

Abstract

Title: Effect of cannabis in sports training.

Objectives:

- * Present the physiological and psychological effects of cannabis on human body.
- * Identify harmful and beneficial effects of cannabis consumption in people who partake in recreational sporting activities as well as competitive athletes.
- * Identify the perception of cannabis use in the sports world.

Methods:

- * Detailed literature research on cannabis and its primary components.
- * Literature research on scientific requirements of sports training.
- * Systematic review of previous surveys and experiments regarding the effects of cannabis on sports exercise parameters.
- * Preparing a questionnaire for sportspeople (current and former Turkish and Czech American football players in general) and analyzing the results.

Results:

- * There hasn't been many recent scientific research about the specific effects of cannabis ingestion in sports performance.
- * There are some beneficial attributes of cannabis in sport training as well as performance hindering attributes and potentially dangerous side effects.
- * Questionnaire participants generally do not think cannabis is a performance-enhancing substance.
- * There exists contrary opinions, beliefs and scientific evidence on almost all of the aspects of cannabis and its use in sport.

Keywords: *cannabis, sport, American football, athletic performance, marijuana, THC, exercise, workout*