

Table of Contents

Module Eight

Performance Enhancing Drugs

Course Instructions 3
 PSN Video Knowledge Updates 3
 Student Study Tips & Habits 3
 Recommended Listening 3
 Recommended Reading 4
 Student Self-Test Questions 4
 CSNA Masters Program 4
 CSNA Master Teacher Program 4
 Advisor's Preface 5
 Student Questions & Support 6
 Credits 7
 Table of Contents 8

Module Eight A Brief Outline 10

Important Terms and Concepts 11
 Educational Objectives 11
 Student Assignment 12

The Dope on Doping 13

What Doping Means 14
 Doping Methods 15
 Steroids 15
 Doping Guides Info 16
 CCES Substance Classification Booklet . 16
 Confusion About Supplements 16
 New Banned Substances Certification
 Program for All Sports 18



Anabolic Steroids 19

The Discovery of Testosterone 19
 Steroid Hormones 20
 Steroid-Induced Health Problems 20
 Social Changes in a Steroid
 Abuser 22
 Mental Changes in a Steroid Abuser . . 22
 Typical Steroid Cycle 22
 Why Do Men and Women
 Take Steroids? 23
 The Facade of Materialism 23
 The Psychology of Steroid Use 24
 Muscle Dysmorphism 25
 Taking the Juice 25
 Sitting on the Fence 26
 Special Guest Expert Article
 (Aimie & Teri Wallace) 27
 Benefits vs. Side-Effects 28
 Negative Side Effects 29
 Oral Steroids vs. Injectable 29
 Nitrogen Retention 29
 Pharmacological Value 30
 Birth Control for Men 30
 Birth Control Pills are Steroids 31
 The Patch 31
 Steroid Possession and Distribution . . 32
 Trafficking is Illegal 32
 Drug Testing 33
 Ben Johnson 33
 Social Attitudes 33
 The Tour De France 34
 Drug Testing is Expensive 34
 Canadian Doping Control
 Procedures 35
 Athlete Selection and Notification . . . 35
 Urine Sample Division & Packaging . . 37
 The Steroid Saga 37
 Pandora's Box 37
 What If? 38
 No Regrets the Natural Way 38

Natural Alternatives To Doping Agents 40

Branched Chain Amino Acids	40
Meal Replacements (MRPs)	41
Creatine Monohydrate	41
Acetyl-L-carnitine (ALC)	42
L-Carnosine	42
Pro-Hormones	43
Pregnenolone	43
DHEA	43
Andro	44
19-Nor	44

Recreational Drugs 46

Steroids vs. Recreational Drugs	46
Why Athletes use Recreational Drugs	47
Use vs. Abuse	47
Get the Facts Straight	48
Functional Medicine	49
Drugs are Non-Essential	49
Caffeine Content of Common Beverages Chart	50
Coffee	50
Caffeinism	51
Benefits of Caffeine	51
Tobacco	52
Nicotine	53
Commercial Cigarettes	53
Alcohol	55
The Hangover	55
Natural Alcohol	56
Alcoholism	57
The French Paradox	57
Cannabis (Marijuana)	58
The Cannabis Culture	59
Cannabis Psychosis	60
Introspection Paranoia	60
High Levels of THC	61
A Catabolic Agent?	61

Cocaine	62
Cocaine can be Very Dangerous	63
Long-Term Use	64
Ecstasy	65
Recommended by Health Professionals	65
Drug Contamination	66
Summary	66
Special Expert Guest Article (Nick Ugoalah)	67
Talking about Drugs to Kids	69

Points to Remember 70

Student Assignment	71
Student Self-Test Questions	72

References 76

Education 86

Suggested Reading	87
The Cory Holly Series	88

Module Nine A Brief Outline 89

Training Injuries: Natural Treatment	89
--	----

Additional Articles & Topics

Pandora's Box	39
Juicing Raw Fresh Cannabis	71
Cannabis Vaporizer	71

CCES Substance Classification Booklet 91

WADA Prohibited List 102