

# Cornell Guided Notes

Human Anatomy & Physiology (Human Body Systems) | 2026-09-15

Name

Period

Date

Lesson

## Lesson focus

Bioethics: performance enhancement

## Key words and questions

## Prepared details and student notes

**Essential question**  
**What is today's target?**

Debate whether muscle-enhancing drugs should be allowed in sports, then post a CER.  
Big idea: Performance-enhancing drugs manipulate muscle physiology in ways that raise both health and fairness concerns across competitive sport.

**My notes, examples, and questions**

**Key words**  
**What vocabulary unlocks the lesson?**

- sarcomere
- actin
- myosin
- contraction
- tendon
- origin
- insertion
- lever

**My notes, examples, and questions**

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## Cornell Notes - Continued

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#### Must-know ideas

What should I understand by the end?

- Anabolic steroids mimic testosterone and increase muscle protein synthesis, but side effects include cardiovascular damage, hormonal disruption, and liver toxicity.
- The fairness argument against enhancement centers on coercion: if some athletes use drugs, others feel forced to do so to compete.
- Bioethical reasoning requires weighing physical autonomy (right to use) against health harm and competitive equity.

#### My notes, examples, and questions

#### Process notes

What happens during class?

- 0-5: Intro: how performance drugs change muscle physiology
- 5-20: Independent reading and two-column pro/con list
- 20-40: John Carroll bioethics debate
- 40-55: Draft claim and evidence
- 55-75: Write and post CER
- 75-80: Class share: strongest health vs fairness arguments

#### My notes, examples, and questions

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#### Steps and evidence What do I do and turn in?

- Read the prompt: should athletes be permitted to use drugs that build muscle faster?
- List two arguments for allowing enhancement and two for banning it.
- Choose a side and write a one-sentence claim with your reasoning.
- Debate in your John Carroll bioethics group and note the strongest opposing point.
- Post a CER response on fairness and health in enhancement.

Evidence: CER - One-paragraph CER taking a position on whether performance-enhancing drugs should be permitted in competitive sport.

#### My notes, examples, and questions

#### Checks for understanding How do I know I got it?

- You can defend a position on muscle-enhancing drugs.
- You can weigh fairness against health risk.

#### My notes, examples, and questions

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**Lab or safety notes**  
**What must I handle carefully?**

Supplies:  
- Maniken model  
- Clay or modeling material for muscle build  
- Muscle reference diagrams  
- Sculpting tools  
- Lab notebook  
- Camera or tablet to document the build

**My notes, examples, and questions**

### Summary

Today's lesson focused on Bioethics: performance enhancement. The main target was: Debate whether muscle-enhancing drugs should be allowed in sports, then post a CER. The evidence of learning is CER: One-paragraph CER taking a position on whether performance-enhancing drugs should be permitted in competitive sport.. In my own words, the most important idea from today is:

**My summary**

### My final question or connection