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Outline

For:

We are against the use of supplementation among athletes. We believe that supplementation has more harmful affects on athletes, than aiding the athlete in performing better.

Initial Overview:

There are over 50,000 health problems per year due to performance enhancing supplements. Many athletes take supplements in order to boost their performance, but that is not the only thing they are doing to their body. When it comes to supplementation athletes need to know what they are really putting into their bodies and the damage that it can have in the short and long run. When looking at supplements used most often by athletes we are looking at things such as, pre-workout, post-workout recovery supplements, and other additional supplements. The toll that is placed upon the body from these supplements causes issues with vital organs such as the liver, heart, pancreas, kidneys, and stomach. These are all things athletes need to be cautious of, is what these supplements can do to their bodies.

Key Focuses:

- Health concerns
- Long term affects on the body
- Cost
- Amount of supplement taken in
- Short term affects

Division of Work:

- Research and gathering information → Alexis, Bailey, Dustin, and Parker
- PowerPoint Slides → Bailey and Parker
- Panel Questions → Alexis, Bailey, Dustin, and Parker
- Opening → Dustin
- Closing → Alexis

Need From Here:

- Prepare for panel questions
- Find more research on the topic
- Cite sources
- Ask people who take supplements about the amount of money they pay, or do research on cost
- Possibly observe people that take supplements and the affects it may be having on them
- Research about specific problems with health concerns and these supplements

Panel Questions:

1. Is natural safer for athletes compared to artificial turf? i.e. Bacterial infections as well as heat related situations.
2. Is a natural environment more cost effective than an artificial turf field?
3. Is it easier to train people to take care of a natural field compared to a turf field?

1. What will you do to prevent people from substituting supplements for food?
2. How will you know that adulterations and contamination do not occur with supplements? – How do you know it is safe and not poison
3. Are you aware that many athletes take more supplements than recommended, in high doses these are toxic to the body