**Preparation & Training Questions**

**Drugs**

**Describe the physiological reasons why a performer may use anabolic steroids.**

***(3 marks)***

3 marks for 3 of:

A. Aid/use/assimilation storage of protein

B. Decrease in fat in the muscles

C. Able to train for longer/higher intensity

D. Faster recovery time/to train more frequently/ quicker repair of muscle tissues

E. Increase muscle size/strength/mass

**Water Balance**

**What are the effects of dehydration on an athlete and how does this affect performance*?***

***(4 marks)***

1. Increase blood viscosity

2. Reduced blood pressure

3. Reduced cardiac output

4. Reduced sweating to prevent water loss

5. Increased core temperature

6. Enzymes become denatured and do not perform to optimum

7. Unable to meet demands of exercise

8. Decreased performance

**Outline the physiological changes that will occur if the correct water and electrolyte balance is not maintained. (Half of a 14 marker)**

1. Blood thickens/increase in viscosity
2. Increase in heart rate/heart has to work harder
3. Reduction in blood flow to working muscles/less oxygen to the muscles
4. Blood flow to skin reduces/increase in body temperature/heat stroke/unable to maintain correct body temperature
5. Slows reaction time/decision making/slows nerve impulses
6. Muscle fatigue
7. Muscle cramps
8. Irregular heart beat
9. Disruption to removal of waste products/lactic acid build up