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Socio-cultural influences: definitions of key terms



See pages 105–32

These are the key terms from Chapter 5. Try cutting them out and then matching the key terms with their definitions or asking friends and family to test you. They could give you the key term and ask you to provide the definition or give you the definition and ask you to provide the key term.

Anabolic steroids	artificially produced hormones that mimic testosterone and are prohibited. They promote muscle and bone growth and reduce recovery time
Beta blockers	restricted drugs that steady the nerves by controlling the heart rate. They have a calming and relaxing effect
Blood doping	a prohibited method that involves removing blood a few weeks before competition and then re-injecting it just prior to competition. It increases the number of red blood cells in the bloodstream, increasing the blood's oxygen-carrying capacity
Commercialisation	the management or exploitation of a person, organisation or activity in a way designed to make a profit
Contract to compete	an unwritten agreement between opponents to follow and abide by the written and unwritten rules of the sport
Diuretic drugs	prohibited drugs that remove fluid from the body by increasing the rate of urination
Erythropoietin (EPO)	a peptide hormone that increases the red blood cell count and, therefore, the oxygen-carrying capacity of the blood
Etiquette	a convention or unwritten rule in an activity. It is not an enforceable rule but it is usually observed
Gamesmanship	attempting to gain an advantage by stretching the rules to their limit

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Home-field advantage	gaining an advantage in a sporting event from being in familiar surroundings, with the majority of the spectators supporting you
Hooliganism	the disorderly, aggressive and often violent behaviour by spectators at sporting events
Media	a diverse range of technologies that act as a means of mass communication. The media consists of the print media (sometimes referred to as 'the press'), the broadcast media, the Internet and social media and outdoor media
Narcotic analgesics	prohibited drugs that reduce the feeling of pain
Peptide hormones	prohibited drugs that stimulate the production of naturally occurring hormones. EPO is a peptide hormone
Role model	a person looked up to by others as an example to be imitated
Sponsor	an individual or group, usually a company, that provides financial or other forms of support to an event, activity, person or organisation
Sponsorship	provision of funds or other forms of support to an event, activity, person or organisation in return for some kind of commercial return
Sportsmanship	conforming to the rules, spirit and etiquette of a sport
Stimulants	prohibited drugs that have an effect on the central nervous system, increasing mental and physical alertness