



# *Blueprints Promising Programs* FACT SHEET

FS-BPP01

2002 (Updated 08/2006)

## ATLAS

ATLAS (Athletes Training and Learning to Avoid Steroids) is a drug prevention and health promotion program that emphasizes the impact of anabolic steroids, alcohol, and other drugs on immediate sports performance. This program can be implemented through schools, recreational centers, and other community organizations with adolescent male athletes.

### Program Targets

This gender-specific intervention targets male high school athletes.

### Program Content

ATLAS is integrated into team practice sessions and consists of a classroom curriculum and weight room skill training sessions. Coaching staff or surrogates administer the seven to eight 50-minute classroom sessions, and program staff administer the seven to eight weight room sessions. The classroom curriculum covers subjects such as risk factors of steroid use, strength training and sports nutrition, as well as skills to refuse steroids and other substances. In addition, nutritional recommendations and false claims of over the counter supplements are discussed. The weight room sessions provide demonstrations of different weight-lifting techniques, while reinforcing other elements of the classroom curriculum. ATLAS also incorporates a one evening informational session for parents about the program as well as ways in which parents can help reinforce the knowledge gained by the youth in the classroom curriculum.

### Program Outcomes

In a randomized controlled evaluation involving over 3,200 student athletes (3 cohorts in 1994, 1995, 1996) in 31 schools, ATLAS youth (first two cohorts combined) compared to control youth were:

#### Drug Use Intentions and Behaviors:

- ⌘ Less likely to actually use steroids at post-test and one year follow-up;
- ⌘ Less likely to use alcohol and other drugs (marijuana, amphetamines and narcotics) at the one year follow-up; and
- ⌘ Less likely to have new occurrences of drinking and driving at the one year follow-up.

#### Substance Use Mediators and Health Promotion Behaviors:

- ⌘ Less likely to intend to use anabolic steroids at post-test;
- ⌘ Greater self-reported ability to refuse drug offers from peers at both time periods;
- ⌘ Greater knowledge of the effect of steroids and alcohol at both time periods;
- ⌘ Heightened perception of coach intolerance to drug use;
- ⌘ Improved nutrition behaviors;
- ⌘ Enhanced strength training self-efficacy;

- Greater knowledge of the effects of exercise and sport supplements at post-test and one year;
  - Greater confidence in athletic abilities at post-test and one year follow-up; and
  - Less likely to believe advertisements for sports supplements and positive steroid use images at both time periods; and sport supplement use lower at one year follow-up.
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#### References

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### ATLAS

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