

Instructions & Planning

- Make a copy of this Doc and put it into your HUR8/Hee folder
- Share your copy with your partner
- Below are the tasks that need to be completed
- You can present your learning in any format of your choice
- Detailed answers and a high level of presentation is expected

My topic.....Steroids and performance-enhancing drugs in sports

1. What are your **5 BIG questions?** Ideas. **Get teacher approval before moving on.*

5 BIG questions	Tick when completed
What short term and long term effects do to your body and mind?	Tick
What other issues does this link with?	Tick
What are the laws and penalties around sports and performance-enhancing drugs?	Tick
When and why does this occur?	Tick
What are the positive and negative outcomes?	Tick

2. What are the answers to your 5 BIG questions? You need to include as many **key concepts** into your answers as possible.

**Get teacher approval before moving on.*

Main points of your answers for your 5 BIG questions	Tick when completed
Q1. The short term effects: A boost on things like strength, speed, and anything that could help you in a sports game/event. Long term effects: Kidney problems, Liver damage, increased risk of blood clots.	
Q2. Use of Steroids or any drugs in this matter will lead to addiction either from the first use, or the occasional dosage being taken in. An injection which	

if done in the same place over and over again, can cause the blood cells to clot due to injury to the veins from a needle being injected. Blood cells going to a wound constantly to repair and clog the wound from bleeding, which is blocked up because of a rush of the cells coming to prevent bleeding out, having a shorter lifetime due to being vulnerable to blood clots in important veins, like arteries that can lead to the circulatory system not functioning properly plus possible death.	
Q3. There will be bans and suspensions for four years if the violation does not involve a Specified Substance. unless the Athlete or other Person can establish that the anti-doping rule violation was not intentional. There will also be a ban or suspension if the anti-doping rule violation also involves a Specified Substance also can be established that the anti-doping rule violation was intentional. If the rules do not apply because it was unintentional or another reason the rule doesn't become valid, the period of Ineligibility should become two years.	
Q4. This occurs when athletes feel like they need a boost in multiple categories. Some athletes use steroids and performance-enhancing drugs to help repair muscle damage that occurs during a hard workout. Some athletes and people who are not athletes may like the physical appearance that occurs when they take these drugs.	
Q5. A positive outcome of using steroids is having the strength, speed and endurance boost which the drug gives you. Putting you many steps ahead of the competition, meaning it is most likely possible for the user to win. Negative outcomes would be, getting banned from competing in sports for multiple years if found to be administering the drug. Secondly, becoming a junkie for the drug (overusing and harming your body), when someone becomes a junkie their body starts to (or already has), a want for the drug to be in the body.	

3. Describe 3 ways to improve and manage your chosen health issue if you or a friend were to experience it. Explain how it will improve wellbeing in the short term and long term. **Get teacher approval before moving on.*

Strategies	What the strategies are	What areas of wellbeing the strategy will improve and how	Short term and/or long term
Strategy 1	Ask for help	Taha tinana, and taha	

		hinengaro	
Strategy 2	Hang with friends and talk	Taha tinana, and taha hinengaro, taha whanau3	Short and long term help.
Strategy 3	Make it harder to get hold of drugs. More laws	Taha hinengaro	Short term

4. You need to create an activity or make something that teaches another group or the class about your topic/findings. Use the [key concepts](#).

*Lots of effort is expected!

***You must get permission from your teacher before starting this.**

Ideas- you can pick your own idea but you must get permission before you start!		
Movie/doco	Stop Motion	A model
Song	Webinar	Game
Website	Cartoon strip	Essay
Art	Collage	Newspaper article
Prezi	Drama performance	Your own idea

5. Upload your work to your blog. Provide an outline of what was asked of you and the tasks that you have completed. Add pictures or screenshots as evidence onto your blog. Use the template below to set up your blog post.

TASK	SENTENCE STARTERS	EVIDENCE
Explanation of what the task was that you were given	<i>In Health we were set a task that required us to.....</i> <i>Our set success criteria were....</i> <i>The topic that I chose was....</i>	<i>Photo of you and your group working on your plan</i>
Explanation of what you did	<i>Firstly we had to...</i> <i>Once we had our 5 BIG questions we....</i> <i>From there we.....</i> <i>We chose to make/create..... we chose to do this because...</i> <i>We have learned that these strategiesare helpful to use if....</i>	<i>Screenshot of your planning sheet</i> <i>Photo/upload of your activity or what you made</i>
Reflection	<i>It was challenging when...</i> <i>I coped with the challenge by...</i> <i>I worked well / okay / not so well with others because...</i> <i>Next time I will...</i> <i>I am really proud of....</i>	<i>Picture of what you are most proud of</i>

Bibliography:

[-https://www.healthline.com/health/thrombophlebitis](https://www.healthline.com/health/thrombophlebitis)

[-https://drugfreesport.org.nz/news/media-releases/tough-new-anti-doping-laws-to-come-into-force](https://drugfreesport.org.nz/news/media-releases/tough-new-anti-doping-laws-to-come-into-force)

[-https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=134&ContentID=143#:~:text=Within%20minutes%20or%20even%20seconds,and%20preventing%20further%20blood%20loss.](https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=134&ContentID=143#:~:text=Within%20minutes%20or%20even%20seconds,and%20preventing%20further%20blood%20loss.)

<https://www.drugabuse.gov/publications/drugfacts/anabolic-steroids>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/performance-enhancing-drugs/art-20046134>

