

## PERFORMANCE ENHANCING DRUGS INTERACTIVE WORKSHEET

**Directions:** Fill in the blanks with the appropriate words to complete the sentences about performance enhancing drugs.

**Word Bank:** natural abilities, unethical, addiction, steroids, endurance, anabolic steroids, unfair competition, drug testing, suspensions, performance enhancing drugs

1. PEDs, also known as \_\_\_\_\_, are substances used to improve athletic performance.
2. The use of PEDs is considered \_\_\_\_\_ and is prohibited by most sports organizations.
3. Some common types of PEDs include stimulants, hormones, and \_\_\_\_\_.
4. One of the main risks of using PEDs is \_\_\_\_\_, which can lead to serious health problems.
5. Athletes who use PEDs may experience increased speed, recovery, and \_\_\_\_\_.
6. \_\_\_\_\_ is a popular PED that helps to build muscle mass and improve strength.
7. One way to detect the use of PEDs is through \_\_\_\_\_, which analyzes urine or blood samples.
8. Many athletes have faced \_\_\_\_\_ and have been stripped of their titles and medals for using PEDs.
9. The use of PEDs not only violates sports regulations but also promotes \_\_\_\_\_.
10. It is important for athletes to focus on \_\_\_\_\_ and proper training techniques instead of relying on PEDs.