

OCR Sport Studies Knowledge Organiser

R184 TA2 The role of sport in promoting values

Lance Armstrong (Cyclist)

Drug Offence: Blood Doping
Stimulates extra growth of red blood cells
To improve training and fitness/train for longer/train harder/improve performance (e.g. faster cycling times)
Banned for life

Dwain Chambers (Sprinter)

Drug Offence: Steroids
Helps to build muscle so that they can give more explosive power for sprint start
Banned for 4 years and stripped of medals

Maria Sharapova (Tennis Player)

Drug Offence: Beta Blockers
Decrease an athlete's heart rate, steadying their nerves and reduce potential for shaking.
Banned for 15 months

Types of Drugs

Beta blockers
Diuretics
Anabolic Steroids
Blood doping
Human growth hormone

The reasons why sports performers should NOT use PEDs

- Unfair advantage over other athletes
- Long term ill-health affects such as;
Increased risk of stroke/organ failure/heart attack/kidney & liver cancer/infertility/high blood pressure
- Risk of addiction
- Against the ethos of fair play/ breeds a 'win at all costs' attitude.
- Negative role models/breeds a win at all costs mentality
- Sanctions/bans/fines

The impact of the use of PEDs on the sport

Mistrust of results/events as some sports have had repeated scandals such as cycling.
Implication that all participants in a particular sport are taking drugs
Where sports have not adopted the WADA policy people question whether or not that means the sport is hiding the fact that participants take drugs.

The reasons why sports performers use PEDs

- Gain an advantage/to win/to reap financial awards/fame
- To improve training and fitness/train for longer/train harder/improve performance
- Pressure to succeed as an individual
- Pressure to succeed from the nation/ personal pressure to fulfil national expectation
- Pressure from coach/team members/significant others
- Pressure from financial rewards from winning
- Aids recovery from injury

Effects of PEDs on the body

- Stimulates extra growth of red blood cells.
- Builds muscle/Promotes growth of bones.
- Boosts efficiency of heart.
- Reduce amount of excess water
- Decrease an athlete's heart rate, steadying their nerves and reduce potential for shaking.

The World Anti Doping Agency = WADA

WHEREABOUTS RULE – Performers must report their location (outside of competition). They must notify where they will be for at least one hour of every day (for a year). So that they can be random drug tested at any time. Three missed tests (in a year) results in sanction

WADA Testing methods

More effective/varied testing method will make detection more likely and therefore act as a deterrent. Tested via: urine samples, hair samples, nail samples, blood samples

WADA Sanctions/Bans

Threat of sanctions and bans may act as a deterrent. Sanctions can include; lifetime bans, fines, suspensions.

WADA Educational Initiatives

Education programmes that inform performers of the health risks of taking performance enhancing drugs. 100% Me-Educational anti-doping programme