

GCSE (9–1)

PHYSICAL EDUCATION

J587

For first teaching in 2016

Socio-cultural influences

2.1.c. Ethical and socio-cultural issues in physical activity and sport

Ethics in sport

LEARNING OUTCOMES

BY THE END OF THIS TOPIC YOU SHOULD ...

- **know and understand**
 - the value of sportsmanship
 - the reasons for gamesmanship and deviance in sport.
- **be able to apply practical examples to these concepts.**

Sportsmanship

Sportsmanship

.... involves behaviour that shows fair play, respect for opponents and gracious behaviour, whether winning or losing.

Showing good sportsmanship means sticking to the rules and regulations.


Sportsmanship shows that you can lose gracefully and win with good humour.

Each sport has its own code of behaviour and 'sportsmanship gestures'.

Task: how many different displays of sportsmanship, fairness or etiquette can you think of?

Sportsmanship

Examples of sportsmanship may include:

- shake hands with your opponent
 - thank anyone who has been participating with you or against you
 - show concern for others, especially when they are injured or under stress
 - never swear or be abusive
- 
- do not stretch the rules to take advantage of someone else
 - take defeat well and show good humour
 - do not question officials – accept their decisions
 - say 'well done' to opponents when they do well
- taking other people into consideration when participating in exercise – for example, swimming and avoiding colliding with other
 - do not over-celebrate when you do well – take other people's feelings into account and avoid arrogance in victory
 - do not deride the efforts of others – be respectful of others, whatever their ability.

Etiquette

Examples of good etiquette may include:

- take other people into consideration when participating in exercise – for example swimming and putting away equipment after you use it
- not spitting on opponents
- avoid colliding with others
- drying/wiping fitness equipment after use and not leaving pools of sweat on machines
- putting free weights away
- replacing divots on golf courses
- shouting 'fore' when you mishit a shot in golf and it is travelling towards other players
- not using your mobile phone whilst playing golf
- raking the sand in golf bunkers after you play a shot from them
- applaud the new batsman in cricket.

Gamesmanship

- is the use of unethical, although not illegal, methods to win or gain a serious advantage in a game or sport by 'bending' the rules

Examples:

- sledging to distract batters in cricket
- not walking in cricket
- coughing or stamping feet to distract shooter at free throws in basketball
- grunting in tennis in order to intimidate opponents
- distracting penalty takers in football (goalkeepers)
- holding to prevent opponents punching in boxing
- diving in the 18 yard area to gain a penalty and opponent a 'yellow card' in football
- standing over the ball to gain defenders organisation time at free kicks in football
- tying your laces to delay receiving a serve (to waste time) in tennis
- talking to distract your golf opponent when he/she is taking a shot.



Task: Can you think of any other examples of gamesmanship within sport?

Deviance

- involves human behaviour that is against your society's norms and values.

Behaviour of this kind is often against the rules/laws of the game

Reasons for deviance may include:

- the pressure/expectation to win or to gain an (unfair) advantage or pressure from fans/spectators/parents/coaches/team mates
- to enhance performance, like bowling with a slightly bend arm to bowl faster
- because you are losing
- to gain financial reward if you win
- a reaction to (poor) decisions by officials
- as retaliation/revenge on an opponent who has fouled/injured you earlier in the game
- copying others, who may have got away with it earlier in the match or in a previous match
- as a result of taking drugs.

Sportsmanship

- can be promoted and increased through:

- introducing fair play schemes and campaigns
- highlighting positive role models
- better quality officials and use of technology
- development of positive values early on in childhood
- punishment for negative behaviour
- stricter code of conduct for players, spectators and clubs.

Sportsmanship or Gamesmanship?

Task: In pairs decide what is Sportsmanship (S) or Gamesmanship (G) from the list below (the first one has been done for you)

1. Apologising to an opponent after the ball hits the net and drops over to win the point in tennis	S
2. Pretending to be injured at the end of a game to waste some time	
3. Shaking hands before and after playing sport	
4. Taking an injury break in tennis when you aren't actually injured	
5. Showing concern for others when they are injured	
6. Kicking the ball a long distance out of play so it takes longer to retrieve to waste time and allow players to recover	
7. Let faster players play through in golf if you are holding them up	
8. Appealing for a throw-in even if you know it touched you last	
9. Accepting all officials decision without arguing	
10. Insulting opponents before they take a shot in cricket to put them off	
11. Pulling on an opponent's shirt when the referee can't see you	
12. Accept defeat and show good humour	

Sportsmanship or Gamesmanship?

Task continued:

In pairs decide what is Sportsmanship (S) or Gamesmanship (G) from the list below

13. Deliberate contact in netball when someone is catching a ball	
14. Taking longer than usual to serve in table tennis	
15. Coughing whilst someone is playing a shot in golf	
16. Congratulating another athlete after he has won a 1500m race that you ran in	
17. Blocking people when running in the 10,000m race causing them to lose speed	

Effects of Gamesmanship and Sportsmanship

Task: Complete the following table by working with a partner

Effect	Sportsmanship or Gamesmanship?
Irritates players and causes retaliation	
Can irritate spectators	
Increases goodwill	
Support of officials strengthens sports reputation	
Gives bad example to young people producing negative role models	
Admired by players	
Admired by spectators	
Causes bad feeling and friction	
Undermines officials and undermines the sport	
Gives good example to young people producing positive role models	

2.1.c. Ethical and socio-cultural issues in physical activity and sport

Drugs in sport

LEARNING OUTCOMES

BY THE END OF THIS TOPIC YOU SHOULD ...

- know and understand the reasons why sports performers use drugs
- know the types of drugs and their effect on performance:
 - anabolic steroids
 - beta blockers
 - Stimulants.
- give practical examples of the use of these drugs in sport.
- know and understand the impact of drug use in sport:
 - on performers
 - on sport itself.

Performance enhancing drugs

Using performance enhancing drugs in sport is an example of **DEVIANCE**

Definition: A drug is a chemical substance that is used to improve any form of activity performance in humans.

They may also cause some effects that are both unpleasant and unwanted (side effects).

Substances and methods are prohibited in sports for various reasons including:

- performance-enhancing effects, which contravene the ethics of sport and undermine the principles of fair participation
- health and safety of the athlete - some drug misuse may cause serious side effects, which can compromise an athlete's health. Using substances to mask pain/injury could make an injury worse or cause permanent damage. Some drug misuse may be harmful to other athletes participating in the sport
- illegality - it is forbidden by law to possess or supply some substances.



Performance enhancing drugs

Why might athletes use performance enhancing drugs?

- to perform better
- peer pressure (everyone else is doing it, so why shouldn't I?)
- pressure to become and/or remain the best
- pressure from their coach/trainer
- financial benefits that come with being the best
- to improve physically
 - increase strength
 - improve aggression
 - have more energy
 - be able to control emotions more easily.

Performance enhancing drugs

Anabolic Steroids

Definition: A drug that mimics the male sex hormone **testosterone** which promotes bone and muscle growth

What do they do? (why use them?)

Anabolic Steroids increase **muscle mass** and develop **bone growth**, thereby increasing the athletes **strength** whilst at the same time allowing the athlete to train harder and recover quicker.



Desired effects	Negative side effects	Sports performers who might take these
Quicker recovery Train harder and longer Muscular hypertrophy Increased aggression	Liver and kidney damage High blood pressure Acne Reduced sperm count in men Development of breasts in men Facial hair growth, baldness and deepening of the voice in females Increased aggression	Sprinters Long jumpers Boxers ANY EVENT/POSITION THAT REQUIRES POWER

Performance enhancing drugs

Beta Blockers

Definition: A drug that is used to control the heart rate and have a calming and relaxing affect

What do they do? (why use them?)

- in medicine, commonly prescribed for people with heart problems as their main function is to maintain a low heart rate
- reduce stress and anxiety levels
- can help sports where precision and a steady hand are needed (e.g. archery/shooting/snooker/golf).



Desired effects	Negative side effects	Sports performers who might take these
Reduces heart rate Keeps hand steady Reduces the effect of adrenaline	Dizziness Nausea Drowsiness/fatigue Headache Slow heart beat	Archery Shooting Any sports where performers need a steady hand and fine motor control

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Performance enhancing drugs

Stimulants

Definition: A drug that has an effect on the central nervous system, such as increased mental and/or physical alertness

What do they do? (why use them?)

- second most commonly used drugs in sport and include amphetamines, ephedrine and cocaine, as well as nicotine and caffeine
- they increase alertness, enabling people to think more quickly by stimulating the central nervous system (CNS)
- helps to overcome tiredness but also offsets the negative affects of lactic acid build up within the working muscles.



Desired effects	Negative side effects	Sports performers who might take these
Make athletes more alert Masks fatigue Quick reactions	Heart failure Addictive	Sprinters Boxers Any event/sport which requires a quick start or explosive push

Advantages and disadvantages of taking performance enhancing drugs for the performer

Advantages	Disadvantages
<ul style="list-style-type: none">• Increased chances of success• Fame<ul style="list-style-type: none">• Olympic/World/National champion• Athletes would be on an even playing field as 'others' are taking the drugs already• Wealth• Gain world records. 	<ul style="list-style-type: none">• It is cheating and immoral• There are too many associated health risks• Fines and bans for those caught• Significant reputation damage• Loss of friends/team mates. 

Disadvantages to Sport

The International Olympic Committee and other organisations work hard to eliminate the problem of drug taking. Below is a summary of the reasons why.

Disadvantages:

- reputation – a sport can become known for cheating and may affect young people taking it up
- credibility – performance will be difficult to believe and will affect the number of spectators.



Data, analysis and evaluation

The table below shows data from the World Anti-Doping Agency.

Year	Sport	Number of samples taken	Total positive tests found
2004	Athletics	19,991	229
2005	Athletics	20,464	342
2006	Athletics	19,781	315
2007	Athletics	23,305	304
2008	Athletics	26,984	361
2009	Athletics	26,593	398
2010	Athletics	25,013	438

Task: what trends do you notice in the data? How could this problem be tackled?

2.1.c. Ethical and socio-cultural issues in physical activity and sport

Violence in sport

LEARNING OUTCOMES

BY THE END OF THIS TOPIC YOU SHOULD...

- know and understand the reasons for player violence
- be able to give practical examples of violence in sport.

Violence

Controlled aggression is a fundamental part of many sports. Sometimes, however, this spills over into an uncontrolled situation where serious physical injury can be caused.

Violent behaviour can be caused by the following reasons:

- pressures of the media
- frustration as a result of losing
- sponsorships deals
- pressure from spectators/taunting from crowd/opponents
- as physical retaliation/as a reaction to a challenge/tackle
- over arousal during the game
- annoyed by poor decisions by officials
- to gain an advantage/to hurt your opponent controlled aggression may be required for effective play
- as a result of the influence of drugs
- we copy others.



Task: Why do players show acts of violence during sporting contests?

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Violence

Strategies to control violence or aggression:

- calm down by relaxing or by concentrating on your own performance in the game or activity. Focussing attention on the job in hand is sometimes called channelling aggression
- avoid situations that might make you angry or aggressive for example by walking away from trouble or trying a new position on the field of play
- remove yourself completely from the situation for example a basketball coach may substitute an aggressive player to calm down
- enjoy praise for not being aggressive. Your coach may well praise the fact that you have been a forceful, effective player, but you have not been aggressive and given away territory
- recognise others who are successful (role models) but who do not resort to aggression. Most successful sportspeople are not aggressive but are assertive
- punishment or fear of being punished may well control aggression. Often fines are used or a player may be dropped from the team
- recognise that you have a position of responsibility. Aggression could let the rest of the team down
- anger management. Try to identify what makes you angry and to avoid the triggers to anger. You may learn to deal with your feelings early on rather than waiting for your anger to build up out of control
- breathing exercises. Relax in your mind and body with deep, controlled and slow breathing. This can affect your heart rate, which will decrease the steadier your breathing, and then you will be able to feel calmer.

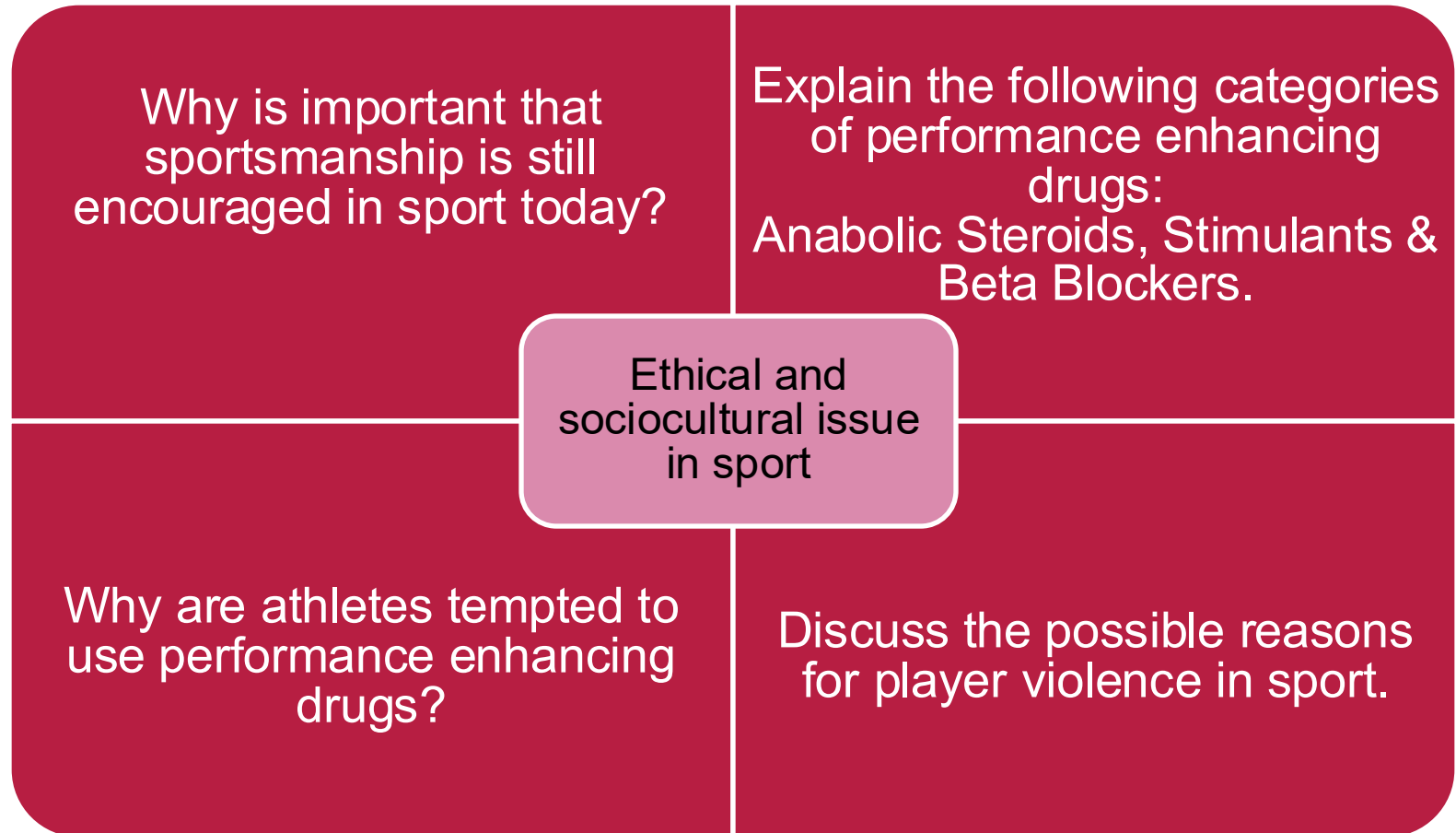
Data, analysis and evaluation

The table below shows the disciplinary records from previous FIFA World Cup tournaments.

	2006	2010	2014
Total number of yellow cards	345	261	187
Average yellow cards per match	5.39	4.08	2.92
Total number of red cards	28	17	10
Average red cards per match	0.44	0.27	0.16

TASK: what trends do you notice in the data? What are some of the reasons for this?

Apply it!



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