

Ethical and socio-cultural issues



UNTAMED
EDUCATION

4.3 Social, cultural and ethical influences

Performance Enhancing Drugs

Contract to compete

Hooliganism

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Sportsmanship

Gamesmanship

Etiquette

1. Ethical conduct

- ▶ To be **ethical** means to be in accordance with the principles of **right** and **wrong**.
- ▶ Ethical conduct in sports can be demonstrated in a number of ways.
 - ▶ Etiquette
 - ▶ Sportsmanship
 - ▶ Gamesmanship
 - ▶ Contract to compete
 - ▶ Performance enhancing drugs
 - ▶ Hooliganism



2. Etiquette

- ▶ Etiquette are **unwritten rules** and guidelines in sport.
- ▶ An official will not enforce etiquette.
- ▶ Etiquette demonstrates **respect** for other players, the officials, the audience and the sport.
- ▶ Examples of good etiquette:
 - ▶ Kicking the ball out when a player is injured in Football.
 - ▶ Shaking your opponents and official's hand.
 - ▶ Bowing or touching gloves with your opponent in martial arts activities.

3. Sportsmanship

- ▶ Sportsmanship is demonstrated by competing in the **spirit of the game**.



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- ▶ A good sports person will play **within** the rules of the sport and demonstrate etiquette.
- ▶ A performer who demonstrates good sportsmanship is a good **role model** for others to follow.
- ▶ Examples of this are:
 - ▶ Not receiving a red or yellow card.
 - ▶ Walking if you know you are out in Cricket.

4. Gamesmanship

- ▶ Gamesmanship is the opposite of sportsmanship.
- ▶ Athletes that demonstrate gamesmanship **bend the rules** and guidelines to gain an advantage so they can **win**.
- ▶ Examples of this are:
 - ▶ Faking an injury to waste time or to cause your opponent to lose momentum.
 - ▶ Diving in Football to get a penalty.
 - ▶ Barracking an opponent so they lose focus.



5. Drugs

Drugs are:

“Any chemical introduced to the body which affects how the body works.”

Doping is:

“Term used to improve performance by taking drugs.”

6. Types of drugs

Sports performers may take performance enhancing drugs for a number of reasons. Here are some:

- ▶ **Steroids** help to build muscle quickly.
- ▶ **Narcotic-analgesics** help to kill pain and allow the performer to keep going.

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- ▶ **Stimulants** make the performer more alert.
- ▶ **Beta blockers** calm performers before an event.
- ▶ **Diuretics** allow the performer to lose weight quickly and mask the other drugs in the system.
- ▶ **Peptide hormones** such as erythropoietin (EPO) copy natural performance enhancing hormones in the body.

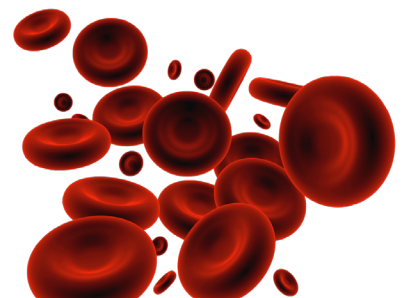
7. Reasons for taking drugs

Type of Drug	Effect on Performance	Risks	Sports Used
Stimulants	Reduces tiredness.	Impotence, high blood pressure, heart failure, paranoia and insomnia.	Endurance events such as swimming and cycling.
Narcotic-analgesics	Painkillers mask the pain of injury.	Injuries become more severe, nausea, drowsiness, dry mouth and constipation	Used in all sports where injuries are sustained.
Diuretics	Increases the amount of water excreted. Flushes other drugs out of the system.	Muscle weakness, and dehydration. Loss of sodium and potassium salts.	Sports that have weight categories such as Boxing and Horse Racing.
Anxiety reducing drugs - Beta Blockers	Slow down and regulate the heart and reduce hand shake.	Diarrhoea, slow heart rate and impotence.	Shooting and Archery
Peptide hormones (Erythropoietin)	They mimic the effect of naturally occurring hormones. Increase muscle strength and growth.	Allergic reactions, high blood pressure, abnormal growth in hands, feet and face.	Weight lifter to increase muscle mass.
Anabolic Steroids	Quick increase in strength. Able to train for longer.	Heart disease, high blood pressure, kidney and liver disease, infertility and aggression.	Strength and power related sports such as weightlifting and sprinting

8. Blood Doping

The method:

- ▶ Blood is **drawn** from the athlete a few weeks before competition.
- ▶ The **red blood cells** are **separated** and **frozen**.
- ▶ Just before the event the red blood cells are **thawed** and **injected** back into the athlete.





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- ▶ The higher the **concentration** of red blood cells the more **oxygen** can be delivered to the working muscles resulting in higher performance.
- ▶ Endurance athletes such as **cyclists** and **marathon** runners may use this method.

The dangers:

- ▶ Transmission of **infectious diseases** such as HIV.
- ▶ Cheating can result in being **banned**.
- ▶ **Kidney** damage from allergic reactions.
- ▶ **Overload** of the circulatory system.

9. Reasons for taking drugs

Despite the dangers some athletes still take performance enhancing drugs. Why?

- ▶ Feel the **pressure** to win.
- ▶ They want to be the **best**.
- ▶ To win prize **money**.
- ▶ To achieve **fame**.
- ▶ Improve performance.
- ▶ To gain an **advantage** on their competitors.
- ▶ So they can train **harder** for longer.
- ▶ Allows them to **recover** from injury quicker.



10. Disadvantages of taking drugs

There are disadvantages of taking drugs and blood doping.

- ▶ Seen as a **cheat/damaged** reputation.
- ▶ Loose **sponsorship** deals.
- ▶ Must hand back any titles and **medals**.
- ▶ Receive **fines, disqualification** and **bans**.



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- ▶ Health **risks** and side effects.
- ▶ The sport, sponsor or event's reputation and credibility is **damaged**.

11. Drug testing

- ▶ The **World Anti-Doping Agency** makes a list of banned substances every year.
- ▶ Any athlete can be **selected** for testing, at any time, in any location.
- ▶ Athletes must provide a **diary** of their **location** throughout the year.
- ▶ **Blood** or **urine** may be sampled and sent to a lab to be tested for traces of any banned substance using gas **chromatography** and mass **spectrometry**.

12. Reasons for banning drugs

- ▶ Athletes who choose to use drugs gain an **unfair advantage** over athletes who do not.
- ▶ Performance enhancing drugs **jeopardise** the performer's **health**.
- ▶ Some drugs change the natural **balance** of **hormones** in the body.
- ▶ Athletes can be **coerced** into taking drugs so they can compete against the athletes who are choosing to take drugs.
- ▶ It maintains the essence of the "**spirit of sport**" and doping is contrary to the spirit of sport.

