

PEDs in Sports

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Abstract

Many people attempted to argue whether PEDs should be legal in sports or not. Some of the topics that are brought are health concerns and whether it should be considered cheating. Now the real question is whether or not this was cheating or outsmarting opponents and utilizing resources? What if many of the greats in sports used these drugs but were never caught? Should the players be given certain accolades even though they tested positive for these drugs? Knowing all this, is using performance enhancing drugs ethical? These questions are what many people are not considering and should realize.

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Introduction

Many have heard of PED which stands for performance enhancing drugs and it is safe to say society has mixed feelings about the subject. This is especially true when discussing professional sports. As many people know such drugs are banned from the primary professional sports such as MLB, NBA, NFL etc. Although the media portrays the usage of these drugs as a negative thing and even cheating, what about the players that never get caught? What about the other drugs that improve performance that are not banned? What about the players that use these drugs to get to these leagues but stop once they make it? What about the many players from third world countries that will do anything to escape poverty? All these questions must come into play when debating whether PED use is ethical.

Why is it an ethical Dilemma?

The quantity of athletes who misuse anabolic steroids is obscure. Numerous athletic affiliations deny their usage, including the National Football League (NFL), Major League Baseball (MLB), National Collegiate Athletic Association (NCAA) and the Olympics, so barely any athletes are eager to admit that they utilize these medications. The NFL tests its competitors for illegal use. Players who test positive face suspension and, after testing positive a subsequent time, are ousted from the League. MLB players are tested once every year, and in the event that they test positive they can be suspended for as long as ten days. In the event that a player tests positive after the main test, they can be suspended without pay for as long as one year (NYS Health Department 2008).

Physical Harms

According to the New York State Department of health, PEDs, such as anabolic steroids come with numerous side effects such as baldness, increased cholesterol, violent behavior, mood swings, and altered sex drive(NYS Health Department 2008). These side effects can be very severe and allowing drugs of such in sports can only expose athletes to these side effects. These various dangers are exactly why many people believe PEDs are unethical in professional sports and even at the collegiate level. Many believe that these drugs do more harm than good and the long term effects can be detrimental.

Psychological Harms

Along with the many physical harms from using these drugs, there is also various physiological side effects. AASs are engineered subsidiaries of testosterone that have been adjusted to maximize anabolic impacts(NYS Health Department 2008). These testosterone enhancers have a few general impacts: they advance an expanded nitrogen focus in muscle, which thus advances an anabolic express; the specialists repress the official of catabolic glucocorticoids to muscle, saving bulk and disallowing muscle breakdown; and AASs affect animosity, motivating these athletes to prepare and propel themselves harder(NYS Health Department 2008). At the point when joined with quality preparing, AASs increment sans fat mass and muscle quality(NYS Health Department 2008). Quality additions can be significant, with increment of solidarity to 5% to 20%(NYS Health Department 2008).

Cultural Shifts Overtime

What many people do not know or realize is that Performance Enhancing Drugs have been around for hundreds of years. Mushrooms, plants and blends of wine and herbs were utilized by Ancient Greek olympic competitors and Roman Gladiators contending in Circus Maximus going back to 776 BC. Different plants were utilized for their stimulant impacts in speed and perseverance occasions just as to cover torment, permitting injured competitors or athletes to keep contending instead of being sidelined (Baron 2007).

In spite of long periods of forceful drug testing in various sports , such as cycling, olympics and soccer, steroid misuse outrages many and continues to be a headline in the news worldwide. Perhaps the time period that is most well known and even has the nickname of ‘the steroid era’ is the late 90s to the early 2000s (Erickson, Yanke, Monson, Romeo 2015). Many question the MLB responses and testing methods during this time period. Also, rumors have been made about whether certain records from this time period should even be validated.

In 1998, when Mark McGuire broke Roger Marris' home run record, it was uncovered that he had been taking an enhancement containing an antecedent to nandrolone, in other words a steroid. Around then Major League Baseball didn't boycott steroids and didn't accept that steroids were an issue inside the association. In any case, ensuing government examinations and previous players uncovered that steroid misuse was an issue in the League, which brought about a constrained steroid testing program (Baron 2007).

The abuse of PEDs also goes beyond just sports. In fact, there have been many legal cases on this subject. For example, in May 2006 Spanish police captured five individuals and

discovered an assortment of restricted performance enhancing drugs and blood-doping supplies at a Madrid doping center. At this doping center, many athletes would get restoratively directed infusions of hormones and other PEDs in their systems.(Baron 2007).The 40-page police report incorporated an unmistakable paper trail of doping techniques on in any event 50 expert cyclists. The report was given to the International Cycling Union, which prompted the preclusion of 23 expert cyclists, for all intents and purposes all the top contenders from the 2006 Tour de France(Baron 2007). The victor of the 2006 tour, Floyd Landis, was proved guilty of using steroids with his positive test results. Landis was deprived of the title and released from his group(Baron 2007).

In a different examination in Paris in 2006, 23 people were condemned to 4 years in prison for dealing a mixed drink of amphetamines and other execution upgrading medications known as "Belgium Pot" to proficient cyclists(Hsu AR 2006). Making this issue considerably progressively intricate, in the June 2006 issue of the Journal of Applied Physiology, an article from Stanford University announced that Viagra can be utilized to increment by roughly 45% the exhibition of cyclists in high heights, proposing an entirely different class of execution upgrading drugs not limited to cycling(Hsu AR 2006). In October of that equivalent year, the cricket world was stunned to discover that two Pakistani quick bowlers, Shoaib Akhtar and Mohammad Asif, tried positive for the steroid nandrolone(Hsu AR 2006).

These prime examples of the dangers these drugs come with show not just the chronicled and institutional nature of abuse by athletes, but additionally the effect it has worldwide. Today performance enhancing projects and medications are not the restrictive region of world class

competitors, however have spread to gyms, secondary schools and other popular places making an over \$1.4 billion US dollar industry that is developing day by day as new mixes are integrated and advertised(Healthy NJ).

Scripture

Although the Bible does not mention this topic specifically, there are some verses that are very relevant to this debate. Cheating of all kinds is mentioned throughout the Bible and in 1 Corinthians 13 it states “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it(June 2019).” This verse discusses the temptations that society can expose to people and how God guides people to a better path. In this instance being an athlete comes with many pressures including performance. Many decide to take the easy way out and give in to these pressures by using these PEDs. Others face the pressures of seeing their competitors using them and feel the need to do the same in order to compete. This verse explains that God is faithful and will always show people a more righteous path than what society might show. Another verse that relates to this ethical dilemma is Romans 1:20. In Romans 1:20 it states the following: “For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse(June 2019).” This verse has many different meanings, although one in particular applies to this topic. People must understand the world God created for us instead of following others around them. Unfortunately

not everyone is living through God's glory, so what people should do is rise above the rest and take a stand against the usage of harmful medications such as PEDs.

Other perspectives

Athletes of our world today are all very aware of the side effects both short term and long term that come with PEDs, such as steroids. The astonishing part of this is that many athletes still feel it is worth taking. In spite of convincing information on the impacts of steroids, a survey was finished by 198 Olympic level power competitors asking whether they would take an illicit enhancement, under the reason that they would not get penalized, that would in the end kill them inside five years of taking it, to be ensured to win gold in their event, over half said they would utilize the opportunity (Bamburger 1997). A considerably more upsetting study of 873 Indiana secondary school football players distributed by Stilger and Yesalis found that 6.3% either at present or recently utilized steroids, and that 15% of these children started taking them before the age of 10 (Stilger and Yesalis 1999).

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