

Marijuana & Physical Performance:

What's in Marijuana?

Cannabis contains over 400 chemicals

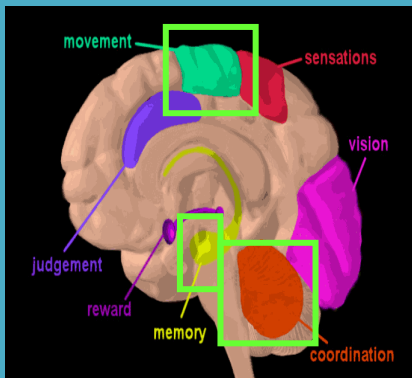
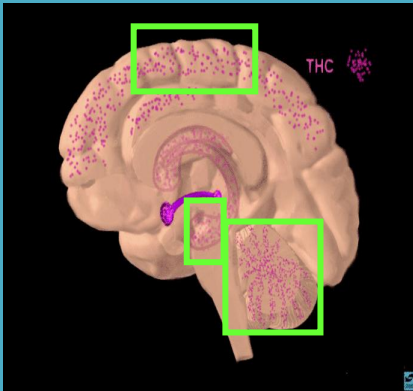
Including... **THC** which is the mind-altering ingredient

How does THC affect athletes?

THC effects:

- Memory
- Movement
- Coordination in the brain.

Marijuana affects the **respiratory** and **cardiovascular system** affecting athlete's endurance!!!



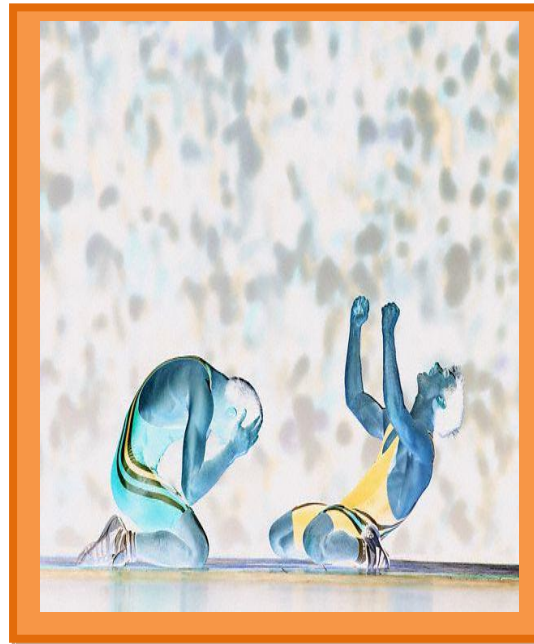
Remember when **YOU**
are partying...

Somewhere, someone is

NOT partying...

And when you meet
them...

They will beat you!!



**Think Ahead.
Be Responsible.**

Alcohol and Marijuana:

The Effects on
Physical Performance



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“THINK! Think about what you are doing off the field...that will ruin what you do on the field.” -Underwood

Alcohol & Physical Performance:

ALCOHOL IS A METABOLIC POISON!

-Due to its small molecular weight, alcohol affects all systems of the human physiology **SIMULTANEOUSLY**.

Alcohol impacts the **physiological condition** of athletes.

1x drinking = 14 days of lost training

For every time you drink!!

-**20 to 30%** of college students suffer performance loss due to alcohol use.

If you don't drink:

- 4-5% advantage over someone

If you do drink:

- 11.4% disadvantage to someone else

It's your life! You choose!



<http://www.americanathleticinstitute.org/>

Alcohol & Hormones:

We use our hormones to train and to recover from training.

Two basic hormones that are important for exercise are **anabolic** and **catabolic**.

-Anabolic hormones = muscle growth

-Catabolic hormones = energy

Fun Fact ☆

After **1 ½ hours** of heavy drinking hormone levels drop significantly...which continues for up to **96 hours**.

That is **4 days** which are **lost** that cannot be recovered.

You are at practice but your hormones are somewhere else!



Alcohol & Muscle Protein Synthesis:

Alcohol **reduces** protein synthesis in skeletal muscle.

2x more likely to have an injury if you are drinking.

Synthesis reductions of **20-30%** are seen in the first **1-2 hours** after ingestion.

It reduces...
the ability to repair muscle fiber

Fibers are needed for:

1. Speed
2. Power

If you **CANNOT** recover then there is no gain in training!!

