



Physical Education







Ethical Issues SPRING 1

ONE: Key Vocabulary

Word	Definition
Beta Blockers	A drug used to control heart rhythm and lower blood pressure.
Discrimination	The unfair treatment of individuals whereby opportunities are not available to all of the different social groups.
Deviance	Behaviour that is either immoral or seriously breaks the rules and norms of the sport.
Gamesmanship	Where the laws of the game are interpreted in ways, which whilst not illegal, are not in the spirit of the game. Pushing the limits to gain unfair advantage.
Sportsmanship	Ethical, appropriate, polite and fair behaviour while participating in a game or athletic event; fair play.
Steroids	Anabolic steroids are synthetic hormones that enhance physical performance.
Stimulants	Drugs used to raise physiological arousal in the body
Violence	Physical acts committed in sport that go beyond the accepted rules of play or the expected levels of contact within a contact sport.
Etiquette	The unwritten rules concerning player behaviour

Look online and research sports stars who have been found to be taking drugs to enhance performance.

Component 1 How to Optimise Training and Prevent Injury (Performance Enhancing drugs)

Drug	Effect on performance	Health risks	Who might take it
Anabolic Steroids	Allows performers to train longer and harder Increases protein synthesis helping develop lean muscle mass. Speeds up recovery time	<ul style="list-style-type: none"> Liver damage CHD Testicular atrophy Infertility Mood swings/aggression 	Activities that require power: <ul style="list-style-type: none"> Sprinters Rugby players Weight lifters Boxers 
Beta Blockers	Beta blockers slow heart rate and reduce anxiety, allowing the performer to remain calm	<ul style="list-style-type: none"> Disturbance of sleep Tiredness Lower blood pressure Slowing of heart rate 	Activities that require precision: <ul style="list-style-type: none"> Archery Diving Shooting 
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 	Activities with weight categories: <ul style="list-style-type: none"> Boxing Jockey Drug cheats 
Narcotic Analgesics	Narcotic analgesics increases the performers pain threshold so can mask injuries They can give a feeling of invincibility	<ul style="list-style-type: none"> Nausea/vomiting Anxiety/depression Kidney/liver damage Addiction Risk of further injury 	Any sport that a performer is injured on: <ul style="list-style-type: none"> Boxers Sprinters Footballers 
Peptide Hormones	EPO Erythropoietin (EPO) Can increase red blood cell production increasing O ₂ delivery	<ul style="list-style-type: none"> Blood thickness Blood clots Strokes/heart attack 	Aerobic events e.g. long distance: <ul style="list-style-type: none"> Running Cycling 
	HGH Human Growth Hormone helps gain muscle mass and burns fat	<ul style="list-style-type: none"> Arthritis Heart failure Abnormal feet/hands 	
Stimulants	Stimulants increase alertness, reduce tiredness and increase heart rate	<ul style="list-style-type: none"> Insomnia Anxiety/aggression Irregular heart rate 	Alert and aggressive sports: <ul style="list-style-type: none"> Rugby Boxing 
Blood Doping	Blood doping is when blood is put into a performers body prior to an event (more red blood cells = more O ₂)	<ul style="list-style-type: none"> Infection Blood clots Stroke HIV/hepatitis 	Aerobic events e.g. long distance: <ul style="list-style-type: none"> Running Cycling 