

Etiquette and Sporting Behaviour - Sport has unwritten rules or customs to uphold respect and fairness when competing. These help people to play in the 'spirit of the game'. *i.e. acknowledging that a ball was out in tennis or shaking hands with an opponent even if you lose.*

By observing the etiquette of sport participants are:

- Promoting positive values
- Safe
- Performing in a fair way
- Respectful to opposition
- Acting as a positive role model.



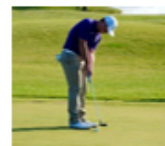
Sportsmanship – An unwritten code of behaviour that a player stands by when competing.

- Shaking hands of an opponent before and after a game.
- Gracious when winning or losing.
- Helping a player up after a foul.

Gamesmanship - Bending the rules to gain an advantage.

- Taking a long time to collect the ball in order to waste time.
- Fainting an injury
- Over appealing in cricket.

Spectator etiquette – Audiences have a similar expectation to behave in an appropriate sporting way. Some sports have a particular reputation for this.



Examples:

- Quiet during a National Anthem.
- Quiet during play - In golf, tennis or snooker when shots are being played out.
- Do not use abusive language - respectful should be shown to the other team.
- Applaud fair play/opposition – Crowds should demonstrate acts of sportsmanship.

Use of Performance-Enhancing Drugs (PEDs) in Sport – any substance that is used to improve athletic performance.

Reasons for taking PEDs	Reasons against PED use
Pressure to succeed as an individual.	Performers gain an unfair advantage.
Pressure as a nation.	Undermines the integrity of sport.
Rewards - Prize money/fame.	If found guilty – fines, bans & significant reputation damage.
To match competitors.	The health risks can be severe/long lasting.

World Anti-Doping Agency (WADA) - An independent organisation responsible for drug testing, anti-doping programs and research. WADA has a list of banned substances which is regularly updated in the light of new drugs being detected.

WADA introduced the whereabouts rule in 2004 as part of its out of competition testing procedures. Athletes are required to provide details of where they can be found for one hour every day.

Common testing methods include:

- Blood, urine, hair or nail sample.



Current initiatives from WADA include:

1. Education of coaches and athletes.
2. Use of both positive and negative role models.
3. Introduction of stricter punishments. Bans start at 4 years and a lifetime ban for a second offence.



Drug Offences by Elite Performers

Dwain Chambers: Failed an out-of-competition drug test in 2003, subsequently admitting to the use of THG (PED) He was stripped of the 100 m European title and a record he achieved that year.

David Millar: A British road race champion who served a two-year ban for use of EPO. He also admitted taken banned substances under a TUE (Therapeutic Use Exemption) certificate for a fake injury.

Impact of drug taking on the reputation of sport:

- Reputation of the sport may be tarnished.
- Negative press can cause sponsors to withdraw from current deals.
- Credibility affected – performances will be difficult to believe and will affect spectators numbers.
- Spectators may question whether they are viewing a clean and fair sport.

Ethical issues related to use of PEDs in sport:

- The use of drugs in sport is seen as immoral and unethical.
- Elite sport is traditionally seen as fair contest between individuals and is an opportunity to watch athletes perform at the highest level.

*Is it fair that some performers get away with doping?
Should those that get caught be allowed to compete again?*



R051

Learning Outcome 2

Revision Booklet

Name

Role of Sport in Promoting Values - Values are principles or standards of behaviour that are judged to be of importance.

Sport encourages:

- 1. Team Spirit:** Sport encourages working together with other individuals towards a common goal. *i.e. winning a match.*
- 2. Fair Play:** Learning the importance of adhering to rules and being fair to others can be achieved through playing sport.
- 3. Citizenship:** Sport creates a feeling of belonging and helps to create/maintain pride in surroundings and a desire to be socially responsible.
- 4. Tolerance and Respect:** This is needed in order to cooperate and get on with other people. Developing an understanding of other people, countries and cultures.
- 5. Inclusion:** Everyone has differing abilities/needs and society should accommodate these as best it can.
- 6. Excellence:** Sport creates opportunity for individuals to strive to be the best they can be.
- 7. National Pride:** Fosters positive self image, pride in achievements and surroundings. Supporters unite behind the country/team. *i.e. World Cup 2018 and England.*



The Olympic and Paralympic Movement – Held once every four years in a host city.

Modern Olympic Games began in 1896.

The Olympic games was developed by **Baron Pierre de Coubertin**. He believed in a healthy/balanced mind and body and encouraging performers to strive to do their best.



The Olympic creed (message) was as follows:
"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well"

The Olympic Games symbol - Five interlocking rings of the same size which represents the union of the five continents.

Values:

- **Friendship**
- **Excellence**
- **Respect**
- **Determination**
- **Inspiration**
- **Courage**
- **Equality**



Other Initiatives to Promote Values – Campaigns can be used to instil values amongst children and adults. Examples are:



Football for Hope campaign launched by FIFA – Encourages social projects for disadvantaged groups.



Chance to Shine programme from the **England Cricket Board (ECB)** – Aims to continue the development of cricket in schools especially those in inner-cities.



Sport Relief – This is run every two years and encourages the public to get active and raise money for vulnerable people.



Creating Chances from the **Premier League** – Works with local communities address education, health, cohesion and participation.



This Girl Can programme launched by **Sport England** and funded by the **National Lottery**. Promotes women taking part in physical activity irrespective of shape or size.

Initiative	Barrier
Kick it Out	Racism
Respect Campaign	Abuse of referees in football
Back to Netball	Age

TASK 1: Match up the SPORTING VALUES with the correct description.
Ruler and pencil required for PRIDE and any mistakes that are made

Acronym	Value
I	Inclusion
N	National pride
F	Fair play
E	Excellence
C	Citizenship
T	Tolerance & respect
T	Team spirit

Description
Developing an understanding of different countries and cultures through sport.
Initiatives to get under-represented social groups involved in sport
Getting involved in your local community through sport
Learning how to work together, cooperate and support others by playing as part of a team.
Learning the importance of adhering to rules and being fair to others through playing sport
Supporters and performers unite behind country in international events
Striving to be the best that you can in your favourite sport

TASK 2: All about the Olympics
Complete the missing words

The Olympics and Paralympics are held within the same host city every 4 years. This is known as a _____ (LO3)

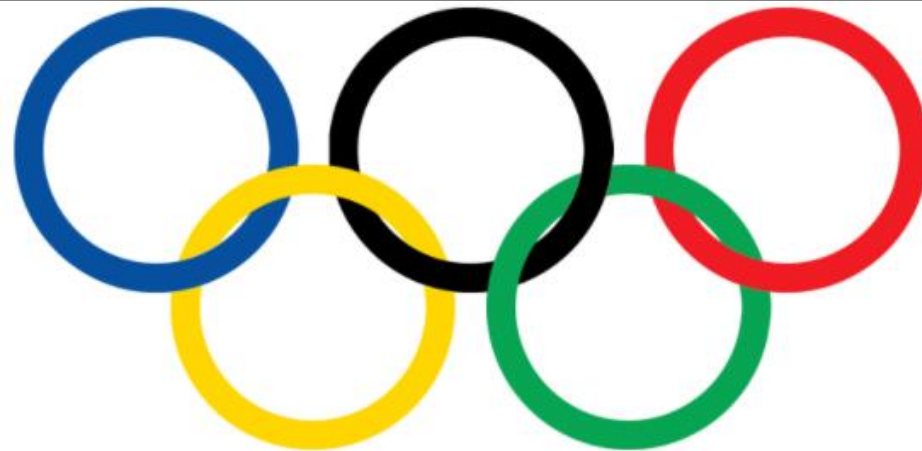
Missing words: fight, won, fought well & triumph

"The important thing in life is not the _____, but the _____; the essential thing is not to have _____, but to have _____."

Pierre de Coubertin

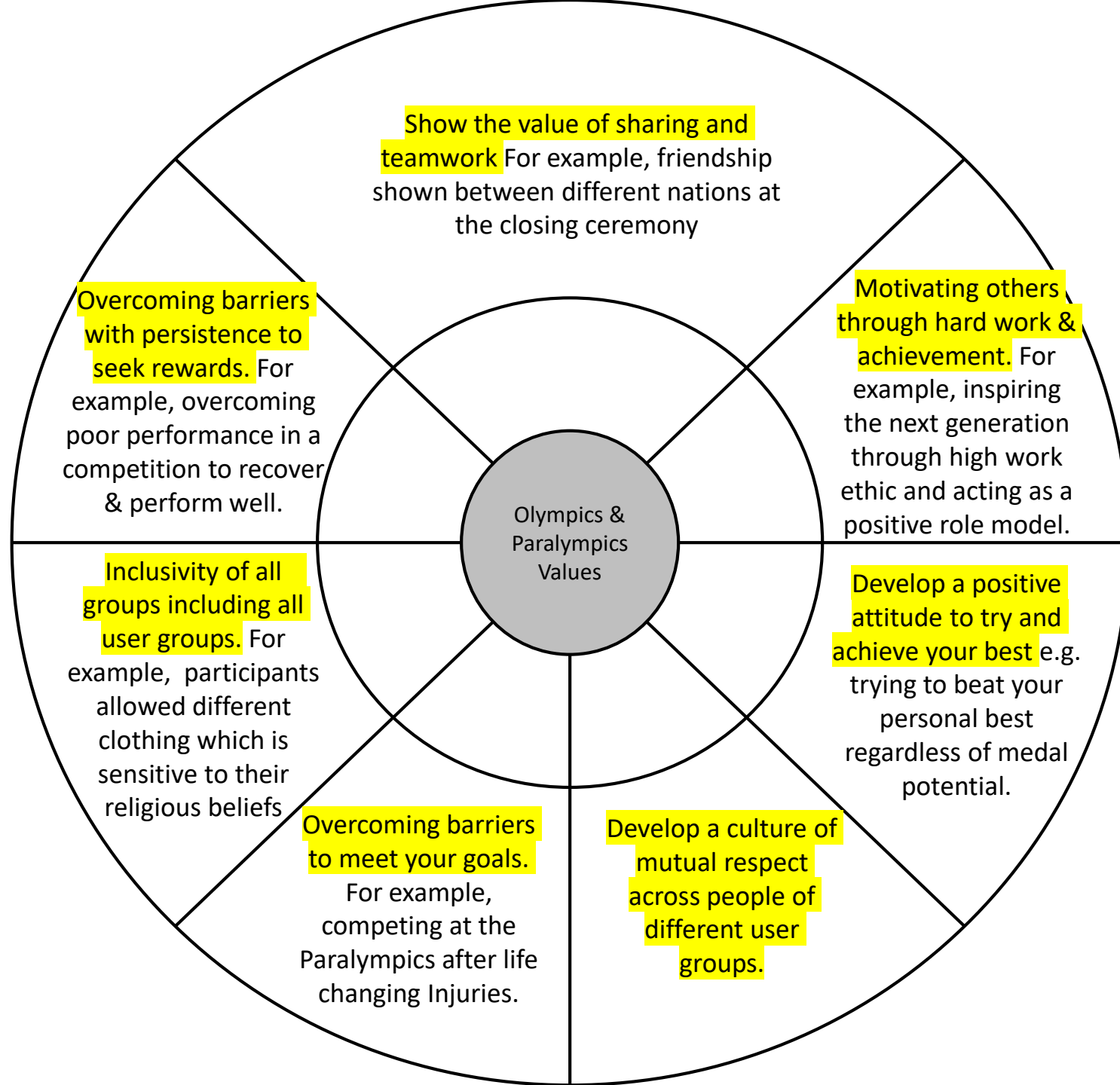


The Olympic symbol includes 5 interlocking rings that represent the 5 _____



Olympic and Paralympics Values

Task 3: Identify the values associated with the descriptions



PERFORMANCE

TASK 4: What are the names of each sporting initiative called?



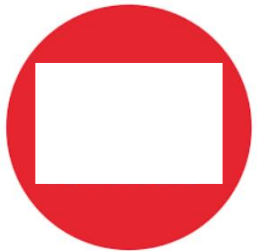
This initiative works within England to target education, international initiatives (such as Sport Relief), health, community cohesion and participation in sport.



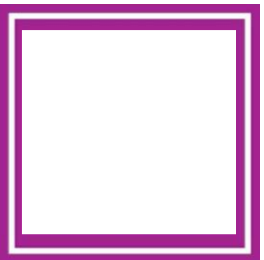
This campaign: Started in 2005. The programme funds non profit organisations to run social projects for disadvantaged people using football as a focus point.



This programme: Since 2005. The programmes main goal is to make sure that cricket is run in state schools. It helps to bring cricket to inner city children and develops social cohesion while reducing anti-social behaviour.







This is a biennial (happens every 2 years) event that encourages members of the public to get active and raise money for vulnerable people in the UK and abroad. The money is put into opportunities for people to live healthier and safer lives.



This campaign by Sport England: This campaign is designed to improve the participation rates of women in sport. It aims to show women that it is normal to sweat, go red and that it doesn't matter what size you are to participate in activity or sport.

You must be aware of these sporting initiatives too and the barrier they wish to combat in the world of sport :

	<u>Initiative</u>	<u>Barrier to be Broken</u>
	Kick It Out	Racism
	Respect Campaign	Abuse of referees in football
	Transforming British Tennis Together	Cost and accessibility of tennis
	Back to Netball	Age

Task 5: Sporting Behaviour and Spectator Etiquette

Spectators should follow unwritten rules whilst attending sporting events, meaning appropriate behaviour should be observed at all times. For example:

1. _____
2. _____
3. _____

Etiquette	Sportsmanship	Gamesmanship
The unwritten rules concerning player behaviour.	This involves appropriate, polite and fair behaviour while participating in a sporting event.	Bending the rules to game an unfair advantage
Example 1: Shaking hands at the end of a tennis match	Example 1: Not contacting a player during a netball match	Example 1: Diving in the penalty to win a penalty for your football team
Example 2:	Example 2:	Example 2:

Task 6: Identify the reasons for and against professional athletes taking performance enhancing drugs

Belief others are taking drugs = level playing field	Over-reliance & addiction	May suffer long-term health issues	Pressure to succeed as an individual / team	Consequences when found guilty	Improve performance	To lose weight
To mask pain and injury	Be able to train for longer	Immoral and deemed cheating	Improve time spent recovering	Damaged reputation	Unfair advantage over other competitors	Improve strength, power and stamina

Reasons for taking Performance Enhancing Drugs	Reasons against taking Performance Enhancing Drugs
<ul style="list-style-type: none"> • Belief others are taking drugs = level playing field • Be able to train for longer • To lose weight <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> • Unfair advantage over other competitors • Consequences when found guilty • May suffer long-term health issues <hr/> <hr/> <hr/>

Task 7: WADA

What does WADA stand for?

W	A	D	A

The World Anti Doping Agency (WADA) carry out random drugs tests during and outside of competitions and also whilst training.

THE WHEREABOUTS RULE

Testing Procedures: Put these statements in chronological order. The first and last have already been done for you

- A collection vessel is selected either for blood or urine
- The samples are tested in a laboratory
- The athlete reports for testing at the stated time with the DCO
- A sample is provided and witnessed. Someone of the same gender will witness the urine being passed to ensure it is the athletes
- The sample is divided and sealed
- The athlete is notified by a doping control officer (DCO) 1
- The result is recorded and certified and the athlete will be notified if there are any problems 7

Task 8: Testing Methods, initiatives to stop drug taking & impact on sport



What are the four strategies to try and stop drug taking amongst elite athletes

1.

3.

2.

4.

What could happen to the reputation of the sport if drug taking is becomes a reoccurrence?

1. _____
2. _____
3. _____
4. _____
5. _____

Ethical Issues Relating to Drug Taking

Ethics are the morals that a person believes in that affects their behaviour. Taking performance enhancing drugs is generally classed as immoral and unethical. However, the following questions should be considered and up for debate.

- Should doping be classed as plain cheating?
- Is it fair that some performers get away with doping and others don't?
- Is it fair that the illegal drug list doesn't include all drugs and there are some grey areas about what is and isn't acceptable?
- Should there be different rules for taking recreational drugs V performance enhancing drugs?
- Should athletes be allowed to take performance enhancing drugs?
- Is the whereabouts rule impacting on people's privacy?

Performance Enhancing Drug	Reason for use	Positive Effects	Athletes caught using this drug	Sport	Negative Side Effects
Steroids	Stimulates muscle growth as a result of training. More protein is produced by muscle cells		1988 Ben Johnson (100 & 200m sprinter) 2003 Dwain Chambers (100m & 200m sprinter) 2013 Tyson Gay (100m sprinter) 2008 Marion Jones (100m & 200m sprinter and long jump) 2006 Barry Bonds (NBA Basketball Player)	All Sports	-Increased risk of liver cancer, organ damage and damage to tendons -Hair loss and acne -Increase in aggressive behaviour and depression -Facial hair, enlarged breasts, infertility and deepening of the voice in women
Stimulants		-Increase alertness = reaction time improves -Reduce tiredness, therefore able to train for longer	2001 & 2006 Justin Gatlin (100m & 200m sprinter) 2017 Nester Carter (100m & 200m sprinter). The IOC removed Usain Bolt's 2008 gold medal for the 4x100m, which no longer counted due to Nester Carter's doping.	Boxer Spriner	-High blood pressure -Strokes, heart attacks and liver problems -Increase risk of injury -Insomnia -Irritability/aggressive behaviour
Beta Blockers	Reduce the effect of adrenaline on the body. They reduce the heart rate and reduce muscle tension and blood pressure	-Improve a performer's fine skills = increase in precision & accuracy -Reduce nerves	2008 Kim Jong-Su (50m & 10m air pistol)		-Nausea and diarrhoea -Poor circulation leading to heart problems -Tiredness -Insomnia
Diuretics	These are taken to remove excess water from the body.	-Lose weight rapidly -Dilute the presence of illegal substances and aid their removal from the body in urine	2013 Veronica Campbell-Brown (200m sprinter) 2018 Deandre Ayton (NBA basketball player) Lance Armstrong (Tour De France Cyclist)	-Jockey -Boxer	
Narcotic Analgesics		-Allows the athlete to continue training/competing through injury	2006 Rob Van Dam (American Wrestler)	-Any sport but in particular boxing	-Constipation -Low blood pressure -Loss of concentration -Loss of balance and coordination -Very addictive -Can lead to further injury
EPO	These are naturally occurring substances that can improve muscle growth and increase production of red blood cells, which increases the delivery of oxygen to the muscles		2004 David Millar (Tour De France Cyclist) Lance Armstrong (Tour De France Cyclist)	-Long distance events such as marathon running	-Thickening of the blood (viscosity) -Stroke and heart attack

LO2: Know about the role of sport in promoting values

Sporting values which can be promoted through sport

I:
N:
F:
E:
C:
T:
T:

The Olympic and Paralympic Movement:
What does the Creed mean in your own words?

What does the Olympic rings represent?

Olympic and Paralympic Values:

F:
I:
E:
R:
C:
E:
D:

Sporting Initiatives
FIFA's Football for Hope

England Cricket Board's Chance to Shine

Sport Relief

Premier League's Creating Chances

Whereabouts Rule	
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Importance of etiquette and sporting behaviour of both performers and spectators

Reasons why drugs are used		Sanctions	Reputation damage
Reasons against drugs use			

LO2: Know about the role of sport in promoting values

Identify one elite sports performer who has been caught taking performance drugs (1)

1.

Identify and describe three values that can be learnt through regular participation in sport (6)

1.

2.

3.

Give two reasons why an elite performer might take performance enhancing drugs (2)

1.

2.

Give an example of a sports performer showing sportsmanship (1)

Give an example of a sports performer showing gamesmanship (1)

Give one example of good spectator etiquette (1)

What does the Olympic Creed tell us about participation in sport (2)

Identify and describe two methods for preventing the use of performance enhancing drugs in sport (4)

1.

2.

Give two examples of drug offences and the sports performers who committed them (4)

Performer:

Drug offence:

Performer:

Drug offence:

CQ

Explain, using examples, why it is important for performers and spectators to show good etiquette and sporting behaviour (8)

Level	Description	Marks Awarded
Level 3	A comprehensive response	7-8
Level 2	A competent response	4-6
Level 1	A basic response	1-3
0	No response/not attempted	0

TIPS:

Explain: You must write about **PERFORMERS** and **SPECTATORS**

Link to **GOOD ETIQUETTE** and **SPORTING BEHAVIOUR**

Examples: Give lots of them to back up what you are trying to say

CQ

Explain, using examples, why it is important for performers and spectators to show good etiquette and sporting behaviour (8)

What are your thoughts on this question, using the key words from the PowerPoint?

