### ΕΡΓΑΣΙΑ 3 (Β’ ΛΥΚΕΙΟΥ)

### «Αναβολικά»

Τι είναι αυτές οι ουσίες; Γιατί επηρεάζουν το μυϊκό μας σύστημα; Πώς αναπτύσσονται οι μύες μας κανονικά; Τι μπορεί να προξενήσουν στον οργανισμό μας;

[https://www.iatrikistinpraxi.gr/athlitiatriki/%CE%BD%CF%84%CF%8C%CF%80%CE%B9%CE%BD%CE%B3%CE%BA-%CE%BA%CE%B1%CE%B9-%CE%B1%CE%B8%CE%BB%CE%B7%CF%84%CE%B9%CF%83%CE%BC%CF%8C%CF%82/](https://www.blogger.com/blog/post/edit/3990979637335388587/2923885500370500123)

[http://1lyk-evosm.thess.sch.gr/wordpress/wp-content/uploads/2016/05/%CE%91%CE%98%CE%9B%CE%97%CE%A4%CE%99%CE%A3%CE%9C%CE%9F%CE%A3-%CE%A0%CE%A1%CE%A9%CE%A4%CE%91%CE%98%CE%9B%CE%97%CE%A4%CE%99%CE%A3%CE%9C%CE%9F%CE%A3-%CE%9A%CE%91%CE%99-%CE%91%CE%9D%CE%91%CE%92%CE%9F%CE%9B%CE%99%CE%9A%CE%91-A1.pdf](https://www.blogger.com/blog/post/edit/3990979637335388587/2923885500370500123)

[https://www.slideshare.net/2epalirakl/ss-50092727](https://www.blogger.com/blog/post/edit/3990979637335388587/2923885500370500123)

[https://www.segas.gr/wp-](https://www.blogger.com/blog/post/edit/3990979637335388587/2923885500370500123)

[content/uploads/2022/05/mparkoukis\_tsormpatzoudis\_03062019.pdf](https://www.blogger.com/blog/post/edit/3990979637335388587/2923885500370500123)

[https://www.youtube.com/watch?v=2tM1LFFxeKg&ab\_channel=TED-Ed](https://www.blogger.com/blog/post/edit/3990979637335388587/2923885500370500123)

[https://www.youtube.com/watch?v=itEXhxjOPjk&ab\_channel=TED-Ed](https://www.blogger.com/blog/post/edit/3990979637335388587/2923885500370500123)