



The right formula

Taking driving into the classroom

Fitness and Nutrition – Theme 9: Staying alert

Activity 9c

Sport and drugs

Drugs, in sport terms, are substances that can enhance an athlete's performance. Use of drugs during sport activities is called 'doping'.

The statement below is from World Anti-Doping Agency (WADA):

“The spirit of sport is the celebration of the human spirit, the body and the mind. Doping is contrary to the spirit of sport, erodes public confidence and jeopardises the health and well-being of athletes.”

Respond to this statement by either:

- Discussing or debating it in class (perhaps splitting into two groups, one pro, one against)
- Writing an essay of around 1,000 words expanding on the issues condensed in the statement
- Designing a poster to display around the school's PE facilities.

Alcohol is classified by WADA as a drug and its usage is prohibited in several sports (see **Factsheet 9c: Effects of alcohol**).

- Compare the legal limit for driving in the UK with the alcohol threshold in Automotive Sports.

In groups, consider the following questions:

- Should the two limits be the same?
- If yes, which one should match the other?
- What about a total ban on both (zero tolerance)?

Compare your group's answers to those of others in class.

Class organisation

Individual work
Class discussion
Group work

Resources

Factsheet 9c:
Effects of alcohol