

AS LEVEL

FACT FILE

Sports Science

Subject content link:

AS Unit 2 : Health, Fitness and Lifestyle

- Drugs

FACT FILE

sports
science
and the active leisure industry

Unit AS 2: Health, Fitness and Lifestyle



Learning Outcomes

Students should be able to:

- Discuss the effects of the use and misuse of legal substances and illegal substances on health, well-being and fitness.



Course Content

Definition

'drug' (drug)

1. a chemical substance that affects the processes of the mind or body.
2. any chemical compound used in the diagnosis, treatment, or prevention of disease or other abnormal condition.
3. a substance used recreationally for its effects on the central nervous system, such as a narcotic.



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Protective Factors		Risk Factors	
1. Belonging to a 'vulnerable' group	2. Social and Cultural Factors	3. Interpersonal and Individual Risk Factors	
<ul style="list-style-type: none"> • Positive temperament • Intellectual ability • Supportive family environment • Social support system • Caring relationship with at least one adult • In education/ employment / training 	<ul style="list-style-type: none"> • Young sex workers • Young offenders • Children in care • Mental health problems • School refusers/non-attenders • Drug misuse by parents • Abuse within the family • Homeless 	<ul style="list-style-type: none"> • High levels of neighbourhood crime • High levels of poverty • Easy drug availability • Areas where there is widespread social acceptance of drug use • Lack of perception of the risks from drugs 	<ul style="list-style-type: none"> • Physiological and psychological factors • Family dysfunction • Behavioural difficulties • Academic problems • Association with peers who use drugs • Early onset of drug or alcohol use

The Impact of Drugs on Physical Health

Drug abuse – drug abuse can have a serious, life-changing impact on abusers: their physical and mental health is at risk.

- The physical effects of drugs which are abused may be short term or long term and permanent. The increase in the frequency of usage of drugs and also using the drugs for longer periods, worsen the physical effects on the body.
- Brain changes from drug abuse include paranoia, hallucinations, memory problems, aggression, depression, seizures, stroke, brain damage etc. These are majorly caused by abusing cocaine.
- Respiratory effects of drug abuse include emphysema, asthma and lung cancer and most of the respiratory problems are caused by inhalants which release toxic chemicals in to the lungs.
- Drugs like methamphetamine can cause cardiovascular damage leading to an abnormal heartbeat, collapsed veins and possible heart attack.
- Gastrointestinal effects of drug addiction includes nausea, pain in stomach, and liver and kidney damage.
- Physical effects caused by the drugs can be permanent. For example infertility caused by steroids and liver or kidney damage.
- Steroids may cause hormonal imbalances in the body which may lead to men developing breasts and women growing facial and body hair like men.
- Drugs that act quickly on the brain may cause rapid loss of consciousness or death.
- Drug addiction can result in total destruction of the body, leaving no chance to repair in most cases.

- **Legal Consequences of Drug Use** - Criminal convictions are recorded for offences, and these records can affect a person's life in many ways, present and future.
- **Related Behaviour With Legal Implications** - Drug use can lead to behaviour that is harmful and the possibility of the person getting into trouble with the law.



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Social Consequences of Drug Use and Drug Abuse

How Drugs Affect Relationships

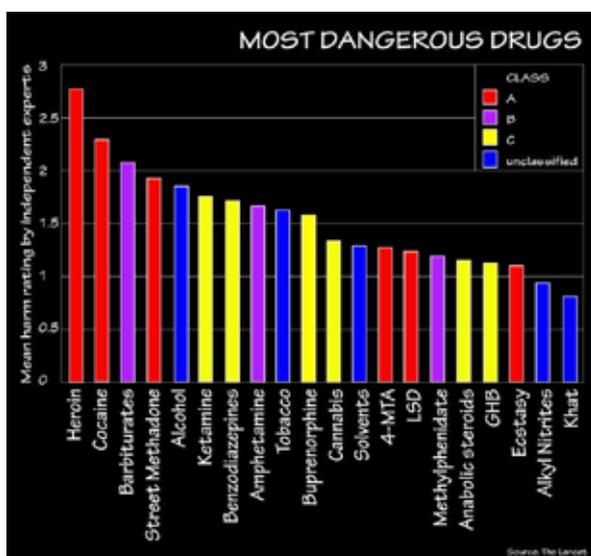
Drugs alter the brain and can change the way that humans interact with family, friends and others.

Families

- Substance abuse affects the emotional, financial, and psychological well-being of the entire family.
- People who use drugs withdraw from their family members and family activities, as well as set bad examples for any younger siblings.
- With drug abuse people's judgment and decision-making ability becomes greatly impaired, they may become more hostile toward family members and even steal from them to get money for drugs.

Education

- People who abuse drugs have declining grades, a higher rate of absenteeism from school and other activities.
- With drug abuse there is also an increased potential for dropping out of school. Research has shown that a low level of commitment to education and higher truancy rates appear to be related to substance abuse among adolescents.
- Cognitive and behavioural problems can also interfere





Activities

Additional Work

1. Discuss in groups the physical, social and emotional consequences of using drugs.
2. There are many influences and pressures on people to use drugs. Carry out research and present your findings to your class.

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