Recovery Strategies & Performance Enhancement

Recovery Strategies
Key knowledge

• nutritional strategies used to enhance performance and improve recovery, including carbohydrate loading, application of the glycemic index, carbohydrate gels, protein supplementation and caffeine supplementation
• hydration techniques to enhance performance and recovery, including water, hypertonic, hypotonic and isotonic drinks and the use of intravenous drips in rehydration
• physiological strategies to enhance recovery including heat, ice, compression, hyperbaric chambers, massage and sleep
• psychological strategies used to enhance performance and aid recovery, including sleep, meditation, motivational techniques, optimal arousal, mental imagery and concentration

Performance Enhancement
Key knowledge

• perceived benefits and potential harms to the athlete of legal and illegal substances and methods that enhance performance, including altitude training, creatine supplementation, enhancement of oxygen transfer, gene doping, hormones (including steroids, erythropoietin and growth hormones), diuretics and masking agents, stimulants and beta blockers
• the rationale for anti-doping codes used by the World Anti-Doping Agency (WADA) and the Australian Sports Anti-Doping Authority (ASADA), including health, safety, fairness, role modeling for children and the maintenance of the spirit of sport.

Task
You are required to collect broad sheet news paper articles over the summer holidays and throughout 2012 on any topics that relate to the above Key knowledge which is an extract from the VCE Physical Education Study Design.

How you set up your scrap book is entirely up to you, but we would suggest dividing it into two parts. A section that covers Recovery Strategies and another that covers Performance Enhancement.

Your scrap book needs to include original articles and needs to be maintained throughout 2012, it will be collected and inspected periodically throughout 2012 to ensure that you are up to date and on the right path.

Your scrap book will form the basis of a Unit 4 SAC, you will be permitted to use the scrap book during the SAC and it will be submitted with the SAC to form part of your grade.

Finally, history tells us that the end of year Physical Education Exam often contains questions and extracts from news papers on issues that have occurred throughout the year. A well constructed and thorough scrap book may have been time well spent by the time November comes around. Look below at the question that was in the 2008 VCAA Physical Education Exam.

Question 11

Aaron Hester VCE PE 2012
Jones pleads guilty, admits lying about steroids
Olympic track star says she took banned drugs from 2000 to 2001

Marion Jones was the owner of three Olympic gold and two bronze medals which she won at the 2000 Sydney Games. Suspicions and doping allegations had dogged Jones for years. She had angrily and defiantly denied all doping allegations, even in court before a grand jury.
In October last year, Jones was forced to come clean and admit that she had used steroids. She pleaded guilty to lying to federal investigators when she denied using performance-enhancing drugs, then announced her retirement in a tearful apology outside a US District Court.
She has had a stunning fall from grace because she was once the symbol for everything that was right about women in sports. She was powerful and had the grace and poise of a supermodel.
Seven years later, she is broke, she has been stripped of her five Olympic medals and her reputation is ruined. She has also served time in prison.
Source: Herald Sun July 2008

Questions

1. Other than physiological benefits, state two reasons why some athletes may choose to take performance enhancing drugs.

2. Outline two detrimental effects to sport that may result from an athlete’s decision to use a banned performance-enhancing substance.

What is expected of you

1. Articles need to be originals and not photo copied.

2. Each article needs to have:
   a. A ‘source’ and a date.
   b. A brief written extract explaining the article.
   c. If it is a Performance Enhancement, you need to:
      i. Identify the drug / practice.
      ii. Identify if it is Legal / Illegal.
      iii. Explain how it enhances performance.
      iv. Identify what type of athlete uses it.
   d. If it is a recovery strategy, you need to:
      i. Identify the strategy.
      ii. Explain how it aids recovery.
      iii. Identify that type of athlete uses it.

3. Over the Christmas holidays you are expected to complete (article plus written component):
   a. A minimum of 4 Performance Enhancement articles.

Aaron Hester VCE PE 2012
b. A minimum of 2 Recovery Strategy articles.

Your scrap book will be collected in the first PE class of 2012.

“I have never in my life learned anything from any man who agreed with me.”

~ Dudley Field Malone