancement on your performance. Write about it below.**

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* **A3.2 Past Paper Question Practice**

(May 2012)

**Outline, with reference to a specific example, the placebo effect (2).**

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**A.3.3 List five classes of non-nutritional ergogenic aids that are currently banned by the International Olympic Committee (IOC) and World Anti-Doping Agency (WADA).**

**Resources:**

**Sproule, J (2012)  *Sport, Exercise and Health Science.* PP. 196-199**

1. ……………………………………………………
2. ……………………………………………………..
3. ……………………………………………………..
4. ……………………………………………………..
5. ……………………………………………………..

* **A3.3 Past Paper Question Practice**

(May 2011)

**Discuss a named non-nutritional ergogenic aid which an athlete may use to increase his/her strength (2).**

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(May 2014)

**List four classes of non-nutritional ergogenic aids that are currently banned for athletes who will be competing in the 2016 Olympic and Paralympic Games (2).**

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**A.3.4 Discuss why pharmacological substances appear on the list of banned substances.**

**Resources:**

**Sproule, J (2012)  *Sport, Exercise and Health Science.* PP. 207-215**

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**A3.4 Past Paper Question Practice**

(May 2009)

Explain why anabolic steroids are banned by the World Anti-Doping Agency (WADA) (2).

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**A3.5 Discuss the proposed and actual benefits that some athletes would hope to gain by using anabolic steroids, erythropoietin (EPO), beta blockers, caffeine and diuretics.**

**A3.6 Outline the possible harmful effects of long-term use of anabolic steroids, EPO, beta blockers, caffeine and diuretics.**

**Resources:**

**Sproule, J (2012)  *Sport, Exercise and Health Science.* PP. 200-210**

|  |  |  |
| --- | --- | --- |
| **Substance:** | **Proposed Benefit:** | **Harmful Effects:** |
| **Anabolic Steroids** |  |  |
| **Erythropoietin (EPO)** |  |  |
| **Beta Blockers** |  |  |
| **Caffeine** |  |  |
| **Diuretics** |  |  |

* **A3.5 Past Paper Question Practice**

(May 2010)

**Discuss why some athletes are prepared to use ergogenic aids which are banned by the**

**International Olympic Committee (IOC) and World Anti Doping Agency (WADA) in order to**

**improve performance (4).**

.……………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………….

(May 2013)

**Discuss the benefits that an elite athlete would hope to gain by using caffeine (3).**

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* **A3.6 Past Paper Question Practice**

(May 2013)

**Outline the possible harmful effects of long-term use of erythropoietin (EPO) (2).**

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(Nov 2014)

**Outline the possible physiological risks of using beta blockers for cyclists preparing to compete in the Tour de France (2).**

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