

Etiquette = The unwritten rules concerning player behaviour e.g. in football players usually kick the ball out of play when a another player is injured.

Sportsmanship = Appropriate, polite and fair behaviour while participating in a sporting event e.g. shaking hands with your opponents at the end of a game.

Spectator Behaviour

Hooliganism – Rowdy, violent or destructive behaviour.

Reasons for Hooliganism

- Rivalry between teams e.g. local derby.
- Alcohol consumption
- Gang culture
- Growing frustration either at own teams performance or some referee decisions.
- Ritualised behaviour to show own masculinity

Combating Hooliganism

- Prevention of known hooligans being at matches / events.
- Alcohol bans in and around grounds.
- Early kick offs to prevent the excessive consumption of alcohol prior to the game.
- Segregation of fans
- Policing and stewarding improves crowd control.
- Use of CCTV cameras at grounds allows spectators to be monitored.
- Banning fans for poor behaviour and acts of hooliganism.

Gamesmanship = The use of dubious methods, that are not strictly illegal, to gain an advantage e.g. time wasting.

Contract to Compete = Agreeing to play by the rules, trying to win but also allowing your opponent to play.

Advantages of Taking Performance Enhancing Drugs for a Performer

- Increase chance of winning due to higher performance levels.
- More success means more money and a secure life financially.
- Greater recognition or fame for the performer.

Disadvantages of Taking Performance Enhancing Drugs for a Performer

- Taking PED's can affect a performers health in a negative way.
- Taking PED's is cheating and if caught performers will face lengthy bans.
- If caught a performers reputation will be ruined which could effect their income e.g. loss of sponsors, sacked / released from team.

Disadvantages of Taking Performance Enhancing Drugs for a Sport

- Sports lose credibility and gain a ban reputation e.g. cycling.
- Due to this sports find in more difficult to attract sponsors causing less money being invested in the sport (less income).
- Participation rates could fall due to people not wanting to be associated with a sport.

7) Blood Doping – Increasing the number of red blood cells with a athletes blood stream.

Process:

- i) Blood is removed from the athlete and stored in a cold place.
- ii) The athlete continues to train, allowing his body to naturally replace the blood that has been removed.
- iii) Before a competition / event the blood originally removed from the athlete is placed back into their body.

Advantages: Increases a performers red blood cell count therefore allowing them to get more oxygen to their working muscles to create energy.

Disadvantages: Blood becomes thicker (increase in blood viscosity) which can lead to potential heart attacks or an embolism (a blockage of a blood vessel).

Performance Enhancing Drugs:

1) Anabolic Agents – Drugs that help athlete to train harder and build muscle.

Advantages: Build up body weight, increase size of muscles therefore improving a performers strength, make performer more aggressive and competitive.

Disadvantages: Shrink the testicles of men, cause high blood pressure, damage liver, kidneys and heart. Women may develop more body hair, smaller breasts and a deeper voice.

2) Stimulants – Make athletes more alert and mask effects of fatigue.

Advantages: Increase alertness, reduce reaction time, reduce tiredness.

Disadvantages: Highly addictive, cause high blood pressure, strikes and heart and liver problems. They can also increase the risk of injury because the performer is more tolerant to pain and will continue to train / play with a injury.

3) Narcotic Analgesics – Painkillers that mask pain caused by injury or fatigue, which can make the injury worse.

Advantages: Mask pain of an injury.

Disadvantages: Highly addictive, cause low blood pressure, loss of concentration and can cause constipation.

4) Peptide Hormones (EPO) – Naturally occurring chemicals within the body. EPO increases numbers of red blood cells and therefore improves oxygen delivery to muscles.

Advantages: Increase the amount of red blood cells in the body therefore increasing the ability of an athlete to transport oxygen to the working muscles during exercise.

Disadvantages: Thickens blood which makes the heart work harder which increases the risk of strokes and heart attacks.

5) Diuretics – Drugs that remove fluid from the body.

Advantages: Helps remove excess water from the body resulting in weight loss. They hide the presence of other illegal substances and speed up their removal from the body.

Disadvantages: Can cause severe dehydration, low blood pressure and muscle cramps.

6) Beta Blockers – Drugs taken to calm a performer down by reducing the effects of adrenaline.

Advantages: Reduce heart rate, muscle tension and blood pressure. This helps a performers precision and accuracy.

Disadvantages: Can cause nausea, poor blood circulation leading to heart problems and tiredness.

Ethical Issues