



What I need to know:

- A. Understand how the conduct of performers may vary
- B. Understand the different prohibited substances and the methods that certain types of performers may use
- C. Understand the positive and negative effects of spectators at events

Key Vocabulary:

- Etiquette(A)
- Sportsmanship and Gamesmanship(A)
- Contract to compete (A)
- National Governing Body(A)
- International Olympic Committee(A)
- Ergogenic aid/Performance enhancing aid(B)
- Adrenaline(B)
- Stimulants(B)
- Narcotic analgesics(B)
- Anabolic aids(B)
- Peptide hormones(EPO)(B)
- Diuretics - dehydration(B)
- Beta blockers(B)
- Blood doping - viscosity- embolism(B)
- Home-field-advantage(C)
- Hooliganism(C)



Student reference point:



Watch this clip on spectator violence in sport.

<https://www.youtube.com/watch?v=12bux6WBkC4>

Take this quiz on ethics in sport

<https://www.bbc.co.uk/bitesize/guides/zwcb9qt/tes>

Drug	Effect on Performance	Health Risks	Which Sports
Anabolic Agents	allows performers to train longer and harder It increases protein synthesis helping develop lean muscle mass and speeds up recovery time	<ul style="list-style-type: none"> • Liver damage/CHD • Testicular atrophy • Infertility • Skin problems • Mood swings • Aggression • Baldness 	Activities that require power: <ul style="list-style-type: none"> • Sprinters • Rugby players • Weightlifting • Boxers • Baseball
Beta Blockers	Beta blockers improve fine motor control by slowing heart rate and reducing anxiety which allow the performer to remain calm and controlled	<ul style="list-style-type: none"> • Nausea • Sleep disturbance • Tiredness/weakness • Lower blood pressure • Slow heart rate 	Activities that require precision: <ul style="list-style-type: none"> • Archery/shooting • Snooker • Gymnastics
Diuretics	Diuretics achieve quick weight loss (fluids). They also mask other drugs making them harder to detect	<ul style="list-style-type: none"> • Dehydration • Nausea • Headaches • Heart/kidney failure 	Drug cheats and sports with weight categories: <ul style="list-style-type: none"> • Boxing • Jockey
Narcotic Analgesics	Narcotic analgesics increases the performers pain threshold so can mask injuries, also give a feeling of invincibility	<ul style="list-style-type: none"> • Nausea/vomiting • Anxiety/depression • Kidney/liver damage • Addiction • Risk further injury 	Any sport that a performer is injured: <ul style="list-style-type: none"> • Boxers • Sprinters • Football
Peptide Hormones	EPO Erythropoietin (EPO) Can increase red blood cell production increasing O ₂ delivery	<ul style="list-style-type: none"> • Thickening of blood • Blood clots • Strokes • Heart attack 	Aerobic events e.g. long distance: <ul style="list-style-type: none"> • Running • Cycling
	HGH Human Growth Hormone Helps muscle mass and burns fat	<ul style="list-style-type: none"> • Arthritis • Heart failure • Abnormal feet/hands 	Strength events: <ul style="list-style-type: none"> • Weightlifting • Sprinting • Rugby
Stimulants	Stimulants increase alertness, reduce tiredness and increase heart rate (therefore oxygen delivery)	<ul style="list-style-type: none"> • Insomnia • Anxiety • Aggression • Irregular heart rate 	Alert/aggressive sports: <ul style="list-style-type: none"> • Rugby • Boxing • Ice hockey
Blood Doping	Blood doping involves the removal of blood a few weeks prior to competition. The blood is frozen and re-injected just before competition. (increase red blood cells)	<ul style="list-style-type: none"> • Infection • Thickening of blood (viscosity) • Heart attack • Embolism (blockage of vessel) 	Aerobic events e.g. long distance: <ul style="list-style-type: none"> • Running/cycling • Cycling • Swimming • Games players



Challenge question:

Hooliganism is often associated with the game of football. (9 mark synoptic question)

Evaluate the effectiveness of strategies that are being used to combat hooliganism at football matches.

Suggested reading – HGS library

- <https://prezi.com/iqekeshkz-ir/hooliganism/>

