

Lesson 2

Year 10 - 13

Understand the Health Effects of Doping

AUGMENTED REALITY - App

This lesson uses our award-winning Augmented Reality App (Drug Free Sport NZ and Sport Integrity Australia won 2020 LearnX! awards for this).



Lesson duration
45 minutes



Equipment
Electronic device, pen

Let's get started

> Video

Watch our **Kiwi Ferns - making good decisions** video and then think about a time in sport where you've been in a situation where you've had to make an uncomfortable decision. How did that feel? What were the potential issues? Who was involved? What should have been done (perhaps that wasn't?)

WATCH VIDEO

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> Activity

Augmented Reality App - Health Effects of Doping:

Download at:

APPLE STORE

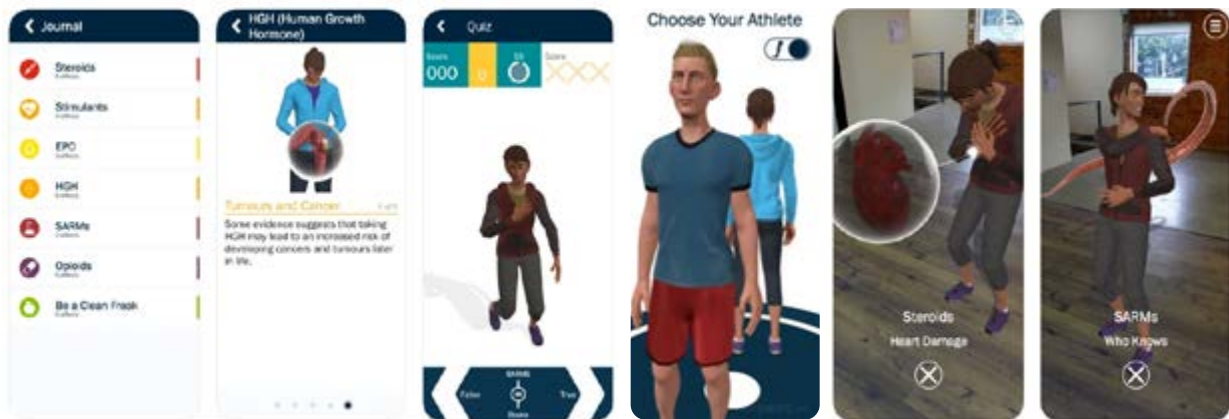


GOOGLE STORE



Once downloaded have a go using the Health Effects of Doping AR app, choose your avatar and work through the banned substances, learning about the harmful effects they each have on your physical and psychological wellbeing.

Don't forget to take notice of the positive behaviours you can engage in to benefit your performance.



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AUGMENTED REALITY - Activity

Peer Learning and Presenting

In your pair or small group choose one of the banned substances listed below. Using reputable information sources (avoiding blogs and supplement websites), research your substance and report back to the class on:

1. general information on the substance (e.g. medical use)
2. side effects of use
3. examples of athletes who have tested positive for use
4. positive behaviour an athlete could use to achieve the intended outcome (e.g. alternative nutritional advice).

Guidelines

Aim for a 2 minute presentation that is creative using face-to-face presentation, video or animation, 10 slide PPT or an A2 poster.

Present Back to Class

Pairs/groups will then present findings back to the class.

DFSNZ would love to see final presentations and projects. Please email education@drugfreesport.org.nz

Banned Substance options for research

- > Steroids
- > Erythropoietin (EPO)
- > Human Growth Hormone (HGH)
- > Opioids
- > Stimulants
- > Selective Androgen Receptor Modulators (SARMS)

Resources for Peer /Group Research

- > USADA - [Effects of Performance Enhancing Drugs](#)
- > Any approved student curricula database (e.g. school library, intranet etc)

