

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Nebraska College Preparatory Academy Senior
Capstone Projects

Nebraska College Preparatory Academy

2022

Performance Enhancing Drug Use in Professional Sports

Moises Cotom Pacheco

Follow this and additional works at: <https://digitalcommons.unl.edu/ncpacapstone>



Part of the [Bilingual, Multilingual, and Multicultural Education Commons](#), [Other Education Commons](#), and the [Secondary Education Commons](#)

This Presentation is brought to you for free and open access by the Nebraska College Preparatory Academy at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Nebraska College Preparatory Academy Senior Capstone Projects by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Performance Enhancing Drug Use in Professional Sports

Moises Cotom Pacheco

Nebraska College Preparatory Academy

Grand Island Senior High 2022

University of Nebraska-Lincoln



Abstract

The use of Performance Enhancing Drugs (PEDs) should not be legalized in professional sports due to the negative effects it has on the body and influencing the youth to participate in its use. Multiple studies have been conducted to show how PEDs affect the body in negative ways. There is also an ethical reasoning to why PEDs should not be legalized. The youth are heavily influenced by athletes that whenever they promote something they are willing to convince their parents to buy it. They are also influenced when it comes to PED use and how they can become like their idol by using them. Finally, a solution to the problem could be for athletes to become better role models for the youth so that way, they are also thinking about everything they do, including PED use.

Key Points

- Steroids help increase muscle size and increase one's strength in a shorter amount of time, it can be injected or taken in pills.
- Exposing male mice for one fifth of their lifespan to steroid doses comparable to those taken by human athletes caused a high frequency of early deaths" (National Institute on Drug Abuse [National Institute on Drug Abuse 2020])
- Among students in grades 8 through 12 who admitted to using anabolic steroids in a confidential survey, 57 percent said professional athletes influenced their decision to use the drugs and 63 percent said pro athletes influenced their friends' decision to use them" (Stenson, p.2, 2008).
- Athletes shouldn't be taking PEDs to enhance performance because it can influence the youth to also partake in the same actions.

Conclusion & Discussion

PED use should not be legalized at the professional level of sports because of the great effects it has on everybody. The dangers of PED use outweigh the amount of money or praise an athlete can get from winning. Professional athletes have taken a big role since their influence is so great. Athletes should take responsibility and become better role models. They should start promoting ethical values and a healthier lifestyle. The use of PEDs should not cross the mind of a young athlete just because their idol uses them. Professional athletes should not be allowed to use PEDs due to the negative side effects it causes.

PED use in the Olympics



<https://www.opinionnigeria.com/wp-content/uploads/2022/01/Doping-in-sports.jpg>



Should Professional Athletes be Looked at as Role Models.
<https://sports19014.wordpress.com/2017/05/18/should-professional-athletes-be-looked-at-as-role-models/>

Works Cited

- Stenson, J. (2008, Mar 3). *Kids on Steroids Willing to Risk it all*. NBC News. <https://www.nbcnews.com/health/health-news/kids-steroids-willing-risk-it-all-success-flna1c9462081>.
- National Institute on Drug Abuse (NIDA). (2020, June 9). *What are the side effects of anabolic steroid misuse?* <https://www.drugabuse.gov/publications/research-reports/steroids-other-appearance-performance-enhancing-drugs-a-peds/what-are-side-effects-anabolic-steroid-misuse> on 2021, March 15
- Sumner, C. (2017). The spirit of sport: the case for criminalisation of doping in the UK. *Int Sports Law J* 16, 217–227 (2017). <https://doi.org/10.1007/s40318-016-0103-2>