


Starter task

Smoking



Why do people start smoking?

What is it?
 Combines with haemoglobin in red blood cells...
 Toxic, colourless, poisonous gas...
 Coats the surfaces in the respiratory system, damaging the body and causing coughing.
 Highly addictive drug...

Effects of alcohol


Short term

Long term


What are units?

How can you tell how strong a particular alcoholic drink is?

If you could stop someone from taking drugs, drinking alcohol and smoking, but only use 50 words, what would you say?




What organs can alcohol affect?
 Explain how



What problems or diseases can smoking increase the risk of?
 Example?

Don't smoke

Or drink



Alcohol

What are units?

How can you tell how strong a particular alcoholic drink is?

If you could stop someone from taking drugs, drinking alcohol and smoking, but only use 50 words, what would you say?

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Identify legal and illegal drugs (G)

Describe some of the effects of illegal drugs on the body (E)

Present to class the reasons that people take illegal drugs and why they should not



Beep test



The beep test involves running without stopping between two markers 20 m apart.

These runs are synchronized with pre-recorded audio which plays beeps at set intervals.

As the test proceeds, the interval between each successive beep reduces, so the athlete has to increase their speed over the course of the test. There will come a point where they can no longer keep in sync with the beeps

Beep test video <http://www.youtube.com/watch?v=weEe4V0Ot2Y>

*	**	***
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Meet the athletes



Don



Mike



James

*	**	***
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I'm worried about these three. Their beep tests have got worse

Look at the data below and see if you agree:

	Don	Mike	James
Beep test result from last year	14	13	13
Previous month's average beep test score	14	13	14
Current average beep test score	9	9	10

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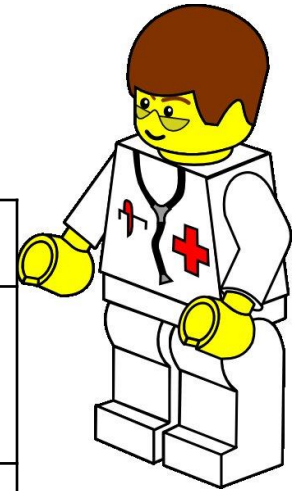
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The athletes reported for a medical.

The following symptoms were recorded



	Don	Mike	James
Current average beep test score	9	9	10
Pulse rate	↑	↑	↑
Recovery rate (time it takes for pulse to recover after exercise)	↑	↑	↑
Other symptoms	Breath smells Coughs a lot Wheezing	Thirsty Balance poor Headaches Loss of appetite Tired Shaking	Hunger cravings (munchies) Dry mouth Poor coordination Red eyes paranoia

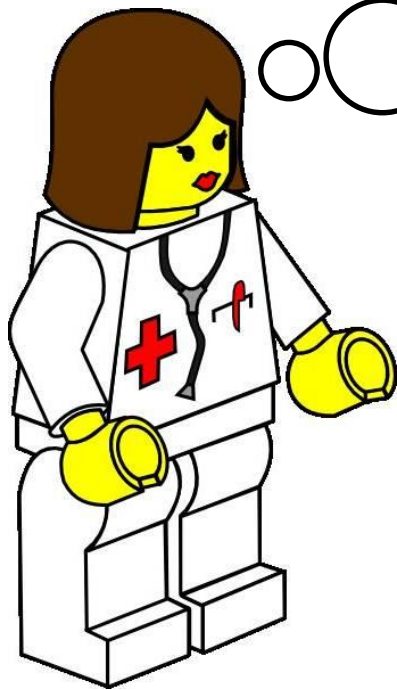
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I suspect these athletes
might be addicted to some
substances that are affecting
their health

Do you agree?

Likely substances include

- Alcohol
- Cannabis
- Tobacco

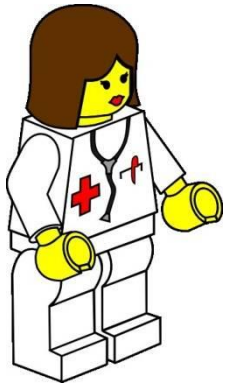
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Name

Don

Mike

James

What substance
might this athlete
be abusing?

Reason for your
diagnosis

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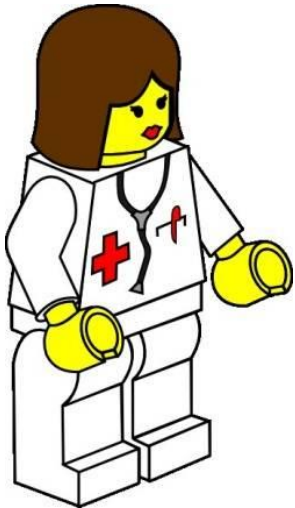
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Write up your diagnoses for each athlete.



Be prepared to justify each diagnosis, giving reasons.

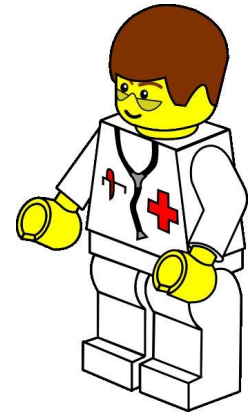
Use the worksheet to help you gather your thoughts as you prepare.

You may have to refer to your medical text books and other information sources to help you make your diagnosis.

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The blood tests results are back.

Was your diagnosis correct?



Don's blood result showed high carbon monoxide levels and nicotine.

He's hooked on cigarettes

Mike's blood results showed high levels of alcohol

James's blood results show that he has been smoking cannabis

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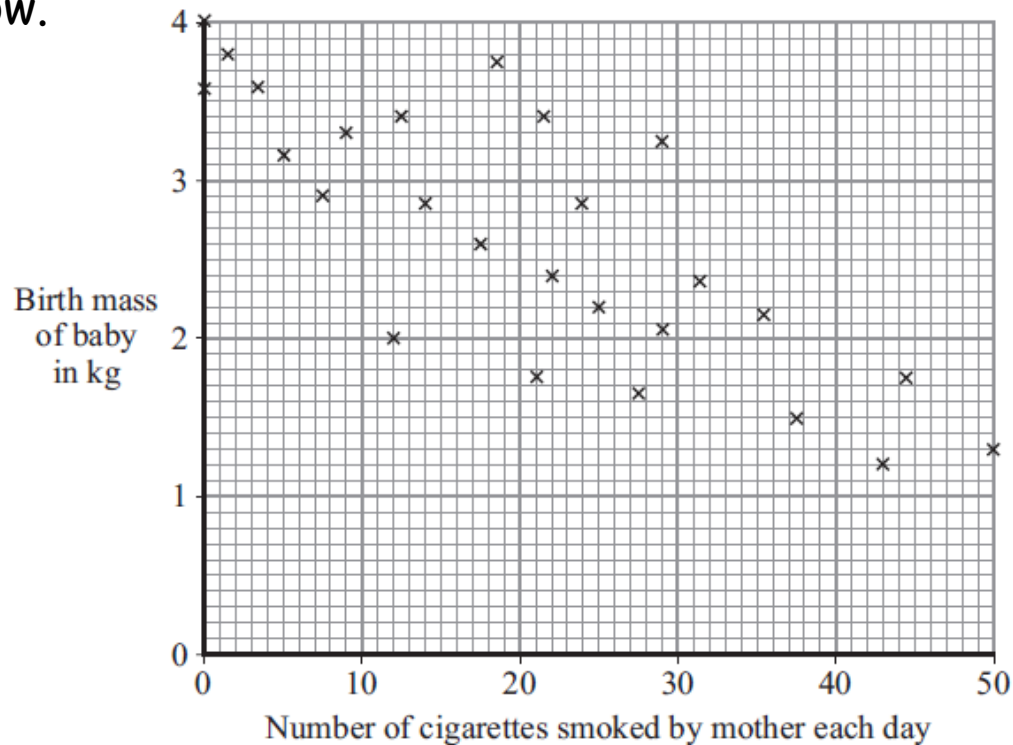
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The data showing the relationship between the **birth mass of a baby** and the **number of cigarettes smoked by the mother** each day has been plotted on the graph below.



1. What information can you get from the graph? What are the axes? What do the points tell you? Is there a pattern?
2. If the mother smokes **more cigarettes** per day what happens to the **health of the baby**?

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