




## TOPIC: ERGOGENIC AIDS

### Ergogenic Aids

- ◆ **Ergogenic Aids:** substances/devices/techniques used to \_\_\_\_\_ athletic performance or recovery.
  - Includes dietary supplements & pharmaceuticals that \_\_\_\_\_ in their effectiveness, safety, & cost.
  - Many are \_\_\_\_\_ (build up muscles & strength).

Examples of Ergogenic Aids:	Function	Other Details/Notes	Image
<b>Caffeine</b>	Reduces perceived effort & increases fat usage, sparing glycogen.	Can cause dehydration; _____ doses are banned in some sports.	
<b>Creatine</b>	May boost _____-term performance & muscle mass.	Safe when used properly, but benefits are generally minor.	
<b>Anabolic Steroids</b>	Increase strength & _____ mass.	Severe side effects include hormone imbalance, mood swings, & in the long-term, cancer & high blood pressure. Banned in sports.	

**Note:** Ergogenic aids should NOT replace a nutritious diet & proper hydration.

### EXAMPLE

Which of the following statements about creatine is true?

- a) It is necessary for improving athletic performance over time.
- b) It can greatly interfere with nutrient absorption & hormone regulation.
- c) It is not tightly regulated by the FDA.
- d) Studies have shown it is unsafe when taken regularly.

### PRACTICE

Anabolic steroids have been shown to:

- a) Help increase muscle mass.
- b) Help increase muscle strength.
- c) Cause hormone imbalances, high blood pressure, cancer, & other health conditions.
- d) All of the above.