

Doping

Pre-task:

People do sport for fun and to make them feel better, but for many sport is also a competition. To get fitter and improve performance, athletes practise more or take illegal substances.

What is doping? Tell one another what you know about doping. You may look at an overview to help you with this, e.g. [Doping in sport: What is it and how is it being tackled](#).

Task 1:

But doping is not only found in top athletes, normal people as well take painkillers and doping substances.

What do you think about this? Would you also take drugs to increase your performance? What are the dangers with doping?

To support your discussion you may also watch a video or listen to a radio broadcast on this topic, e.g. [Gain Without the Pain: Legal Drugs in Sport](#).

Task 2:

Read an article in a reputable newspaper or magazine or a technical journal or website about “Doping and health” or “Doping and the law”.

E.g.: [Spiralling anabolic steroid use leaves UK facing health time bomb, experts warn](#)

Task 3:

Write down important technical terms and send the list to your partner. Then give a presentation on the consequences of doping or the legal situation.

Consider again together: would you dope? Did your opinion change compared to your first ideas (task 1)? Why (not)?

Follow-up activity:

Collect ideas together, what could be done against doping, not only regarding top athletes, but also at grass-roots level.

Sources

Text 1 <http://www.bbc.co.uk/sport/athletics/33997246>

Audio 1 <http://www.bbc.co.uk/programmes/b08rq745>

Text 2 <https://www.theguardian.com/society/2015/jun/19/anabolic-steroid-use-leaves-britain-facing-health-timebomb>