Bibliography and Annotations

Meinhardt, MD U, Nelson, PhD A. The Effects of Growth Hormone on Body Composition and Physical Performance in Recreational Athletes: A Randomized Trial [Internet]. Annals of Internal Medicine; [2010 May 4, cited 2015 June 28] . Available from: <http://annals.org/article.aspx?articleid=745760&resultClick=3>

An organized collection of phyiscians known as the Annals of Internal Medicine conducted a study testing the effects multiple Performance-Enhancing Drugs had on enhancing one’s physical performance. The researchers tested multiple drugs, as well as many different combinations of the drugs to test specific performance measures, including endurance, power, sprint capacity, and strength. The results of the study showed that though combinations of the drugs could slightly enhance one’s sprint capacity, no other effects in the other measures of performance were worth noting.

Stahl B. 2009. Despite MLB Scandals, Steroids Rampant in College Baseball. New York University Journalism; [accessed 2015 Jun 28]. <http://journalism.nyu.edu/publishing/archives/pavement/in/despite-mlb-scandals-steroids-rampant-in-college-baseball/print/>

This article written by Brittany Stahl of the NYU Journalism program explores the popularity of human Growth Hormone in collegiate sports, with a specific focus on lower division baseball. The article also explores the psychology and thought process on weighing the risks and supposed benefits amongst athletes uneducated in the matter. Stahl also offers first hand accounts from the points of view of coaches and clean athletes that witness how rampant the drugs are in their own respective programs.

Effects of Performance-Enhancing Drugs. United States Anti-Doping Agency; [accessed 2015 Jun 28]. <http://www.usada.org/substances/effects-of-performance-enhancing-drugs/>

In this report released by the United States Anit-Doping Agency, the common performance-enhancing drugs, along with their individual side effects, are listed. The resource also provides embedded videos to give visual insight into how the drugs directly affect the chemistry of the body and how they cause the side effects.