

# Drugs in Sport

## Reasons for use;

### Psychological reasons;

- to steady nerves
- to increase aggression
- to increase motivation

### Physiological reasons;

- to build muscle & increase energy
- ↑ O<sub>2</sub> transport
- lose weight, train harder.
- mask injury & reduce tiredness.

### Social reasons;

- pressure to win from coaches, peers & media.
- winning = big money.
- "win at all costs".
- fear of not winning
- entertainment.

## Consequences;

### Morality;

- Gives unfair advantage
- undermines true spirit of sport
- Reflects badly on others
- Health (well-being):
- Addictive, ↓ life expectancy & death
- Can lead to liver disorder & heart disease
- Can suppress growth
- Can cause sexual & gynaecological problems.
- Can affect morals & behaviour
- causing aggression & depression.

### ✓ Legality;

- Against law of the land
- Against laws of sport.

### ✓ Role modelling;

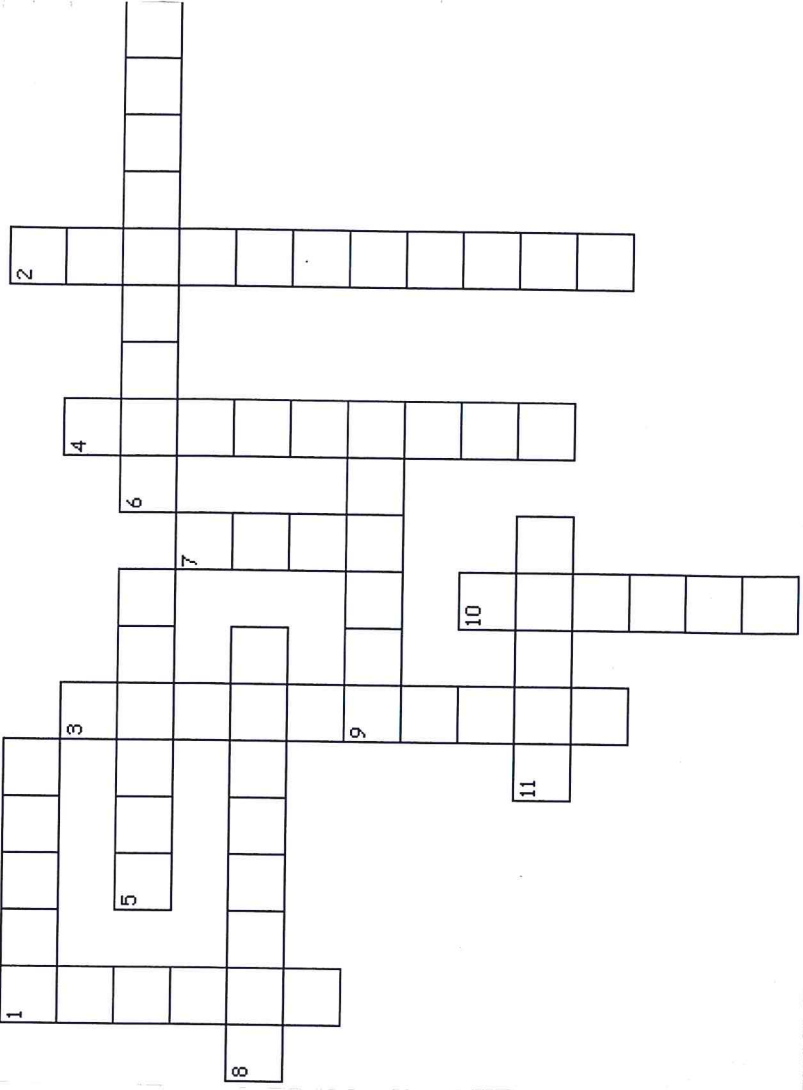
- Bad example to others, especially young people who look up to these athletes.
- Bad image of the sport & lowers status.

### ✓ Possible solutions;

- stricter, more rigorous & out-of-season testing
- stricter punishments & life-bans.

### ✓ co-ordinated education programmes for athletes & coaches highlighting health & moral issues around sport & drugs.

- More money for highly efficient effective testing programmes.
- unified policies
- role models to reinforce their "no drugs" position.



## Across

- This (of the sport) can be lowered by large drug
- It increases the transport of this gas through
- This is made unfair by drug taking
- This can be a reason you take drugs from it becoaches and peers
- This is undermined as a consequence of drugs in
- More of this to increase the income into better

## Down

- This is masked and can sometimes cause it to be
- Can become stricter
- This is increased and can sometimes lead to serious
- This can be put in place to help inform athletes drugs in sport
- You must win for your own satisfaction out of...
- Drugs can lead to such problems that can include heart disease

# 19<sup>th</sup> Century Public Schools

**Key terms:** Public schools: elite boarding schools such as Rugby school

Assistant masters: junior masters who did not have the responsibility of running a house but taught a subject.

Old students: set up NGB's.

Trustees and parents: funded public schools

## How sport was promoted:

- Large amount of land
- Specialist facilities
- More time (boarding)
- Fixtures between schools

**Character building** was a huge part of public schools. Sport gave the pupils key life skills and they took their knowledge with them to university and adult life.

## Sports and games were promoted by:

- Teachers
- Parents
- Vicars
- Industrialists
- Army officers
- The community

## Traditional amateur

## professional approach to sport

- Unreliable
- Inconsistent
- Erratic methods

(in terms of:

1. Mass participation
2. Sporting excellence
3. Organisation and administration
4. The role of the government)

- Reliable
- Consistent
- serious

Exam question: explain how 19<sup>th</sup> century schools helped to promote organise sport and games (5):

E E M W F K G Q B V G Y L U F P A Y P M G E U S E  
A X E E A S S I S T A N T M A S T E R O K X N W I  
I D S T M M C E J X Q K M U X E N N V E C C B J L  
H N Y T S F S K M K W S Y A O N Z E W F G E A K T  
F N D I U U L K Y W S F B M W N R I D U H L U Y E  
D K U V B D R I A A E Y Z G D N M K F Y H L S E I  
J E L D O Z E T M Z V S V P M Q N G B Q K E D O N  
D A Y P K Y E N A V Z R A E S U X I C F C N Q S X  
T U G M Q R D Q T C R C N R E T C A R A H C S V J  
L M A H P K M L X S L T I B W M W S B P N E E Y H  
R P D M S U X I V O J U H A X Y U T D G D G S D V  
Z L W D W H U Y T A A J H D K G A W X A M K U X S  
U S H Y E P X G Y L D Q V T Q D T F Q B F Y O F H  
V U B W X E F S S Z I Z O V Y Y K K H C O F H B M  
V Q N E O Y A I K Z O Y W Q S O M Y Q L Z G S S W

ASSISTANTMASTER  
CHARACTER  
EXCELLENCE  
EXSTUDENTS  
GOVERNMENT  
HOUSES  
MASS  
NGB  
TRUSTEE

# THE OLYMPIC GAMES



## Background

**Ancient Games:** festivals of sport, religion and music in Mediterranean region over 2000 years ago.

**Cotswold Games:** in England 1600s, established by Robert Dover based upon ancient Greek games.

**Much Wenlock Games:** in Shropshire in 1890, established by Dr William Penny Brookes to promote the moral, physical and intellectual improvement of the inhabitants of the town and neighbourhood of Wenlock.

**Baron Pierre de Coubertin:** a French aristocrat who wanted to educate young people and bring them together. He was inspired by English public schools and wanted similar 'character development' opportunities for French young people.

## Principles, aims and philosophy

- Strengthen sport
- Peace, unity, friendship, respect and fair play
- Appreciation of physical excellence
- Equality
- Linking sport with culture and education
- Development of sound mind in a healthy body
- Effort and appreciation of effort

## The International Olympic Committee

Founded in Paris in June 1894 and is now based in Switzerland. Its an international, non-profit, non-government organisation funded by profits from marketing an TV broadcasting.

Members include athletes, administrators, journalists and lawyers who are all ambassadors of the IOC in different countries across the world.

## Responsibilities:

Main responsibility is to supervise the organisation of summer and winter games, make sure commercialisation is managed and make sure the Games are exploited to the detriment of the Games as a whole.  
 Makes decisions about future Olympic Games as well as any changes to the Olympic Charter. Its main focus areas are; sports science, sport medicine, woman in sport, Olympic education, 'Sport For All' and environmental issues affecting sport.

Supports the National Olympic Committees like the British Olympic Associations as well as owning he rights to the Olympic symbol, flag, motto, anthem and Olympic Games.

## The British Olympic Association

- Organises and enters Team GB for events
- Organises visits to host city prior to event
- Works with Olympic bids
- Promotes good public relations
- Organises and Olympic day in the UK
- Appoints official sponsors and raises funds
- Promotes Olympics and the movement throughout UK
- Organises and helps athletes prepare for the Games
- Supports 'performance lifestyle advice' given to athletes

## Commercialisation

First Olympics in Los Angeles in 1984 was associated with commercialism as previous host cities eg Montreal, had lost millions when hosting the Games but this was a turning point and so the IOC accepted commercialism. One was they did this was to charge huge sums for TV and radio rights and coverage, inviting sponsors to invest due to this being the time of huge global audience of TV.

The Atlanta Olympics in 1996 was handled only by privately funded profit making commercial organisations—now the norm as private sponsors get involved with the Games who become part of The Olympic Partner Programme. They showcase their products at the Olympics, use the logo on their products and get worldwide advertisement.

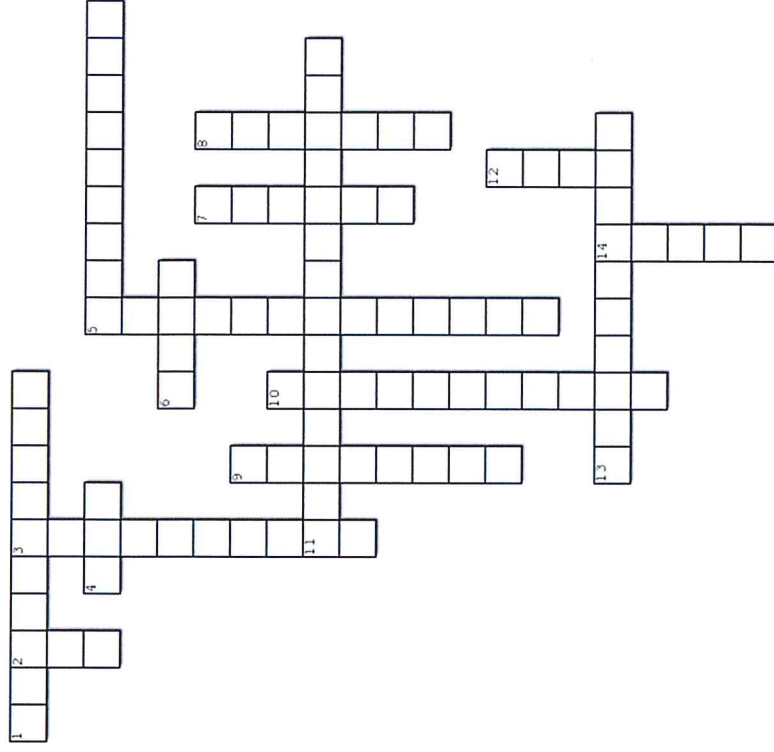
## Nation building

Shop window effect—gaining national pride, greater moral and feel good factor by promoting their country.  
 Government control and funding—involves the Golden

## London 2012 impacts (+/-)

- Increase participation of sport
- Improved funding of all level sport
- Increased job opportunities
- More tourism
- Social integration and cooperation
- Improve NHS provisions
- New world class facilities in London
- Huge costs and potential debt
- Few long term job opportunities
- Focus on elitism rather than participation

# ACTIVITIES

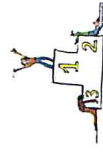


## Across

- The nature, knowledge and existence of the Olympics
- The National Olympic Committee for Britain
- A centralized political system that opposes capitalism and democracy
- Goals and targets for the Games
- Ruler book that governs how the Games and IOC are run
- Ruling and ideas of the nature of the Games

## Down

- International, non-profit, non-government organisation
- A country promoting itself and nation building to get greater national pride and morale
- Using the Games in a business related way
- What remains after an event
- Select the best and forget the rest
- International event happening every 2 years
- Giving money or goods to a sport or performer in order to gain publicity and increase profit
- Number of rings on the Olympic flag
- Founder of The Much Wenlock Olympian Games



# Ethnic Sports

## Characteristics

**Rowdy**

- Associated with drinking, singing and celebration

**Traditional**

- Celebration of the past

**Social**

- Brings the community together

**Tourism**

- Improved transport and technology
- Tourist and media attractions

**Festival/Ritual**

- Medieval ritual (e.g. costumes)
- Creates carnival atmosphere

**Relatively Isolated**

- Allows local customs to survive

**Occasional/Annual**

- Escape from the pressures of modern living
- Often on a public holiday

**Local**

- Unique to an area
- Increases local pride

## Why is there criticism

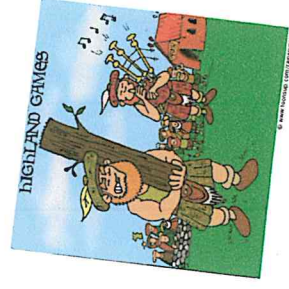
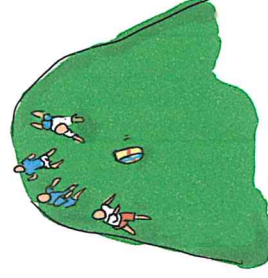
- Puritanism which discourages folk games and festivals
- Weakening of tradition
- First World War changed people's views about tradition
- Improved technology
- Hooliganism
- Concern over danger to participants

## Activities

Find the 8 characteristics of ethnic sports

A	R	O	W	D	Y	B	D	N	E	J	Y	D	V
G	Q	O	P	S	O	C	L	O	C	A	L	S	S
F	G	H	R	T	F	G	H	C	F	A	D	O	I
B	F	B	A	O	D	T	V	A	D	I	D	C	O
R	H	I	I	U	A	S	H	G	I	H	E	I	T
F	J	J	U	R	E	Q	G	H	J	K	T	A	U
T	R	A	D	I	T	I	O	N	A	L	A	L	F
Y	F	N	X	S	R	E	P	Q	A	M	L	J	H
N	G	N	I	M	S	O	W	U	V	R	O	K	K
E	U	U	K	P	R	Y	T	C	C	M	S	L	N
E	F	A	J	K	F	I	A	H	L	O	I	O	C
H	U	L	H	Z	R	F	H	S	D	T	Y	P	Q

Name the ethnic sports



## Funding: UK Sport, Sport England & EIS

### UK Sport:

- Primary source of funding of sports in the UK.
- Aims to develop elite performance sport in the UK.
- They aim to promote ethical and respectable behaviour in sport.
- They run an anti-doping campaign called 100% me which educates athletes and the public of the dangers of drug taking.
- They help performers develop a suitable sporting lifestyle including nutritional advice.
- They do extensive research into training, coaching and science.

### Sport England:

- Aim to increase the number of people participating in sport.
- At an international level they have the lead role in ensuring all athletes with learning disabilities wishing to compete are appropriately classified with the INAS-FID.
- They manage and provide advice and guidance on eligibility and classification of athletes with learning disabilities.
- They promote the equal inclusion of athletes with learning disabilities.

### English Institutes of Sport:

- EIS practitioners help coaches and Performance Directors to improve the performance of their athletes by delivering services which enable them to optimise training programmes, maximise performance in competition and improve the health and wellbeing.
- They are the country's largest provider of sport science, medicine and technology for example physiotherapy.

W J G M R D L R Y Z L E L N O  
O L H V T K J B A Z U T O R R  
P G M Y Z U C L Y P Y I W V S  
Z S U N M M J J M E T L M F C  
P R O V I S I O N A N E P O W  
F E C I V D A J P T I O A L K  
F Q C C G U W I Q R Y C M B M  
B K S U P R C K B A H O X T K  
Z W S F A I M P Z I D R D K P  
R H H D T L O J N N A I I E E  
Y V F R X M I G C I A Q X T X  
Z A A D O Q H T S N X S V G H  
W P V A R P E P Y G J R Y U Q  
T I B U M T E L P I Y A K J I  
N O N R M U O M K J D B B L D

ADVICE  
AID  
COACHING  
ELITE  
EQUALITY  
MONEY  
PARTICIPATION  
PROVISION  
TRAINING