

ABSTRACT

DISSERTATION/THESIS/RESEARCH PAPER/CREATIVE PROJECT:

A look at Over the Counter PED use in Male High School Students, with an accompanying website for release to high schools.

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DATE: May 2011

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This study will take a look into four young male athlete's lives and if they use over the counter performance enhancing drugs. With the recent debates on steroid use in major sports, I felt it was necessary to see how teens are using the products that are legal and readily available. Furthermore, I will see what students think of these legal supplements and what kind of peer pressures these kids face as the desire or need for athletic scholarships has increased. Included in the analysis will be two doctors, three athletic directors, the commissioner of the IHSAA, and four male athletes in their senior year of high school. These interviews will be used to determine the extent of knowledge they have about teen's usage and their opinions on whether or not kids should be using these products.

Also within this paper will be my own testimonial into my supplement use. I was one of those teens with natural athletic ability but a very lean frame. I wanted to push myself to get to the next level of athletics and pursue a dream of Division-1A football.