



Performance Enhancing Substances in Sport and Exercise

Michael S. Bahrke, Charles E. Yesalis

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Two well-known and highly respected authorities on performance-enhancing substance use in sport and exercise have assembled the contributions of leading experts in the field. The result is the most comprehensive, up-to-date text available on the use and abuse of performance-enhancing substances among athletes today.

This authoritative and heavily referenced book includes everything from anabolics and stimulants to gene transfer therapy and beyond. It presents the following:

- The history of doping in sport and exercise
- The latest clinical and scientific research and reference material available concerning the use and abuse of performance-enhancing substances among professional, Olympic-level, college, and high school athletes
- Important developments in the legal aspects of use in sport and exercise
- New information related to substance and drug testing
- The issues surrounding assessment of the efficacy of performance-enhancing substances
- Information on the new and emerging technologies—such as gene transfer therapy and new drug delivery systems—that have potential for abuse by athletes

No other text offers analyses of the ergogenic efficacy of nearly every substance currently used and abused by athletes today. It paints a complete picture of performance-enhancing substances and related issues. It gathers essential studies, data, and commentary not available elsewhere in one resource. *Performance-Enhancing Substances in Sport and Exercise* features 29 chapters covering dozens of substances, thousands of references, and chapters devoted to the history and future of performance-enhancing substances in sport and exercise, the determination of the efficacy of substances, drug testing, and legal issues

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