

Literacy Prize 2

by Lauren Kilmurry

FILE	DLE_MOODLEDATA_TEMP_TURNITINTOOL_918943608.LITERACY_P RIZE_2.DOCX (42.66K)		
TIME SUBMITTED	26-APR-2016 02:53PM	WORD COUNT	2544
SUBMISSION ID	642586183	CHARACTER COUNT	13541

Continuous Assessment Cover Sheet



Student Name: Lauren Kilmurry		Student Number: D00182958	
Programme: Health and Physical Activity	Stage: 1	Complete Student Checklist: Re-read brief x References and Bibliography x Proofread x	
Module: Engaging with Scholarship			
Due Date: 4 th January, 2016	No. Pages: 8		
Lecturer's Name: Brid Delahunt; Ann Everitt-Reynolds			
Assignment No. and/or Description/Topic: Final assignment, Should sports performance enhancing drugs allowed in sports		Mode of Submission: Softcopy x Hardcopy	
DECLARATION: I declare that: <ul style="list-style-type: none"> This work is entirely my own, and no part of it has been copied from any other person's words or ideas, except as specifically acknowledged through the use of inverted commas and in-text references; No part of this assignment has been written for me by any other person except where such collaboration has been authorised by the lecturer concerned; I understand that I am bound by DkIT Academic Integrity Policy. I understand that I may be penalised if I have violated the policy in any way; This assignment has not been submitted for any other module at DkIT or any other institution, unless authorised by the relevant Lecturer(s); I have read and abided by all of the requirements set down for this assignment. 			
SIGNATURE.....		DATE.....	

Lecturer's Comments:

Provisional Mark : _____ **Lecturers Signature :** _____ **Date:** _____

Work submitted late will be subject to penalties in accordance with the DkIT Continuous Assessment Policy

Health and Physical Activity, Stage 1

**Should sports performance enhancing drugs be allowed in sports,
Engaging with Scholarship**

Brid Delahunt; Ann Everitt-Reynolds

Lauren Kilmurry, D00182958

Word Count: 1,756

Performance-enhancing drugs have been used across various sports for years for athletes to improve their performance and be awarded with higher achievements. Sport has now become a commercialized activity and the rewards for it continue to escalate dramatically (Smith et al., 2010). However, is it fair for athletes who use these drugs to win over clean competitors? I don't think they should be allowed in sports as not only are these drugs known to have an extensive affect on health, but they also promote inequality in non-tested sports. These reasons shall be investigated with support from literature in this assignment. The first half will cover the drugs themselves and their effects, with the second half investigating why they're used regardless of these effects.

Substance abuse in sports has a long history but in recent decades, the International Olympic Committee has held a strong anti-doping policy by the formation of the World Anti-Doping Agency (WADA) in 1999 (Smith et al., 2010). The WADA prohibits the use of performance enhancing drugs, deeming them as unethical (Holt et al., 2009). It is only right as these steroids give people an unfair advantage on their competitors and they do it with only half the work so it wouldn't be fair for them to be rewarded for it.

Although it appears relatively modern to use these drugs especially with the formation of the WADA only in 1999, the use of these substances goes back centuries. However, due to the release of anabolic androgenic steroids (AAS), there has been a rise in the use in the past 40 years (Sjoqvist et al., 2008).

Anabolic androgenic steroids (AAS) are artificial derivatives of testosterone, the male sex hormone (Bahrke and Yesalis, 2004). They are particularly common in sports such as bodybuilding and weightlifting or powerlifting, as it promotes the growth of skeletal muscle and the production of male sexual characteristics (Amsterdam et al., 2010). However, the use of these types of steroids are not limited to adult athletes. As a result of body image issues, many adolescents have been known to use them, even though they are not involved in athletics (Miller et al., 2005). This problem could source from the publication of steroid use in the media, as many athletes who look good and are successful have been known to take steroids such as Mr Olympia bodybuilding champion himself, Arnold Schwarzenegger and he is not the only successful sports star to have done so.

Chika Amalaha, a 16 year old Nigerian girl who competed in the 2014 Commonwealth Games, won gold in the 53kg weightlifting division, making her the youngest ever winner of that title. However she was later stripped of her title when she tested positive for use of a banned substance (Williamson, 2014) which caused an outcry across the sporting world as she was so young. At only 16, she had already been vulnerable to the world of performance enhancers. However, this was not just a modern day tale.

Ben Johnson, a Canadian who competed in the 1988 Canadian Olympics, was also stripped of his gold medal title and world-breaking record when he too tested positive for use of a banned substance. He won gold in his 100-

metre track and field on 24 September 1988 but on the 25 September, news broke about the test results. As he was a Canadian competing in the Canadian Olympics, his success had been widely affiliated, but naturally his failure came as a national disgrace (Kidd, 2013).

With so many successful sport stars taking the risk of using these drugs, despite the possibility of shame being brought upon them, of course it's going to appear like everyone does it and that it's ok to do so but the debate of whether or not it is really worth the risk of getting caught like Johnson and Amalaha is still on-going. Even Schwarzenegger himself admitted that steroids should be banned from sports (Walsh, 1992) and the reasons for doing so are logical and realistic.

According to Ehrnborg and Rosen (2009), there are various reasons for not doping (using performance-enhancing drugs) as an athlete. Not only is it cheating and unfair play, but it also compromises scientific studies on training methods, destroys the image of sport and gets lawyers involved in sport. However, the fear of shame it will bring upon them or personal reasons such as getting recognition for their 'natural ability' also contribute to not doping (Bloodworth and McNamee, 2010). However, the key reason is that using the drugs can lead to medical risks – both mild and severe.

Steroid abuse can disrupt the natural production of hormones which can cause changes that can be reversed and others which can't (Amsterdam et al., 2010). These effects have various consequences for both men and women, as both Bahrke and Yesalis (2004) and Amsterdam et al., (2010) explains. In men, there is a reduction in testicle size, sperm count and sperm motility, leading to infertility, and there can be difficulty or pain in urinating. In women, there can be menstrual abnormalities, deepening of the voice, shrinkage of the breasts, scalp baldness and an increase of body hair and clitoris size. Steroid abuse is also linked to numerous issues with the liver, which causes a problem with the liver as it is the largest gland in the human body. Amsterdam et al. (2010), states that steroid abuse can lead to an increased chance of fatal liver cysts and the risk of liver cancer.

However, steroid abuse's biggest effect comes in the form of cardiovascular disease. This can be caused by increase triglyceride levels, concentration of various clotting factors and changes in the myocardium (Bahrke and Yesalis, 2004). It also leads to changes in lipoprotein fraction which controls cholesterol levels. There's a decrease in high density lipoprotein cholesterol and an increase in low density lipoprotein cholesterol (Hartgens et al., 2004). Although not thoroughly studied, it is suspected that as a result of these changes, atherosclerosis can also be deemed as a side effect of steroid abuse (Kanayama et al., 2009) and this can lead to a heart attack.

Steroid abuse has been seen to have effect on the individuals' behaviour also. Literature over time has recorded various cases of aggression or violence in association with the use of AAS (Kanayama et al., 2009). This has been recorded as being the most common side effect in males as cited by Lumia

and McGinnis (2010), with Galligani et al. (1996) stating the most common name for it as "roid rage" as the anger has resulted from the use of steroids. In a study on male rats conducted by Lumia and McGinnis (2010), they found that provocation resulted in severe aggression, meaning their senses were heightened and thus were more sensitive. It cannot be definitive, but this suggests the same result would occur for male humans. However, behaviour effects are not limited to males. In females, AAS abuse can also lead to increased sexual drive (Clark et al., 2006). This is all the available literature about the behaviours of women however as there has been very little research done as a result of AAS abuse in comparison to men.

Even with all these side effects surrounding steroid abuse, athletes still opt to use them. A study researched by Ehrnborg and Rosen (2009) found that many athletes would do whatever it takes to win. They used a group of 198 athletes from various sports and asked that if for the next five years they won every competition by using them but died from the side effects, would they still take them. Shockingly, about 50% said yes. In addition to that, when asked if they would take them if they would not be caught and would win, 98% of the athletes said they would take them. This shows that even with all the major side effects associated with steroid abuse, sports and athletics are all focused on winning and the competitors will do whatever it may take to do so. Most of us are taught growing up that winning isn't everything, but this isn't encouraged in competitive sports.

Injury may also be a factor in contributing to their decision to dope. A study conducted by Bloodworth and McNamee (2010) found that if an injury prevented certain athlete's from competing in a major sporting event, they may opt for performance-enhancing drugs if it allowed them to compete. But like any drugs, performance-enhancers can be highly addictive so what starts off as a once-off, could turn permanent.

Literature however, has investigated to see if there was a way that doping could be allowed in sports that wouldn't put athletes' lives in danger. Some have proposed that, under medical supervision, performance-enhancing drugs should be allowed in sports. Although I disagree with steroids in sports altogether, there are some valid points surrounding this. Kayser et al. (2005) acknowledges that other factors such as the athletes' environment or biological composition are not taken into account. Some people are made up naturally of gene's that assists them in their chosen sport whilst others must train tirelessly and still may not be as successful as their genetically suited competitor so performance-enhancing drugs would, in a way, allow there to be more of a chance for equality.

As Wiesing (2011) states, there is a lack of knowledge surrounding what particular doping activities result in certain effects. So however good an idea as it may seem, it is still a problematic issue until further research is carried out so as experts know exactly what to look out for and help control the side effects or make corrections, so as to keep the athlete out of harm's way. So as it stands, it presently would not be a good idea but could potentially be for

the future, but some bans need to be held so as to maintain equality in competitions (Wiesing, 2011).

In conclusion, the evidence from literature has reinforced my belief that steroids shouldn't have a place in sports. Regardless, everyone is entitled to autonomy, and Estes et al. (2005) has convinced me that any athletes who are taking or considering taking substances such as AAS should be aware of the possible dangers and that efficiency of these drugs have not been thoroughly studied and thus are not at all safe. There may be a place for it somewhere in the future under medical supervision, but the lack of research surrounding the topic makes it too risky for this day and age. The risks involved are too high, and winning shouldn't involve you risking your life.

Reference List

- Amsterdam, J., Opperhuizen, A., and Hartgens, F. (2010). Adverse health effects of anabolic-androgenic steroids. *Regulatory Toxicology and Pharmacology*, 57, pp. 117-223. Available from: ScienceDirect.
- Bahrke, M., and Yesalis, C. (2004). Abuse of anabolic androgenic steroids and related substances in sports and exercise. *Current Opinion in Pharmacology*, 4, pp. 614-620. Available from: ScienceDirect.
- Bloodworth, A., and McNamee, M. (2010). Clean Olympians? Doping and anti-doping: The views of talented young British athletes. *International Journal of Drug Policy*, 21, pp. 276 – 282.
- Clark, A., Costine, B., Jones, C., Kelton-Rehkopf, M., Meerts, S., Nutbrown-Greene, L., Penatti, C., Porter, D., Yang, P. and Henderson, L. (2009). Sex- and-age specific effects of anabolic androgenic steroids on reproductive behaviours and on GABAergic transmission in neuroendocrine control regions. *Brain Research*, 1126, pp. 122 – 138. Available from: ScienceDirect.
- Ehrnborg, C., and Rosen, T. (2009). The psychology behind doping in sport. *Growth hormone and IGF Research*, 19, pp. 285 – 287. Available from: ScienceDirect.
- Estes, M., Kloner, R., Olshansky, B., and Virmani, R. (2005). Task Force 9: Drugs and Performance-Enhancing Substances. *Journal of the American College of Cardiology*, 45 (8), pp. 1368 – 1369. Available from: ProQuest.
- Galligani, N., Renck, A., and Hansen, S. (1996). Personality profile of men using anabolic androgenic steroids. *Hormone Behaviours*, 30, pp.170–175. Available from:
<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.327.74&rep=rep1&type=pdf>
- Hartgens, F., Rietjens, G., Keizer, H., Kuipers, H., and Wolffenbuttel, B. (2004). Effects of androgenic-anabolic steroids on apolipoproteins and lipoprotein. *BJ Sports Med*, 12, pp. 469 – 484. Available from:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1724824/pdf/v038p00253.pdf>
- Holt, R., Erotokritou, I., and Sonksen, P. (2009). The history of doping and growth hormone abuse in sport. *Growth Hormone and IGF Research*, 19, pp. 320 – 326. Available from: ScienceDirect.
- Kanayama, G., Hudson, J., and Pope, H. (2009). Illicit anabolic-androgenic steroid use. *Hormones and Behaviours*, 58, pp. 111-121. Available from: ScienceDirect.

Kayser, B., Mauron, A., and Miah, A. (2005). Viewpoint Legalisation of performance-enhancing drugs. *The Lancet*, 366, pp. 521. Available from: ProQuest.

Kidd, B. (2013). 'Seoul to the World, the World to Seoul' ... and Ben Johnson: Canada at the 1988 Olympics. *Sport in Society*, 16 (4), pp. 449 – 463. Available from: Taylor & Francis Online.

Lumia, A., and McGinnis, M. (2010). Impact of anabolic androgenic steroids on adolescent males. *Physiology and Behaviours*, 100, pp. 199-204. Available from: ScienceDirect.

Miller, K., Hoffman, J., Barnes, G., Sabo, D., Melnick, M. and Farrell, M. (2005). Adolescent anabolic steroid use, gender, physical activity and other problem behaviours. *Substance Use and Misuse*, (40), pp. 1637 – 1657. Available from: EBSCOhost.

Sjoqvist, F., Garle, M., and Rane, A. (2008). Use of doping agents, particularly anabolic steroids, in sports and society. *The Lancet*, 371, pp.1872-1882. Available from: ProQuest.

Smith, A., Stewart, B., Oliver-Bennetts, S., McDonald, S., Ingerson, L., Anderson, A., Dickson, G., Emery, P., and Graetz, F. (2010). Contextual influences and athlete attitudes to drugs in sport. *Sport Management Review*, 13, pp. 181-197. Available from: ScienceDirect.

Walsh, K. (1992). "Steroids don't pay off": An interview with Arnold Schwarzenegger. *U.S. News and World Report*, 112, pp. 63. Available from:

Wiesing, U. (2011). Should Performance-Enhancing Drugs in Sport be Legalized under Medical Supervision? *Sports Medicine*, 41 (2), pp. 167 – 176. Available from: ProQuest.

Williamson, L. (2014). Nigeria Shame as Amalaha, 16, fails drug test. *Daily Mail* [online], 7/30/2014. Available from: EBSCOhost [accessed on 16th December 2015].

Literacy Prize 2

GRADEMARK REPORT

FINAL GRADE

/100

GENERAL COMMENTS

Instructor

PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7

PAGE 8