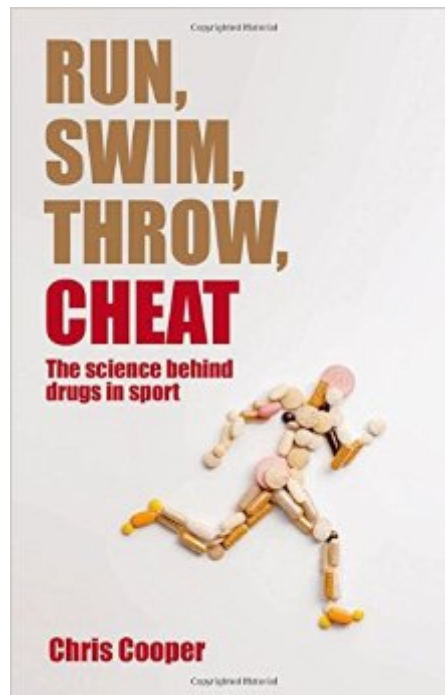


The book was found

# Run, Swim, Throw, Cheat: The Science Behind Drugs In Sport



## Synopsis

Drugs in sport are big news and the use of performance-enhancing drugs in sport is common. Here, Chris Cooper, a top biochemist at the University of Essex, looks at the science behind drugs in sport. Using the performance of top athletes, Cooper begins by outlining the limits of human performance. Showing the basic problems of human biochemistry, physiology, and anatomy, he looks at what stops us running faster, throwing longer, or jumping higher. Using these evidence-based arguments he shows what the body can, and cannot, do. There is much curiosity about why certain substances are used, how they are detected, and whether they truly have an effect on the body. Cooper explains how these drugs work and the challenges of testing for them, putting in to context whether the 'doping' methods of choice are worth the risk or the effort. Exploring the moral, political, and ethical issues involved in controlling drug use, Cooper addresses questions such as 'What is cheating?', 'What compounds are legal and why?', 'Why do the classification systems change all the time?', and 'Should all chemicals be legal, and what effect would this have on sport?'. Looking forward, he examines the recent work to study the physical limitations of rat and mice behaviour. He shows that, remarkably, simple genetic experiments producing 'supermice' suggest that there may be ways of improving human performance too, raising ethical and moral questions for the future of sport.

## Book Information

Paperback: 320 pages

Publisher: Oxford University Press; 1 edition (September 15, 2013)

Language: English

ISBN-10: 0199678782

ISBN-13: 978-0199678785

Product Dimensions: 7.7 x 1 x 5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #344,662 in Books (See Top 100 in Books) #126 in [Books > Sports & Outdoors > Miscellaneous > Sociology of Sports](#) #1027 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#) #30823 in [Books > Self-Help](#)

## Customer Reviews

Written from a biochemist scientist's point of view I can't think of a better resource on current performance enhancement technology. When the author opines on the social significance of doping

he make a few startling pronouncements which are right on.

This book covers not only the what of PED's but the science behind the why and how each substance came to be. It also covers where each drug succeeds and fails to make the predicted changes and why. Very technical and thorough resource and a must have for today's trainer or athlete.

The product arrived on time and was in good condition. This is a very interesting book, and I would recommend it to anyone interested in pharmacology or Performance-Enhancing Drugs.

Amazing book, it explains everything simple and easy, great book.

Very informative

[Download to continue reading...](#)

Run, Swim, Throw, Cheat: The science behind drugs in sport  
Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series)  
Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series)  
Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series)  
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program  
Science of Sport: Squash (The Science of Sport)  
One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes  
Swim, Bike, Run--Eat: The Complete Guide to Fueling Your Triathlon  
Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure  
Percutaneous Absorption: Drugs--Cosmetics--Mechanisms--Methodology: Drugs--Cosmetics--Mechanisms--Methodology, Third Edition, (Drugs and the Pharmaceutical Sciences)  
The Physical Educator's Big Book of Sport  
Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun!  
Sport and the Law: Historical and Cultural Intersections (Sport, Culture & Society)  
Sport in the Making of Celtic Culture (Sport and Nation)  
Introduction to Sport Law With Case Studies in Sport Law 2nd Edition  
Game Faces: Sport Celebrity and the Laws of Reputation (Sport and Society)  
Female Gladiators: Gender, Law, and Contact Sport in America (Sport and Society)  
Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport)  
Drugged: The Science and Culture Behind Psychotropic Drugs  
Boomerangs: How to Make and

Throw Them Never Throw Rice at a Pisces: The Bride's Astrology Guide to Planning Your Wedding, Choosing Your Honeymoon, and Loving Every Second of It, No Matter What Your Sign

[Dmca](#)