

GCSE Physical Education – Ethics, Drugs and Violence in Sport

Sportsmanship, Gamesmanship and Deviance

Sportsmanship

- Involves behaviour that shows fair play, respect for opponents and gracious behaviour – whether winning or losing

Gamesmanship

- The use of unethical, although not often illegal, methods to win or gain a serious advantage in a game or sport

Deviance

- This involves human behaviour that is against societies norms and values. This behaviour is often against the law

Gamesmanship in Sport

EXAMPLES

- a footballer diving to claim a foul
- a netball player holding her opponent
- a tennis player delaying the service
- a sprinter distracting another competitor
- moving the ball closer to the posts when taking a penalty kick in rugby
- In football, kicking the ball out to waste time
- In rugby a player feigning injury

Deviance in sport

- Hooliganism in football
- Violence in sport (fight on the pitch between rugby players)
- Cheating in sports (golf – when you don't count shots that you have taken)
- Performance enhancing drugs (Anabolic steroids, Beta Blockers, Stimulants)
- Blood doping

What is the value of sportsmanship?

No.	KU	EG
1	To protect individuals	Examples of participants / Officials (e.g. Boxer)
2	Less dangerous / safer	Fewer accidents with possible examples
3	For fair play	so that the activity / game can be played effectively / flowing
4	So all can enjoy the activity	Example of enjoyment (watching a hockey game)
5	To improve quality of performance	Focus on the activity (Codes of behaviour)
6	Important to establish so that all participants know what is expected of them when playing a particular sport or engaging in exercise and physical activities	following role model behaviour developing as a role model to others
7	So that behaviour is socially acceptable	(in a particular culture) to have good control Develop social skills
8	To show respect to those around you	well-mannered / to care about the well-being of others
9	To not be disqualified	Examples might include being sent off / fined
10	To not let your team mates down	give them a bad name / poor reputation

Violence in Sport



We can't help it - it is instinctive	This is known as the 'instinct theory'. In sport we may have the instinctive urge to strike out and protect ourselves or to defend our territory. For example, in rugby a player pulling someone out of the way by the neck may cause an opponent to be aggressive
We get frustrated	Again, this is a type of instinct – if we feel frustrated, we may well lash out and be aggressive to get rid of the frustration. Such things as playing poorly, or what we feel are poor decisions from the referee can cause frustration.
We copy others / role models	To fit into a group and be accepted and to behave in a way that our role models do, we may become aggressive. If someone you look up to behaves aggressively you are more likely to imitate or copy their behaviour because you think it is the right thing to do.
We get angry	This might be the result of frustration, or you may have seen someone else get away with aggressive behaviour and not been punished. When we get angry our heart rate increases as well as our blood pressure and the hormone adrenaline is released more readily into the blood stream. We therefore get agitated and we want to show that we are angry and therefore aggressive

Drugs in Sport

REASONS TO USE ANABOLIC STEROIDS	REASONS TO USE BETA BLOCKERS
<ul style="list-style-type: none"> ▪ for muscle growth / to increase (muscle) strength ▪ to make bones stronger ▪ to lower body fat ▪ to improve (body) image / shape ▪ to increase aggression ▪ to train harder / recover quicker 	<ul style="list-style-type: none"> ▪ Helps to control/lowers heart rate ▪ keeps the performer calm /relaxes or less /control anxiety ▪ lowers arousal or blocks action of adrenaline or improves concentration / focus
REASONS TO USE STIMULANTS	REASONS TO USE BLOOD DOPING
<ul style="list-style-type: none"> ▪ Excites the brain and causes an increase in adrenaline ▪ Increase in heart rate or raises aggression ▪ Increases alertness and helps you to concentrate/focus ▪ To mask the effects of fatigue which increases the ability to compete longer ▪ Decrease (this is a good thing!!) in reaction time ▪ Decreases pain 	<ul style="list-style-type: none"> ▪ Increase in stamina / endurance ▪ Increased number of red blood cells ▪ An increased oxygen uptake

NEGATIVE EFFECTS OF ANABOLIC STEROIDS	NEGATIVE EFFECTS OF BETA BLOCKERS
<ul style="list-style-type: none"> ▪ Can affect physical health or could put your life at risk (death, cancer, liver damage) ▪ Can affect mental health ▪ Increase aggression / 'roid rage' 	<ul style="list-style-type: none"> ▪ Fatigue and dizziness. ▪ Poor blood circulation. ▪ Gastrointestinal symptoms. ▪ Weight gain.
NEGATIVE EFFECTS OF STIMULANTS	NEGATIVE EFFECTS OF BLOOD DOPING
<ul style="list-style-type: none"> ▪ Increase possibility of CV disease/problems/heart attack or high blood pressure ▪ Increase in liver disease ▪ Results in addiction ▪ Increase risk of injury ▪ Insomnia / lack of sleep / poor sleep patterns 	<ul style="list-style-type: none"> • Can affect physical health or could put your life at risk (an allergic reaction, increase in blood viscosity, blood clotting) • Can cause infection / risk of AIDS / catch disease.

GENERAL (NEGATIVE) EFFECTS OF PERFORMANCE ENHANCING DRUGS

- Heart problems / heart attacks
- Kidney failure / problems
- Increase blood pressure
- Psychological problems / guilt / addiction to cheating / cheating becomes an obsession.