



THE ATLAS PROGRAM: **SESSION 1**

OBJECTIVES







1. Athletes will understand the normal physiology of testosterone production during adolescence.
2. Athletes will know the effects of anabolic steroid use.
3. Athletes will know the percentage of male high school athletes who use anabolic steroids.
4. Athletes will know how carbohydrate, protein and fat are used for exercise, muscle repair and growth.

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FUELING THE ENGINE

SESSION 1: ACTIVITY 2 (CONTINUED)

- ★ Proteins repair and build your muscles.
- ★ Without enough protein, you can't build bigger muscles - no matter how hard you train.
- ★ Protein is not usually used as fuel. However, if you do not have enough calories, your body steals protein from your muscles for energy, and your muscles become smaller and weaker.
- ★ There are three requirements to build muscle: 1) workout, 2) eat carbs to fuel workouts, and 3) eat protein foods to build and repair muscles.
- ★ Page 6 has pictures of high-protein low-fat food choices. Look at these high-protein items and fill in the blanks to rank them from the most (#1) protein to the least (#6).

PROTEIN CHOICES		
		
1 cup skim milk	6 oz. light turkey meat	6 oz. of tuna in water
<input type="text"/>	<input type="text"/>	<input type="text"/>
		
1 cup of baked beans	5 amino acid tablets	1 chicken leg
<input type="text"/>	<input type="text"/>	<input type="text"/>

WORD SEARCH PUZZLE

SESSION 2: ACTIVITY 4 (6 MINUTES)

- ★ First you need to answer the clues, then find the words in the puzzle. The words in the puzzle can be forward, backward, and diagonal.

ANABOLIC STEROID EFFECTS

CLUES:

1. A skin problem caused by anabolic steroid use _ _ _ _
2. Those who share needles or vials to take steroids by injection are at risk for this life threatening disease _ _ _ _
3. Steroid users have a hard time controlling this emotion _ _ _ _ _
4. Loss of hair caused by steroid use _ _ _ _ _
5. These body parts can grow on males who use steroids _ _ _ _ _
6. Feeling of sadness caused by steroid use _ _ _ _ _
7. Medical term describing enlarged breasts in males caused by anabolic steroid use _ _ _ _ _
8. The muscle that has increased disease from steroid use _ _ _ _ _
9. Yellow eyes can occur with anabolic steroid use because of disease in this organ _ _ _ _
10. Steroid users have described their testicles shrinking to the size of this snack food _ _ _ _ _



11. Uncontrolled anger outburst associated with steroid users _ _ _ _ _
12. One of the main reasons that people take steroids, to increase this _ _ _ _ _
13. Adolescent steroid users' bodies are tricked into thinking they are fully grown, resulting in this _ _ _ _ _
14. Important male body parts which shrink as a result of steroid use _ _ _ _ _

SETTING WEEKLY GOALS

SESSION 3: ACTIVITY 5 (15 MINUTES)

- ✓ It is important to eat enough calories and enough protein each day to get the most out of your workouts. Starting today, you are going to set a goal during each of the ATLAS sessions.
- ✓ Each week you will choose one of the following goals shown in your Workbook on page 27.

Goal 1 is to eat breakfast more often so you have enough fuel to start the day and not break down your hard earned muscle protein.

Goal 2 is to eat your daily amount of calories so you can train hard and not have to break down your engine for fuel.

Goal 3 is to reach your daily target protein needs so you can build a bigger engine with more horsepower.

Goal 4 is to make healthier food choices known as “winner meals” at fast food restaurants or to choose healthier snacks such as a bagel instead of a doughnut. Anytime you make a healthy food choice, you meet goal number 4.

- ✓ Your long-term goal is to become a better athlete. To reach that goal, you will set weekly short-term goals: we play one game at a time, have one match at a time, or complete one event at a time. We try to make improvements every week. Accomplishing these nutrition goals will help you make improvements each week.
- ✓ With the help of your Squad Leader, choose one of these as a goal for this session.

Menu of Weekly Goals (Circle Your Goal for this Session.)

1) I will eat breakfast _____ days this week.

2) I will keep track of and eat at least 26 times my body weight in calories (_____ calories) for 1 or more days this week.

(circle day: M, Tu, W, Th, F, Sa, Su)

3) I will keep track of and eat my body weight in grams of protein (_____ grams) for 1 or more days this week.

(circle day: M, Tu, W, Th, F, Sa, Su)

4) I will make healthy food choices (snacks, winner fast-food meals, school lunch) for meals or snacks _____ times this week.