

Ethical and Socio-cultural Issues in Physical Activity

There are four key terms which can be used to describe the conduct of athletes and the expectations for how they should act when competing. These terms are outlined below.

Conduct of Performers

| Type of conduct | Definition | Example |
|----------------------------|---|---|
| <i>Etiquette</i> | Following the unwritten rules of the game | Giving the ball back to your opponents if the game is stopped due to injury |
| <i>Sportsmanship</i> | Being respectful to the opposition | Forming a tunnel at the end of a rugby match |
| <i>Gamesmanship</i> | Bending the rules to gain an advantage | Blocking an opponent without fouling them |
| <i>Contract to compete</i> | Trying to win by following the rules and allowing your opponents to do the same | Not 'showboating' when you have a large lead |



Reasons for PED use

The decision by an athlete to use PEDs is influenced by the potential positive and negative effects listed below

Prohibited Substances and Methods

| Substance | Stimulant | Narcotic analgesic | Anabolic agent | Peptide hormone | Diuretic |
|-----------------------|--|---|--|---|---|
| | | | | | |
| Benefits | + Provides energy + Delays fatigue | + Painkiller | + Aids the development of muscles | + Increased ability to transport oxygen + Delays fatigue | + Weight loss |
| Side Effects | - Disturbed sleep patterns - Heart problems - Overtraining - Nausea | - Drowsiness - Training when injured - Addictive - Mood swings | - Heart disease - Kidney problems - Liver problems - Aggression | - Heart problems - Increased blood pressure | - Lethargy - Dehydration - Kidney problems - Muscle cramps |
| Example of use | To provide alertness in team sports | To allow an athlete to continue training with a pulled hamstring | To maximise the strength gain made by a weight lifter | To improve the cardiovascular endurance of marathon runners | To lose weight before a boxing weigh-in |

| Advantages | Disadvantages |
|--|---|
| <ul style="list-style-type: none"> More likely to have a successful career Gives them an equal opportunity compared to others who are using them Increases the chance of fame Increases the chance of making money | <ul style="list-style-type: none"> It is a form of cheating It can be dangerous If found guilty, they can receive fines, bans and be branded as a cheat Damages the sport's reputation Reduces the credibility of the sport |

Beta-blockers

Beta-blockers are generally taken by athletes who take part in sports which require the performance of fine motor skills, e.g. snooker.

The reasons for the use of beta-blockers include:

- Reduced heart rate
- Reduced muscle tension
- Reduced blood pressure
- Reduced effects of adrenaline
- Improved fine control



However, beta-blockers should only be taken when prescribed by a doctor for medical reasons because their use can cause:

- Nausea
- Weakness
- Heart problems



Blood Doping

The process of blood doping is outlined below and the positive and negative effects of blood doping are written on the blood bags.

- Blood is removed from the athlete in the weeks leading up to competition
- This blood is frozen
- It is then re injected prior to competition

Blood doping is beneficial for any athlete who works aerobically and requires good cardiovascular endurance, e.g. long-distance runners and cyclists.

