



2 The Side Effects

List two short-term and two long-term side effects of the following drugs: caffeine, alcohol, and nicotine.

Drug	Short-term Side Effects	Long-term Side Effects
Caffeine	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
Alcohol	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
Nicotine	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •

3 The Burning Question: How Does One Quit Smoking?

Research some of the current or most popular methods people use to quit smoking. If you know any smokers who are trying to quit, give them the results of your research or present them to the class.



3

ERGOGENIC AIDS AND EXERCISE (Textbook pages 323–333)**1 Key Terms and Definitions**

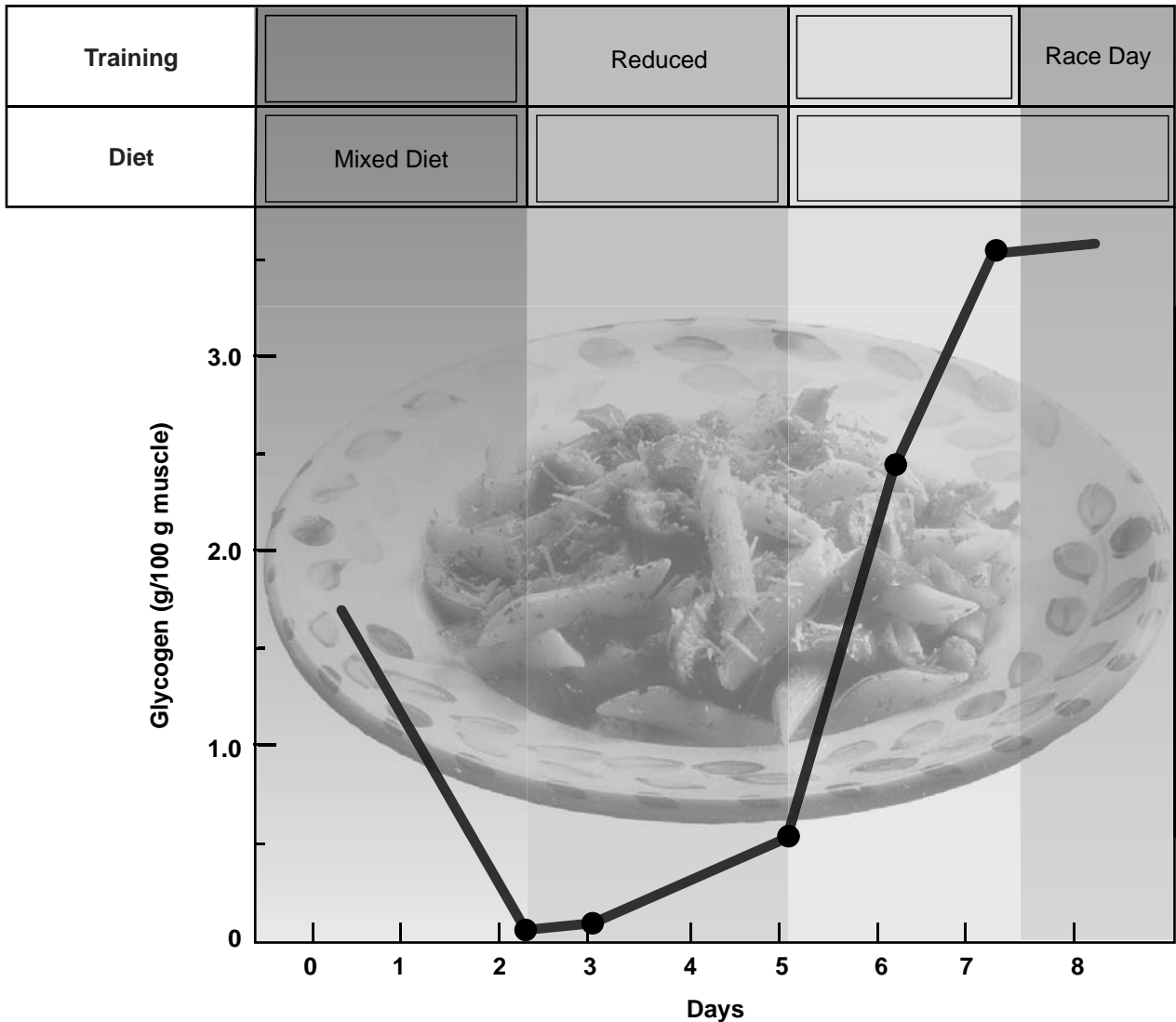
Define the key terms below in your own words.

Key Term	Definition
anabolic steroids	
blood doping	
carbohydrate loading	
creatine	
ephedra	
ergogenic aids	
erythropoietin	
stacking	
World Anti-Doping Agency (WADA)	



⚡ 2 Carbohydrate Loading

🔍 Since diet and training influence the amount of glycogen in the muscles, *carbohydrate loading* is often used by athletes to maximize performance before a competitive event. Fill in the blank boxes in the figure below – which illustrates how carbohydrate loading is done – using the labels in the **word bank** provided.



Word Bank

average
carbohydrate

fat and protein
heavy

light/taper
mixed diet