

# Lesson 2

Year 7 - 9

## 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, complete the following worksheet using the app to help you find the answers.





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### Activity Worksheet

Please work through the Augmented Reality App and answer the following questions.

1. What does clean sport mean to me? .....
2. Abuse of painkillers (opioids) can make you sleepy. Why could this be dangerous in sport? .....
3. What effect can stimulants (often found in pre-workout supplements) have on your heart? .....
4. Which substance may increase your risk of a tendon rupture? .....
5. Are Selective Androgen Receptor Modulators (SARMS) approved for human use? .....
6. Which health effect of Human Growth Hormone (HGH) use can be irreversible? .....
7. Name a food other than broccoli which could help your body to recover from injuries .....
8. Which substance is associated with anger and depression? .....
9. Being well hydrated can improve your: .....
10. Does EPO thin the consistency of your blood? .....
11. What are two factors besides good food that can help you become a better athlete? .....