

Drug taking in sport – the main questions

1. Why do some performers take performance enhancing drugs? [4]

4 marks for 4 of:

4

- 1 (physiological 1) physiological reasons/ to : build muscles/ lose or gain weight / increase energy/ reduce tiredness or other physiological reasons.
- 2 (physiological 2) to mask or recover from injury/ reduce pain/ enable harder training/maintain standard.
- 3 (psychological) psychological reasons to: steady nerves/ control arousal/ increase aggression or motivation or confidence or concentration or other relevant psychological reason
- 4 (pressure) pressure to win/ pressure from coaches or peers or media or other suitable example / to get into a team or event
- 5 (appearance) to look good/ aesthetic reasons/ physical appearance
- 6 (rewards) reward/ money/ fame/ win at all costs ethic/ fear of losing
- 7 (education) lack of education/ unaware of dangers
- 8 (belief) belief that every one else is doing it/ level playing field.
- 9 (escape) poor deterrents/ ineffective testing/ belief they will get away with it.

2. Why should coaches discourage performers from taking prohibited performance enhancing drugs?

[4]

4 marks for 4 of:

- 1 (cheating) cheating/breaking rules/unfair advantage/immoral/against spirit or ethics or values of sport
- 2 (illegal) some drugs illegal
- 3 (health) dangerous to health/physiological risks/can be addictive/lowers life expectancy /can cause death/can lead to liver disorders/can lead to heart disease/can cause sexual or gynaecological problems/or equivalent suitable example
- 4 (psychological damage) psychological damage/can affect moods or behaviour/personality change /aggression/ depression
- 5 (status) lowers status of or undermines sport/against sport/reduces interest in sport
- 6 (role modelling) negative role modelling/bad example
- 7 (coach) coach in position of responsibility or with duty of care

3. What is being done or could be done to reduce the problem of drugs in sport

4 marks for 4 of:

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| 1 | (educate performers) | educate performers/make performers aware of dangers or aware of moral issues/education at schools or clubs/100% ME |
| 2 | (educate coaches) | educate coaches/make coaches aware of dangers/awareness of moral issues/100% ME (if not given above) |
| 3 | (punishments) | stricter punishments/life bans/standardisation of punishments/Olympic ban/harsher consequences/return of medals or funding/lose records |
| 4 | (testing) | stricter or random or targeted or more testing/out of season testing/more money for testing |
| 5 | (role models) | role models or Sports Ambassadors to publicise or encourage drugs free sport/'name and shame' |
| 6 | (research) | more research into dangers/research into testing |
| 7 | (counter-culture/ legalise) | make performance enhancing drugs legal/radical action |
| 8 | <u>IMPORTANT</u> <u>100% ME</u> | The 100% ME PROGRAMME provides drug-free sport in the UK, by providing info about anti-doping and promoting positive values and attitudes towards drug-free sport |
| 9 | <u>IMPORTANT</u> <u>WADA</u> | The WORLD ANTI-DOPING AGENCY standardise world wide doping policy: it promotes, co-ordinates and monitors the fight against doping in sports at International level |

4. Arguments for the legitimisation of drugs in sport.

- The present rules on drugs are based on old-fashioned values no longer appropriate in professional sport
- The competitor should be able to decide for themselves and allowed to make their own decisions.
- Drug-takers are always ahead of the testers so many have an unfair advantage. Testing cannot be 100% accurate and many accusations fail to succeed in court. Some are accused unfairly and this destroys their careers.
- The present rules are applied randomly and are not always consistent, so legalising drugs would put everyone on the same level
- Time wasted/cost of drug testing procedures.
- Competitors more likely to produce record breaking performances which is what audiences wish to see. It would be better entertainment for spectators.
- If legalised, drugs could be medically monitored which could make it safer for competitors

5. Arguments against the legitimisation of drugs in sport.

- There would be pressure on people to take drugs in order to succeed otherwise they would not be able to compete on equal terms. They would lose freedom of choice.
- There would be an associated Health risk, as extreme drug-taking and possible addiction would lower their life-expectancy. Many retired performers who took drugs have died prematurely in their 40's and 50's.
- It would send out the message that drug taking is acceptable as normal within society.
- Athletes/competitors are role models for young aspiring sports people. Legalising drugs would influence young people in their choices and lifestyle.
- If there were a 'CLEAN' Olympics and a 'DRUGS' Olympics, drug taking could create a two-tier system within sport: drug taking would extend into the supposed 'CLEAN' Olympics.
- There would be a risk of destroying the fair play ideals/ethos which presently underpins the basis of sport and competition.
- It is better to reform the present system than surrender to the cheats. Increase the punishment to an automatic life ban !!