A level PE – Sport and society and the role of technology (ethics, violence, drugs in sport, sport and the law)
Visit The Everlearner to support your knowledge: https://theeverlearner.com/course/34

Ethics in sport

1.	**Amateurism**	Participation in sport for the love of it, high moral code, based on the concept of athleticism Seen in modern-day sport through fair play, sportsmanship and codes of conduct
2.	**Olympic Oath**	A promise made by athletes, judges and coaches to take part in the Olympics fairly without doping and in the spirit of sportsmanship
3.	**Sportsmanship** **How it is promoted**	Conforming to the rules, spirit and etiquette of a sport e.g. shaking hands before and after a game NGB campaigns, fair play awards, technology to check for unsporting behaviour, on the field/off the field punishments, promote positive role models, drug testing
4.	**Gamesmanship**	Bending the rules and stretching them to their limit without breaking the rules, in order to gain an advantage in competition e.g. time wasting by keeping the ball in the corner in football
5.	**Win ethic** **How it is evident in modern sport**	'Win at all costs', the result is what matters Games where there is no draw, 'hire and fire' culture, media praise and news headlines, media negativity, high amounts of deviance
6.	**Deviance**	Behaviour that differs from the norms of society
7.	**Positive deviance**	Behaviour outside the norms of society but with no intent to harm or break the rules, involves over-adherence to norms or expectations of society
8.	**Negative deviance**	Behaviour that goes against the norms of society and has a detrimental effect on individuals and society

Drugs in sport

15.	**Doping**	The use of banned performance-enhancing substances in sport
16.	**Reasons that performers may take PEDs**	**Social** - Win at all costs - Strive for fame, fortune, sponsorship deals - Pressure (coach/family/media) - Lack of effective deterrents - Poor role models setting a bad example **Psychological** - Steady nerves - Increase aggression - Increase focus and alertness - Belief that other athletes are taking PEDs - Increase confidence after injury **Physiological** - Promote muscle growth - Increase muscle mass - Reduce heart rate - Stop hand tremors - Increased RBD production - Increased haemoglobin
17.	**Anabolic steroids** Artificially produced hormones	**Physiological benefits:** aid storage of protein and promote muscle growth and development of muscle tissue, increasing strength and power, leading to less fat in the muscle and a lean body weight, improve the body's capacity to train longer at a higher intensity and decrease fatigue **Used by:** Power athletes e.g. sprinters, weightlifters **Side effects:** Liver damage, heart problems, immune system problems, acne, behavioural changes e.g. paranoia
18.	**Beta blockers** Medication used for heart conditions that works by widening arteries, allowing increased blood flow and reducing involuntary muscle spasm	**Physiological benefits:** Improve accuracy in precision sports by steadying the nerves, calm performance anxiety and aid performance by keeping HR low and decreasing tremble, calm performance anxiety by counteracting the adrenaline the interferes with performance by preventing it from binding to receptors **Used in:** High-precision sports e.g. archery, snooker, golf **Side effects:** Tiredness due to low blood pressure, slower HR
19.	**EPO** A natural hormone produced by the kidneys to increase red blood cells; it can now be artificially manufactured to cause an increase in haemoglobin levels	**Physiological benefits:** Stimulates red blood cell production leading to an increase in the oxygen-carrying capacity of the body, which can increase the amount of work performed, increase endurance and delay onset of fatigue **Used by:** Endurance athletes e.g. runners or cyclists who need effective O_2 transport to succeed in their sport **Side effects:** Blood clotting, stroke, death
20.	**Implications of PEDs for performer**	Brings money through prizes and sponsorship when performing well Banned from sport or stripped of medals Damage to career, reputation and sponsorship deals, threat of legal action Damaging to performer's health Clouds the success of clean athletes e.g. Chris Froome/Mo Farah
21.	**Implications of PEDs for sport**	Brings popularity and increased reputation through successes Provides negative role models Threatens the spirit and integrity of the sport Damage to reputation e.g. cycling and EPO/blood doping – Lance Armstrong
22.	**Strategies to eliminate PEDs** DOPING BAD	- UK anti-doping, 'whereabouts' system/random testing - Strong anti-doping culture and campaigns e.g. '100% ME' - Organisations working together on shared policies - Punishments, lifetime bans, athletes stripped of medals - Athletes found guilty lose sponsorship deals and funding - Use of positive and negative role models - Athlete biological passports - Investment of funding for testing and improved technology for testing
23.	**Arguments for and against PEDs and testing**	**For** - Money spent on drugs testing could be spent elsewhere - Detection is not always effective **Against** - Dangerous health risks and side effects - Creates negative role models, which encourages others

					- Other technological aids allowed e.g. hypoxic tents - Drugs can be taken accidentally - If everyone had access it would be a level playing field - If monitored well, health risks could be reduced	- Increased pressure from coaches and peers - Negative image of the sport - Success should be about talent and hard work - Immoral and unethical - Poorer countries may not be able to afford some drugs
Violence in sport			**Sport and the law**			
9.	**Causes of performer violence**	● Win ethic – pressure on performers to win ● Media hype and build-up to a game ● Some sports naturally more violent ● Frustration with officials' decisions ● Abuse from opponents or the crowd ● Lack of deterrents and small punishments for violent acts (from clubs and NGBs)	24.	**Performers**	- Helps to protect players from serious injuries (other players/spectators) - Resolve contract disputes with employers or sponsors - Seek compensation for loss of earnings - Protect from discrimination, ensure equal opportunities - Protection against media intrusion - Protection from sexual abuse/negligence of referees or coaches	
10.	**Implications**	● Red cards, lengthy bans, captains being demoted	25.	**Officials** **Duty of care**: Legal obligation imposed on someone responsible for a group of people	- Duty of care to eliminate dangers around players and ensure their safety - Negligence cases have been brought against officials at professional and amateur levels	
11.	**Strategies to prevent performer violence**	● More officials used to help reach correct decisions ● Use of video technology ● Tougher sanctions for violent actions ● Retrospective action through use of video technology ● Promoting positive role models ● Education campaigns and awards	26.	**Coaches** **Negligence:** Conduct that falls below a 'reasonable person standard' and leads to a breach of the duty of care, which results in foreseeable harm	- **Health and safety:** access to first aid, training, contact emergency services - **Protection from abuse:** responsible for protecting children from all forms of abuse, following policy and guidelines - **Supplements:** legal and ethical responsibility to educate athletes about drug use, provide guidance on legal nutrition and supplements - **Duty of care:** ensuring participants' safety and welfare by keeping attendance registers, medical details, appropriate supervision ratios, first aid provision, DBS checks, risk assessments, adapt session to group's needs	
12.	**Causes of spectator violence**	● Emotional intensity and importance of the event ● Pre-match media hype causing tensions, chanting and taunts from rival fans ● Lack of policing, stewarding and crowd control ● Lack of effective deterrents and punishments ● Diminished responsibility by individuals in a group, organised violence ● Violence from players reflected in the crowd, alcohol/drugs ● Poor officiating/frustration with officials' decisions ● Religious discord ● Frustration with losing or poor performance	27.	**Spectators**	- Must act within the law or risk prosecution - Acts and legislation introduced since mid-20th century to try and improve spectator safety e.g. pitch invasions/racist chants - Clubs have responsibility to ensure the safety of spectators - **Measures:** removal of perimeter fences and terraces, all-seater stadiums, control of alcohol sales, specified kick-off times imposed by police, increased security and police presence, tougher deterrents e.g. bans, fines, prison sentences	
13.	**Implications of spectator violence**	● Decline in reputation of a sport/club ● Decrease in the number of people participating or spectating ● Restrictions on fans travelling to matches/negative impact on law-abiding fans ● Teams may be banned from competitions due to negative behaviour of fans ● Financial implications for clubs due to increased costs of security ● Negative portrayal of English football fans, decline in relationships with other countries				
14.	**Strategies to prevent spectator violence**	● Banning/controlling alcohol sales, ● Increased use of police intelligence, liaison between forces to identify known hooligans ● Tougher deterrents such as bans, higher fines, prosecution, laws against pitch invasions ● CCTV in stadiums, all-seater stadiums, segregation of fans, kick-off times changed				