# CONTENTS

<table>
<thead>
<tr>
<th>List of Tables</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ii</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>List of Figures</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ix</td>
</tr>
</tbody>
</table>

## INTRODUCTION

- Why do Athletes Abuse Drugs?  
  Page 2
- Prevalence of the Tobacco habit  
  Page 5
- Morbidity and the shortening of life  
  Page 11
- The Dynamics of the Smoking Epidemic  
  Page 13
- Need for the study  
  Page 16
- Objectives of the study  
  Page 16
- Limitations  
  Page 17
- Delimitations  
  Page 17
- National Relevance  
  Page 18

## REVIEW OF RELATED LITERATURE

- Traditional forms of tobacco use in developing countries  
  Page 19
- Constituents of the smoke  
  Page 20
- Health risks related to cigarette smoking in developing countries  
  Page 26
- Cardiovascular Disease (CHD)  
  Page 33
- Cancer  
  Page 46
- Chronic obstructive Pulmonary Disease (COPD)  
  Page 59
- Chronic bronchitis and Emphysema  
  Page 60
- Gastrointestinal Disease  
  Page 64
- Effects of smoking on children and young people  
  Page 65
- Pregnancy and smoking  
  Page 68
- Smoking and occupation  
  Page 70
- Health Risks of Passive Smoking  
  Page 75
- Review of some Research studies on Tobacco smoking  
  Page 83
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other Recreational Drugs</td>
<td>98</td>
</tr>
<tr>
<td>Physical fitness</td>
<td>107</td>
</tr>
<tr>
<td>Definition of Physical Fitness</td>
<td>109</td>
</tr>
<tr>
<td>Motor Fitness</td>
<td>110</td>
</tr>
<tr>
<td>World No-Tobacco Days</td>
<td>117</td>
</tr>
<tr>
<td>MATERIAL AND METHODS</td>
<td>118</td>
</tr>
<tr>
<td>RESULTS AND DISCUSSION</td>
<td>134</td>
</tr>
<tr>
<td>SUMMARY AND CONCLUSIONS</td>
<td>200</td>
</tr>
<tr>
<td>BIBLIOGRAPHY</td>
<td>209</td>
</tr>
</tbody>
</table>